

Wednesday 20th May 2020.

Science

L.I:

To understand the importance of a healthy lifestyle.

To carry out research and create a help sheet or poster.

What foods can you see? What are the negatives and positives of each food? Note down some ideas...



How does this information compare with your ideas about the food?

Item	Sugar	Fat	Micro nutrients	Teacher discussion notes
Fruit	High	Low	High	Fruit is a healthy snack, but remind chn that it has a lot of fruit sugar (fructose) in it, so eating vast quantities is not as healthy as it may seem. A great snack.
Veg	Low	Low	High	Vegetables have much lower levels of naturally occurring sugar. A great snack.
Chocolate	High	High	Low	The amount of sugar in chocolate varies – very dark chocolate has a much lower amount of sugar and is nutritionally better. However, chocolate is a ‘treat’ food and should be eaten in moderation.
Cereal bars	High	High	Mid	Cereal bars may seem like a healthy option, but they are in fact very high in sugar and often have a lot of saturated fat (the bad fat!).
Cereal	High	Low	Mid	Lots of cereals (especially those marketed at children) have high levels of sugar. Porridge or cereal without sugar should always be the cereal of choice.
Dried fruit	High	Low	High	Dried fruit is nutritionally good, but has a very high level of fruit sugars and can contribute to tooth decay. A great snack in moderation.
Nuts	Low	High	High	Nuts may be high in fat, but it is the ‘good’ sort of fat. This is a great snack.
Can of drink	High	Low	Low	These drinks are very high in sugar and should be avoided.
Can of ‘sugar free’ drink	Low	Low	Low	Although these drinks don’t have sugar in them they do have sweeteners like aspartame which some people believe affect our appetite and encourage us to eat more.
Water	Low	Low	Low	A great drink

Detective time:

Have a look at some of your food packaging at home. Can you read any of the nutritional values? Are there any foods that appear unhealthy that are in fact quite low in sugar, fat and salt?

Are there any foods that appear to be healthy but are in fact the opposite?

Did you have any surprises?

Note down your findings or take pictures of the labels

	High	Medium	Low
(TOTAL) SUGARS	over 22.5g (over 27g/portion*)	over 5g to 22.5g	5g and below
FAT	over 17.5g (over 21g/portion*)	over 3g to 17.5g	3g and below
SATURATES	over 5g (over 6g/portion*)	over 1.5g to 5g	1.5g and below
SALT	over 1.5g (over 1.8g/portion*)	over 0.3g to 1.5g	0.3g and below

* Used when suggested portion size is greater than 100g



Healthy hearts –

Coronary **heart disease** is the term that describes what happens when your **heart's** blood supply is blocked or interrupted by a build-up of fatty substances in the coronary arteries. Over time, the walls of your arteries can become furred up with fatty deposits.

How Do You Get Heart Disease?

Heart disease isn't contagious — you can't catch it like you can the flu or a cold. Instead, certain things increase a person's chances of getting cardiovascular disease. Doctors call these things **risk factors**.

Some of these risk factors a person can't do anything about, like being older and having other people in the family who have had the same problems. But people do have control over some risk factors — smoking, having high blood pressure, being overweight, eating unhealthy foods and not exercising can increase the risk of getting cardiovascular disease.

<https://www.centreofthecell.org/learn-play/games/heart-disease/> - Heart disease, Centre of the Cell.

Use this link to play a game – you will set up an investigation into heart disease. See if you get any meaningful results. Note down what you found out about testing for heart disease and how to make it a fair test with reliable results.

<https://www.youtube.com/watch?v=dyvfSmB0YOQ&safe=true>

<https://www.youtube.com/watch?v=Nb0fLYdPEPM&safe=true>

Watch the two adverts – what are they trying to do? What is their message?

Your task:

To design a poster to encourage people to have a healthy heart. Use all the information you have seen today and feel free to do some further research if needed. Make it eye catching and easy to read – are you going to include a slogan? Create a character? Use images?

Be as creative as you want to but remember to include scientific facts to support your arguments.