

## Fish 'n Chips

**Approach:** One to one

**Level:** Year 4 and year 8

**Resources:** Video of TV news item about fish and chips.



*Video script:* Lunch on the run, tucking into an old favourite, Kiwis devour a staggering 135,000 tonnes of fish n' chips each year. That's the same weight as nearly three Titans. Now Auckland Health Care's launching a pilot scheme to show take-away owners how to make them healthier eating. "What we try to do is inject a little bit of nutrition into this whole package so that, fish and chips are as good and as nutritious as they can be. Reducing the fat content is the key: to do that chips must be cooked at around 180°C, properly shaken and drained for at least 1 minute. We've really got the best chips around at the moment, so, but,

no, I can see there's room for improvement still, yeah." Health Care Auckland says reducing fat content by just 1% would remove 500 grams of fat a year from the average diet. We've estimated that the cost of obesity and over weight to New Zealand in health terms is over 130 million dollars a year. According to Auckland Health Care, figures show thin cut shoe string chips like these have the highest fat content of around 60%, where as thicker chips like these can have up to 50% less fat. But if you're really fat conscious cooking them yourself is the way to go. Fries you bake yourself have a fat content of between 2 and 3%.

Questions/instructions	% responses		Questions/instructions	% responses	
	y4	y8		y4	y8
We're going to watch a video from the news about fish and chips. Listen carefully, and I'll ask you some questions when the video finishes.			4. Which fries do they say have the smallest amount of fat in them?		
<b>Play video</b>			thicker cut chips	45	57
1. If all of the fish and chips that are eaten in a year in New Zealand were weighed, about how much would they weigh altogether?	135,000 tonnes	1 12	homemade chips	17	39
	3 Titans	59 60	5. Why do you think really thin chips have more fat than thicker chips?		
2. What are three things that can be done in the take-away shops to reduce the amount of fat in chips?	cook at 180°C	2 25	answer captures key points	3	24
	cook at high temp	8 12	on right track but fuzzy	11	27
	shake well	12 35	6. The man said they are trying to make chips as good and nutritious as they can. What do you think nutritious means?		
	drain 1 minute	20 60	healthy / good for your health	63	87
	use thicker chips	11 15	7. What do you think the main message in this video?		
3. Why do you think they need to cook the chips at a high temperature?	reduce fat absorbed	18 30	importance for health of reducing fat content	15	30
			ways to reduce fat content	14	17
			<b>Overall score (out of 12):</b>	9-12	2 70
				4-8	44 67
				0-3	54 13

### Commentary

This task was designed to see how well students could extract information and overall messages from a news item. Most of the content was in the soundtrack. Year 8 students performed better than year 4 students, especially on questions involving technical language (questions 1, 2), questions seeking multiple responses (question 2), and questions involving inferences (questions 3, 5, 6, 7). More than half of year 4 students had overall scores of less than 4 out of 12.