

Healthy Food

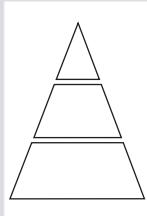
Approach: Team

Level: Year 4 and year 8

Resources: 2 answer sheets (as pictured), one A4, the other A3; 24 pictures of food items.

Questions/instructions

Show the students the small (A⁴) food pyramid.



Here is an outline of a food pyramid. As a group, talk about all you know about it, then I'll write what you agree are the most important ideas on this sheet.

Allow about two minutes

Identifying 3 levels:

eg. eat least, eat moderately, eat most

	y4	y8
all identified correctly	29	65
partly correct	44	21
incorrect	27	14

Here are some food pictures and a large food pyramid. I want you to talk about where you think each picture should go on the pyramid. You all need to agree on the best place. Do *one* picture at a time, and take turns putting them on the pyramid - but don't stick them down until I tell you. But before you place each label, think about where the food should go and agree as a group before you put it on the pyramid. Don't stick the labels down until I tell you.

Give students the large food pyramid (A³).

Allow enough time for students to place cards.

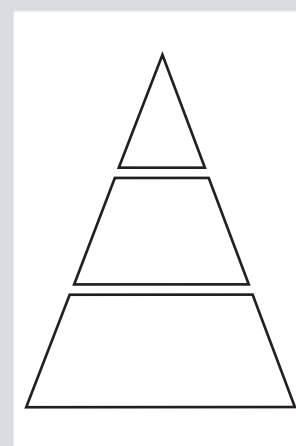
Some of the labels have a blue dot on them. As a group talk about why you have placed these labels where they are on the pyramid. You can change the place of a label if the whole group agrees. You have a couple of minutes to talk about those labels and then I'll ask why you chose to place them where they are.

Allow time for discussion

Point to each of the labels with blue dots asking this question each time:

Why have you placed this label here?

Tell students to stick the labels onto the chart. They can share the job by taking turns.



Eat least:

	y4	y8
biscuits	76	78
cake	87	93
chocolate	92	93
fish & chips	30	75
muesli bar	34	9
potato chips	64	84

Eat moderately:

cheese	70	78
chicken	69	78
flavoured milk	44	69
hamburger	50	64
meat pie	78	78
nuts	56	48
pizza	61	55
sausages	74	92
yoghurt	56	75

Eat most:

apple	81	92
baked potato/corn	72	68
banana	82	93
bread fruit	76	89
rice with vegetables	80	86
salad	86	92
salad roll	84	90
sandwiches	76	84
sushi	42	61

Number correct:

21-24	7	17
17-20	55	69
13-16	21	9
9-12	10	2
5-8	6	2
1-4	1	1

Commentary

Most teams at both levels were able to use the food pyramid idea quite effectively. The food item causing most confusion was the muesli bar (note especially the year 8 result). The muesli bar, nuts and fish & chips tended to be classified too low on the pyramid, while flavoured milk and sushi tended to be classified too high.