

Extended Project 'Food' Week 5

Year 5 Home Learning
Wibsey Primary School

Day 1 – Sugar Stats

Choose a selection of items from your cupboards, fridge and freezer.

Find the **nutritional label** for each of these foods (examples below) and record the amount of sugar in each product.

Place these into **ascending** order and present your data as a bar chart in your exercise books.

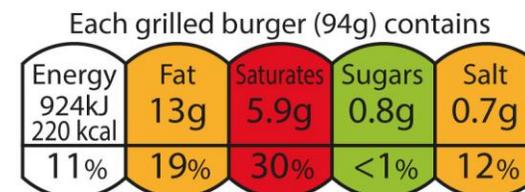
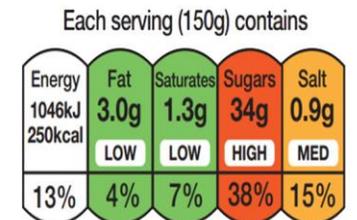
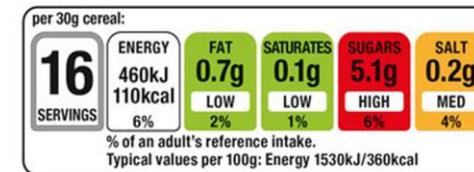
Challenge – Evaluate – Does what you have found out surprise you? Will this change what you eat more/less of?



Don't forget to label your **x and y axis** (Can you remember which is which?).

Add a title to your graph.

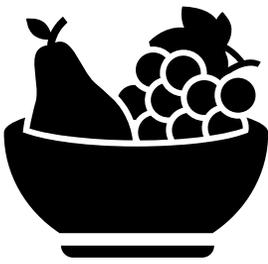
	Typical value per 100g
Energy	1055kJ / 250kcal
Fat	2.3g
of which: saturates	1.2g
Polyunsaturates	0.9g
Carbohydrate	56g
of which: sugars	1.4g
Fibre	2.0g
Protein	<0.5g
Salt	<0.1g
VITAMINS:	%RI
Vitamin D	3.5 µg (70)
Vitamin B6	0.9 mg (64)



of an adult's reference intake
Typical values (as sold) per 100g: Energy 966kJ / 230kcal

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/ 167kcal

Day 2 – A Balanced Diet



Think about the food a toddler might eat compared to an adult athlete. Choose 5 different people who might have to eat differently to each other (child, teenager, athlete, train driver, nurse etc.)

Draw a plate of food for each person that will ensure they are eating a healthy, balanced diet. Beneath each plate, explain why you have chosen these foods. Use the Eat Well Plate on the next page to help you.

Challenge – Evaluate – Can some people with certain jobs/different ages have more food than others? Explain why.

Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Check the label on packaged foods

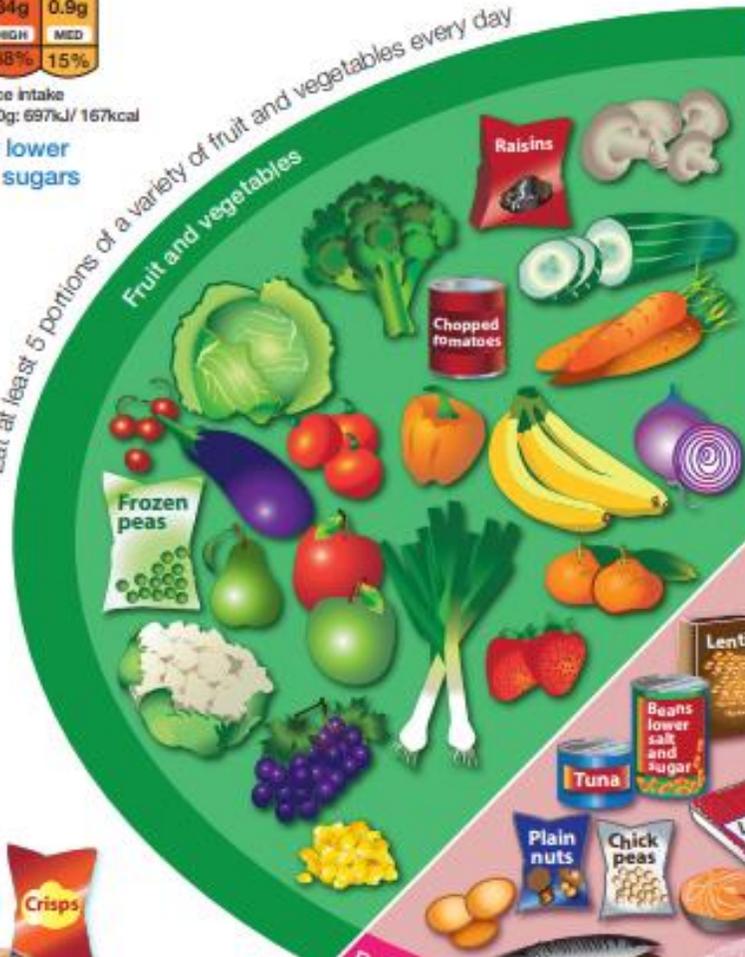
Each serving (150g) contains

Energy	Fat	Saturated	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Eat at least 5 portions of a variety of fruit and vegetables every day



Choose wholegrain or higher fibre versions with less added fat, salt and sugar



Water, lower fat milk, sugar-free drinks including tea and coffee all count.
Limit fruit juice and/or smoothies to a total of 150ml a day.

Beans, pulses, fish, eggs, meat and other proteins
Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat



Dairy and alternatives
Choose lower fat and lower sugar options



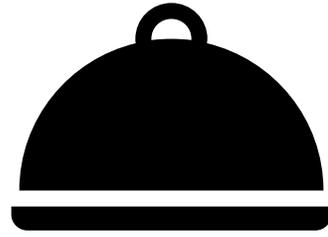
Choose unsaturated oils and use in small amounts



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Day 3 – Come Dine With Me



You are to design a **3 course** meal for your family (Starter, Main Course and Dessert). Use this website - <https://bbc.in/3aPyYDX> - and others on the internet/cookery books to help you.

Think about what ingredients you will need and create a list.

Then, find out how much this will cost, using a supermarket website or the next time your family goes shopping.

Challenge – Give the recipes a go. Your family might even want to score each course! Now you've given it a go, what would you change next time? Could you replace ingredients to change the taste/make it cheaper?

Day 4 – PE



Please complete the following videos from Joe Wicks. Remember to warm up and cool down, just like we would in PE!

Active 8 - <https://youtu.be/EDC-plCTBbc>

Active 5 - <https://youtu.be/14ou-fplEi4>

Active 5 - https://youtu.be/N7CX0_7sLTA

Day 5 – Creative Creations



Did you know that Quality Street is **manufactured** in Halifax? They are wanting to create a new sweet for their selection and are seeking ideas from children across Yorkshire.

Look at the packaging of sweets and chocolates you like to eat and use ideas from these to create your own.

Think carefully about the **labelling** you need to include on your packaging. Ask family members what they like about your design and how you could improve it.

Use their feedback to make notes about how you would change your design in the future.

