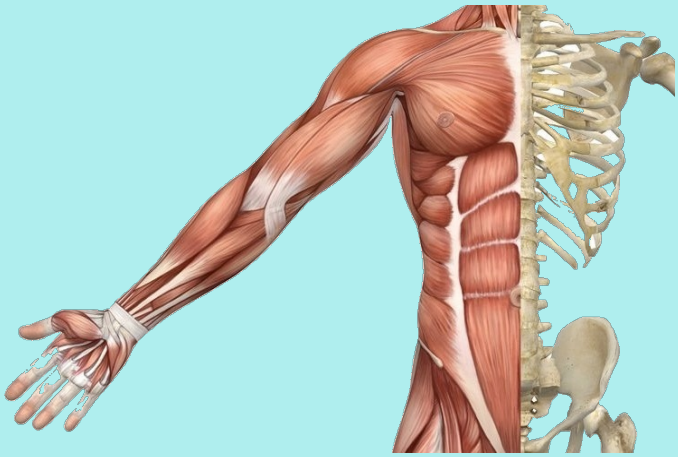
Science!



Wednesday 21st April 2021

LO: To use food packaging labels to identify healthy and unhealthy foods.

Our Key question this half term is...

Are all skeletons the same?

This means we're going to be

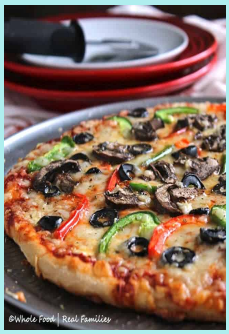
looking at humans
and animals, and the ways our bodies work.

Starter:

Which of these foods is the odd one out?

There is more than one answer here.





I think the odd one out is _____ because...

Interesting question for today

How much sugar and fat is in the food I eat?

Text: Food labels

Key Vocabulary:

Manufacturers = People who manufacture (make) food products

Products = Things people buy, available in shops or online

Monitor = watch or observe to check progress

Beneficial = good for you or useful.

Questions (on post-its):

I do:

- Where do I look if I want to find out what is in my food?

We do:

- What is the table on the back of the food product called?

You do:

- Why do people who are diabetic use nutrition labels?

- How many grams of carbohydrates were in every 100g of supernoodles?

Food labels

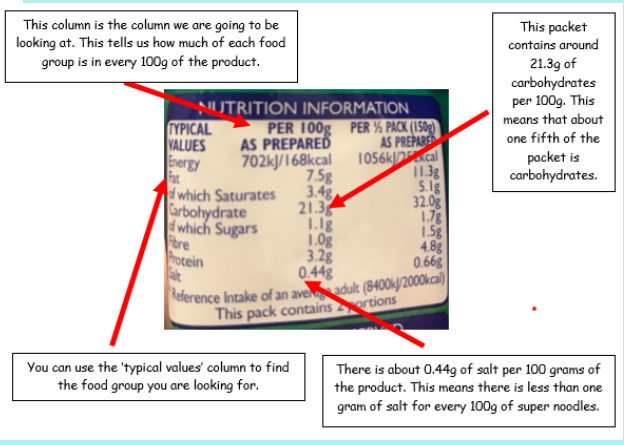
Nutrition simply means eating a healthy diet. If we have a healthy diet, balanced with the correct nutrients, then we have good nutrition.



To help us have good nutrition, we can check what is in our food before we eat it. To do this, we can look at the back of the food packet. Manufacturers put tables on the back of their food products to tell us how much fibre, sugar, fat, salt, carbohydrate and protein is in all the items of food we eat. This is called a nutrition table.

Nutrition tables are used by people who want to be healthy, to check the amount of fat, sugar, and nutrients in a product, and by people who can only have a small amount of certain nutrients. People with diabetes, for example, need to monitor how many carbohydrates (sugars) they eat, so checking how many grams of carbohydrates are in the food products they eat is beneficial to them.

This is a nutrition table for a packet of super noodles:



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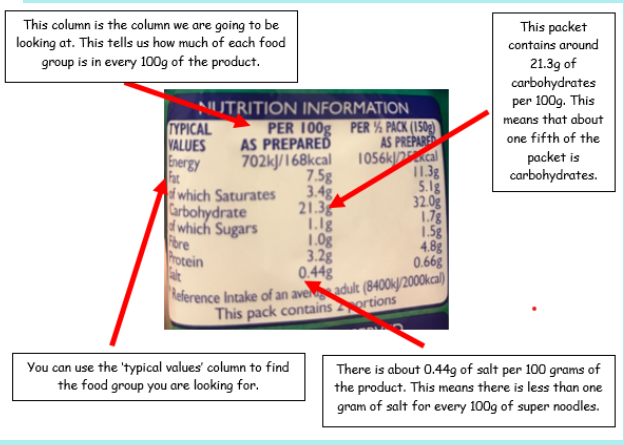
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Sentence work:

To find out what is in my food, I can....

On the back of any food product, there is a table called _____.

There are 21.3g of _____ in 100g of Super noodles.

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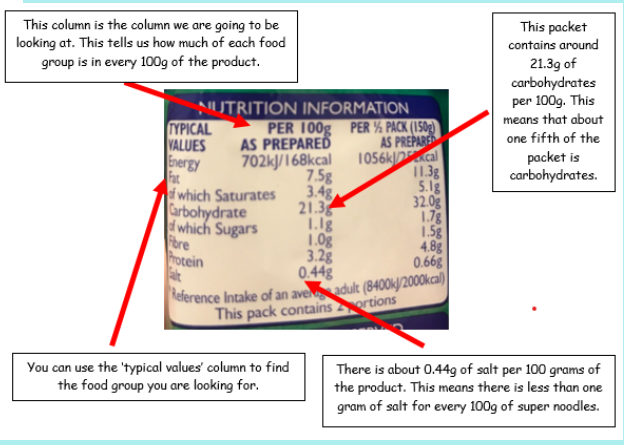
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Look at the food product labels in front of you.

In pairs, put the food labels in order of least fat to most fat per serving.

In your books, write down which food product has the most fat and which has the least fat.