

Choice Food



Approach: Station

Focus: Foods.

Resources: 9 food stickers.

Level: Year 8

Questions/instructions:

The stickers show some foods that Mere and Jia Li can choose to eat.



1. For her bones to be healthy, Mere needs calcium.
Choose the best three foods that will help Mere and stick them here.

Foods chosen:	✓	milk	95
	✓	cheese	74
	✓	ice-cream	43
		banana	[42]
		carrots	[27]
		other four below 10%	

2. Jia Li feels very tired. Her doctor says she needs more iron.
Choose the best three foods that will help Jia Li and stick them here.

Foods chosen:	✓	steak	85
	✓	baked beans	64
	✓	chicken	83
		carrots	[30]
		banana	[22]
		other four below 12%	

Total score:	6	22
	5	27
	4	25
	3	20
	0-2	6

% responses
y8

Commentary:

Many students clearly identified the three best sources of iron and two of the three best sources of calcium. Ice-cream and bananas were about equally chosen as sources of calcium.