Science - Year 3/4

Animals Including Humans

Fit For Success

Session 1

Task PowerPoint

Let’s spend a few minutes looking at our client’s food survey to get a first impression of their diet.

Do you notice anything about their diet?

What should a healthy diet include?

At least 5 portions of fruit and vegetables every day

What should a healthy diet not include?

Too much sugar

What is a portion of fruit or vegetables?

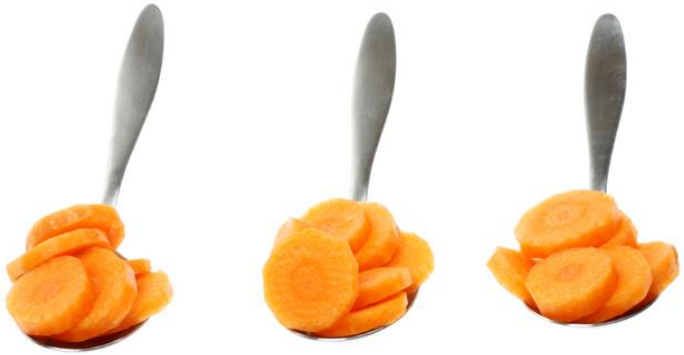
A medium sized fruit

A handful of small fruits like grapes (about 9)

2 smaller fruits like apricots or plums

A small glass of fruit juice

3 table spoons of vegetables



Here are some more 5 a day ideas!

Tomatoes

1 medium tomato

Oranges

1 orange

Bananas

1 medium banana

Strawberries

7 strawberries

Asparagus

5 spears

Avocado

Half an avocado

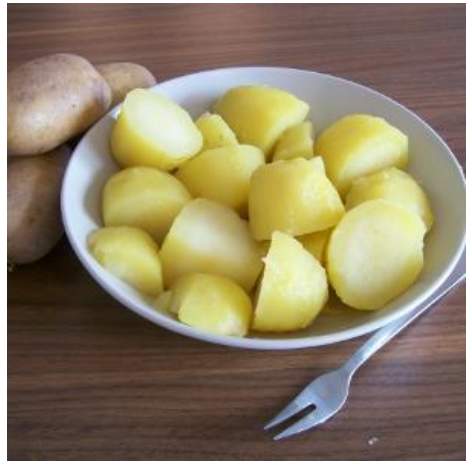
Peppers

Half a pepper

Kiwis

2 Kiwis

Did you know?



Potatoes do not count as a portion!

Each portion needs to be different, so 2 bananas only count as one portion!

Health experts say that 5 portions is the minimum to be healthy. Ideally we should be eating even more!

So what about sugar?

How much is too much?

The UK Government recommends that adults should have no more than 7 teaspoons of sugar a day and children aged 7-10 no more than 6 a day.

But sugar is hidden in so many of the foods we love to eat.

Let’s guess how many teaspoons of sugar are in these foods and drinks

1. 

8 each

2. 

3

3. 

4

4.

9

5.

6

6.

5

7.

4

8.

4

9.

2 per portion

Today, you will make a start on your health and training advice for your team member by researching:

- How many portions of fruit and vegetables are they eating at the moment? (Year 3)
- How much sugar is in their diet at the moment? (Year 4)

	Breakfast	Lunch	Evening Meal	Snacks	Drinks
Monday	Corn flakes Toast and Jam	Sausage roll apple	Chicken curry Rice Naan bread	Chocolate bar	4 coffee 1 tea Orange juice coke
Tuesday	Corn flakes Toast and Jam	Cornish Pasty Banana	Beef lasagne Garlic bread, Peas	Crisps Apple	3 coffee 2 tea Orange juice lemonade
Wednesday	Corn flakes Toast and Jam	2 Pizza slices	Sausages, mash and baked beans	Cup cake	4 coffee 1 tea Apple juice coke
Thursday	Corn flakes Toast and Jam	Cheese sandwich Banana	Meat pie, chips, peas	Apple	3 coffee 2 tea Orange juice coke
Friday	Corn flakes Toast and Jam	Sausage roll Crisps	Macaroni Cheese salad	2 biscuits Banana	4 coffee 1 tea Orange juice Mineral water
Saturday	Corn flakes Toast and Jam	Chicken pie chips	Pizza Salad	Chocolate bar	3 coffee 1 tea Orange juice 2 cokes
Sunday	Sausage, bacon, egg, beans, toast	Tuna sandwich Apple	Roast Chicken Potatoes Carrots Broccoli	Choc chip muffin	4 coffee 1 tea Orange juice Lemonade

When researchers collect and use information, that information is called **data.** Our data is our **team member's food and fitness survey.**

We will need to use this data to answer our 2 questions

How many portions of fruit and vegetables is the team member eating at the moment? (Year 3)

How can we answer this question?

By counting the portions eaten and writing the totals in a table like this one

Day	Fruit and Vegetable Portions Eaten	Total Number of Portions
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

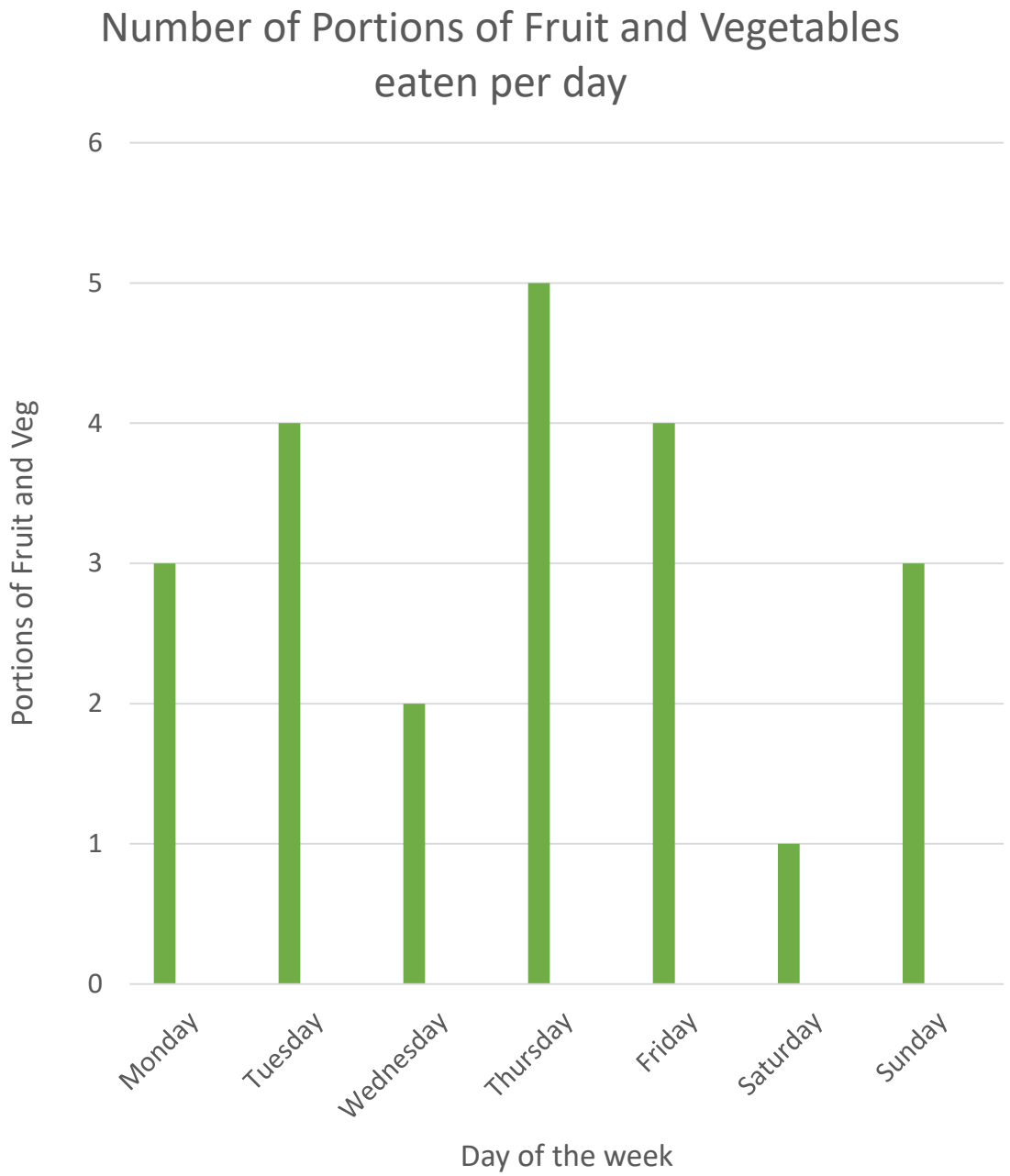
How much sugar is in the team member's diet at the moment? (Year 4)

How can we answer this question?

By finding all the sweetened foods and drinks in their diet each day and calculating the total teaspoons of sugar. Don't forget to add the sugar in tea and coffee!

Using a table like this one will help.

Day	Sweetened food and drinks	Total Teaspoons of sugar
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

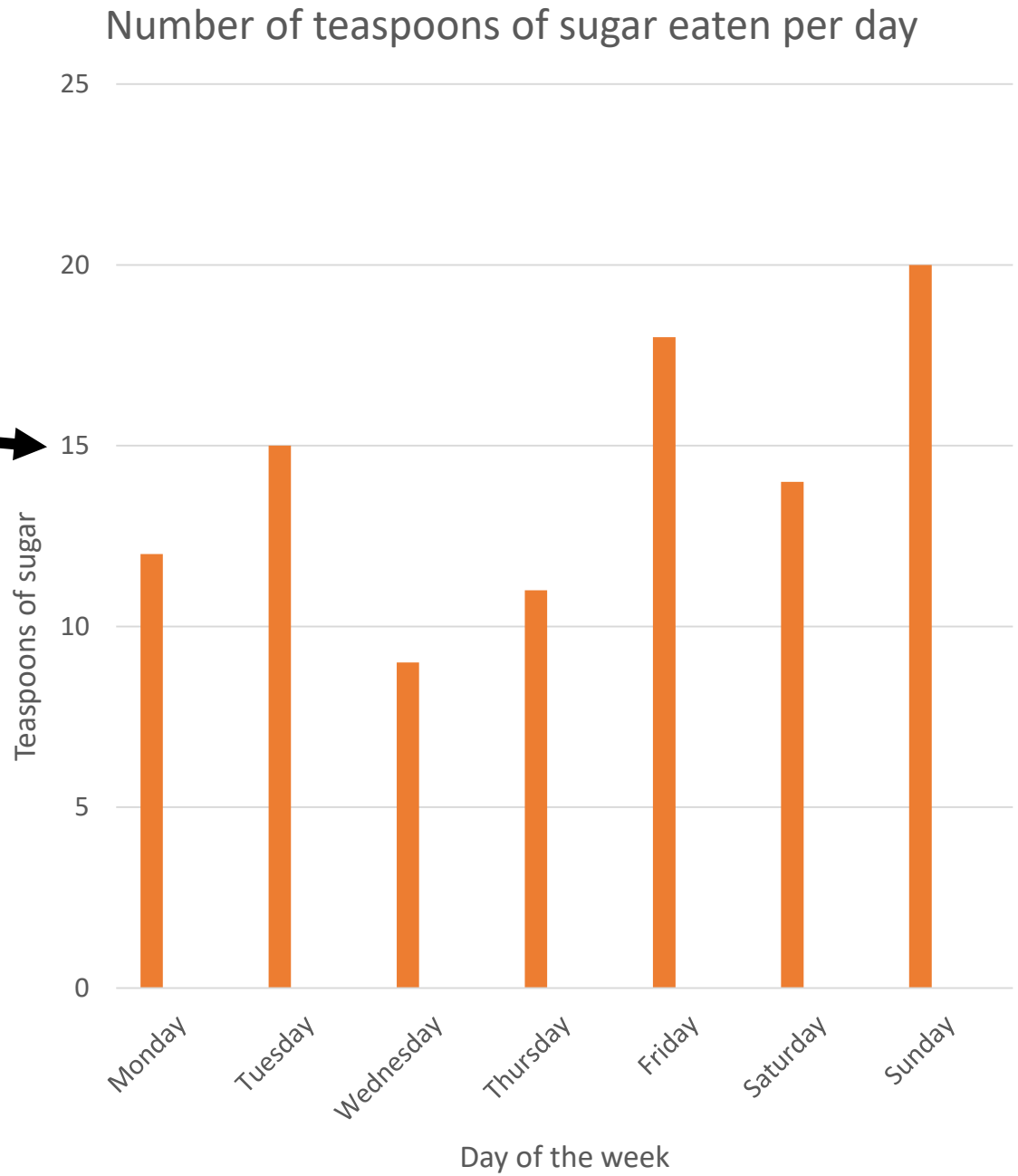


It will also be helpful for your team members to see this data displayed as a bar chart so you will need to draw one to display your findings.

When you draw the graph to display the sugar data, you may need to use a scale for your vertical axis.

What scale has been used here?

A scale that goes up in 5s



Come on then scientists!

Let’s get researching!