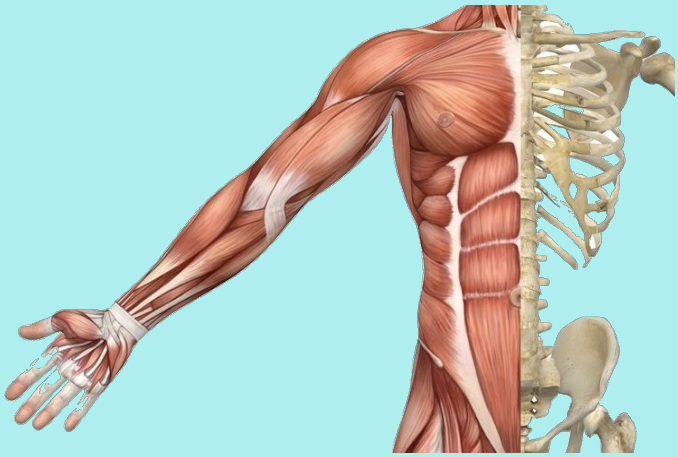
Science!



Monday 26th April 2021

LO: To compare the nutrition values of different food from the Mcdonalds menu.

Starter - sentence work:

Fruit and vegetables are good for you because they give you....

We should eat less fat because...

Our Key question this half term is...

Are all skeletons the same?

Our Key question this half term is...

This means we're going to be looking at humans and animals, and the ways our bodies work.

Interesting question for today:

Can I buy something healthy from McDonalds?

Questions:

I do:

- What used to be the options for a happy meal before 2014?

We do:

- What are the options for a happy meal now?

- What does this change mean?

Is McDonald's healthy?



It is a well-known fact that we shouldn't eat too much junk food. Fruit and vegetables are healthier, right? Well some food items at fast food restaurants like McDonald's can actually be healthy for you.

In 2014, McDonald's removed fizzy drinks as options with your happy meal, and added carrot sticks and fruit bags as alternatives for fries. Before then, you could get a small diet Coke, Fanta, or sprite with your happy meal, and your options for food were fries with chicken nuggets, or a burger.

McDonalds have now made milk, water, veggie bites, fruit, and carrot sticks available for children to eat and drink, meaning that the healthy options for kids are growing day by day.

Text: Is McDonald's healthy?

Key Vocabulary: Junk food, Fast food, alternatives,

Questions:

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Key Vocabulary: Junk food, Fast food, alternatives,

The McDonald's nutrition calculator online...

We are going to be using the McDonald's nutrition calculator to discover how much fat is in different food items on the menu at McDonald's.

https://www.mcdonalds.com/gb/en-gb/good-to-know/nutrition-calculator.html

https://www.mcdonalds.com/gb/en-gb/good-to-know/nutrition-calculator.html



Nutrition Calculator

*Reference Intake (RI) of an average adult
(8400kJ/2000kcal)

00	00	00	00
Energy kJ	Energy kcal	Fat	Saturated Fat
	00	00	
	Sugar	Salt	

Select from the categories below for Nutrition, Ingredient and Allergen information



Breakfast



Burgers



Chicken McNuggets® and Selects®



Wraps & Salads

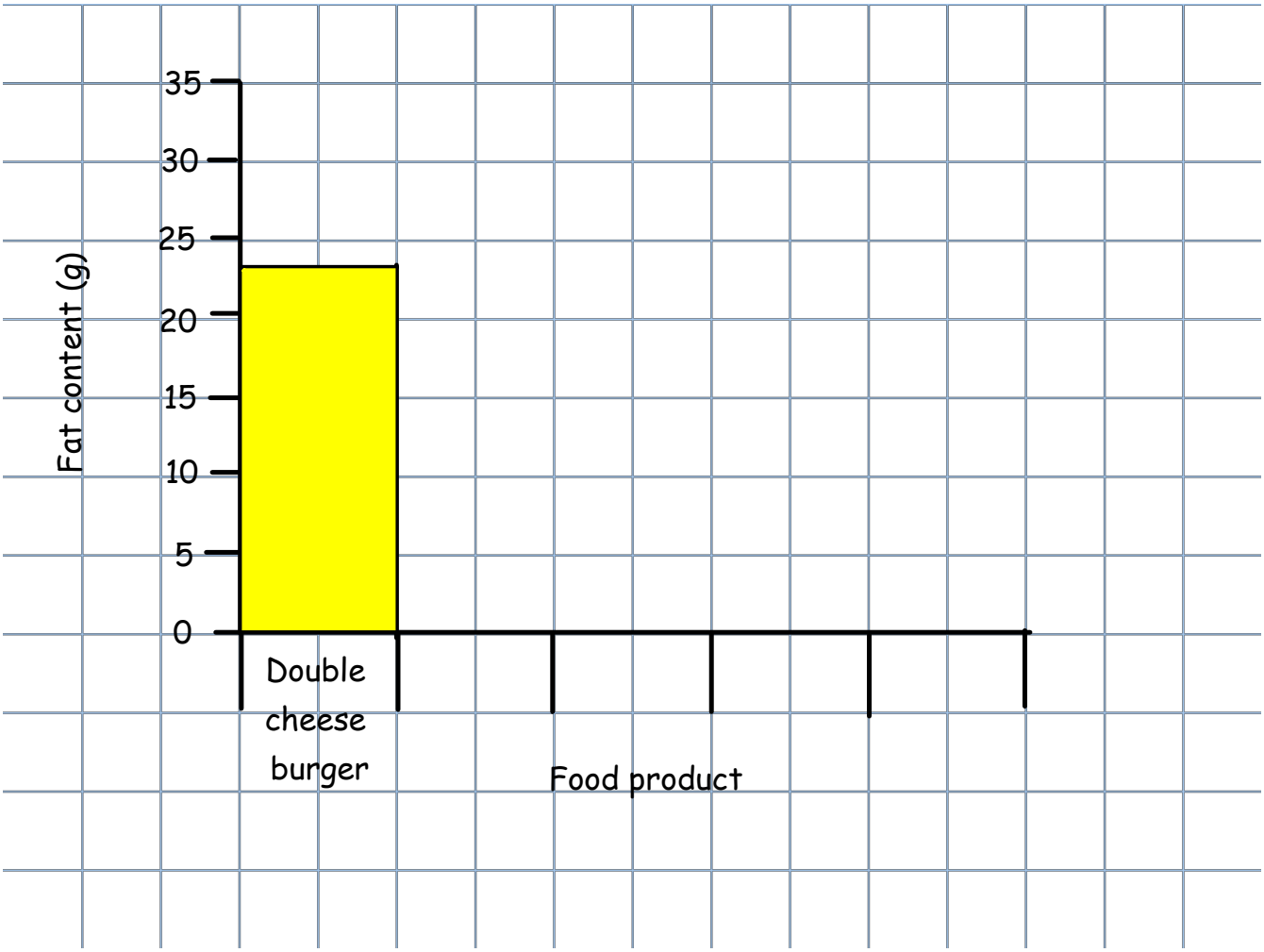
Double cheese burger

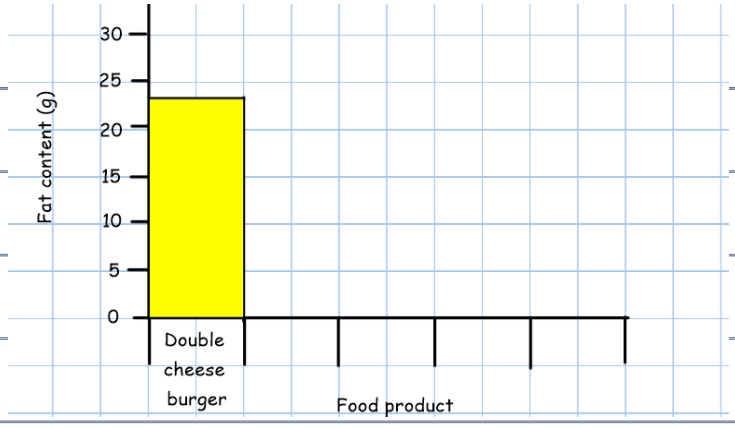
Nutrition Calculator

*Reference Intake (RI) of an average adult (8400kJ/2000kcal)

1859 kJ	445 kcal	23 g	12 g
Energy kJ(22% RI*)	Energy kcal(22% RI*)	Fat(33% RI)	Saturated Fat(58% RI)
	8.1 g	2.4 g	
	Sugar(9% RI)	Salt(40% RI)	

Product	Fat content (G)
Double cheese burger	23g


35
30
25
20
15
10
5
0
Fat content (g)
Double cheese burger
Food product



The food product with the most fat is...

The food product with the least fat is...

Challenge:

Can you find the menu option that contains the least amount of fat?

Think about what sort of ingredients this item would need to have in it...