Subject: Science – Healthy Bodies

Year Group: 5/6

Term: Autumn 1

	What? *Learning Challenge* *Skill Taught*	How? *Teaching Activities and Differentiation*

w/b 28.9.20		Tell the children that they are going to begin with diet; that is what they eat and drink. Give each group a selection of tins or packets of different food and drink and ask the children to classify them scientifically. Ask children what they think 'scientifically' means in this context. It means to sort them according to how they affect health. Therefore, sorting by food groups, calories, how much salt, whether they think they are good or bad for the body (not colour or shape). Tell them to keep how they have sorted them secret for now and have other groups try to work out what they are classified by. Discuss the different ways the groups classified them and how effective it is. Use PowerPoint Slide 21 to help explain how food labelling works and what information is given. Many packets now use colour coding to show nutritional values, so it's worth looking at this with the children also. The example on the slide is of a tin of baked beans, which is high in salt and sugar. It's there to help people make choices of how much to eat of the food and to think about what other food is high in for example, sugar and salt. A good idea is to show children how much sugar or salt the quantity is, is by pouring it out or weighing it out or counting teaspoons, e.g. 'How many teaspoons of sugar in one portion of baked beans?' Tell children that they are going to look at the labels on some of the foods on their table/cupboards at home and use the information to complete Activity Resource 2.4. Bring the class back together and ask them what they have learned about food and diet? How can they help themselves to make some better food choices in future?

Baked beans	Per half can	% RDI
Energy	163 calories	8%
Fat	0.4g	1%
Sugars	9.8g	11%
Salt	1.2g	21%

RDI Recommended Daily Intake

Reading labels on food packaging can help people make choices about what they eat and how much.

What surprises you about the information on this label? Why?

What choices would you make after reading this label? Why?

Insert illustration of a tin of baked beans with 415g as weight.