

What's in your bowl?

This task uses a **Problem-Solving Approach** and is designed to take approximately 2 hours of teaching time.

The resource enables teachers to lead pupils through the problem of clear labelling food to help make good dietary choices. The Consumers Association (Which?) and Food Standards Agency have suggested a traffic light system (good, fair & bad) to be printed on labels. Pupils investigate the content of breakfast cereals and apply the traffic light system to the results.



Pupils are encouraged to look at the salt, fibre and sugar content of cereals according to either their popularity or by the type of cereal (i.e. rice, oat, corn or wheat). The pupils' task is to summarise their findings based on average mass per 100g and to apply the traffic light labelling system to see how different cereals rate. This work can involve a pupil questionnaire on popularity and collecting of actual data from packets obtained either from shops/supermarkets or online via manufacturers' websites.

Downloadable materials:

- Teachers' overview
 - PowerPoint presentation*
 - PDF of teachers' notes
 - Pupil worksheet *
 - Pupil feedback forms and teacher cover sheet
- * These materials can be edited for your own use

Keywords:

Nutrition
Average
Fibre
Salt
Sugar
Plan
Collect
Process
Discuss
Survey
Median
Range

Classroom guidance:

Time: from 3 hours

NC Level: 4-5

Cross curricular links: Citizenship
Technology
Science

Source: Food Standards agency

- www.breakfastcereal.org/
- www.foodinschools.org
- www.food.gov.uk/foodlabelling/
- www.which.co.uk
- www.weightlossresources.co.uk

