

Researching the nutritional and health benefits of foods

Introduction

These materials are intended to provide lesson ideas for Science and Literacy. The ideas and materials are suitable for children at KS2 although some differentiation will be necessary for the younger children.

The materials focus on researching the nutritional and health benefits of some foods.

Project overview

Stage	Time	Overview
1: Introduction	5-10 mins	Introducing the research task. The PowerPoint presentation outlines the research task and gives children guidance about judging the reliability of websites. It also provides guidance about making a good PowerPoint presentation, poster presentation or trifold leaflet.
2: Research task	40-60 mins	Children research the nutritional and health benefits of one or more of milk, beetroot, beef and oats.
3: Presenting findings	20-60 mins	Children present their research findings as a scientific poster, a tri-fold leaflet, or a PowerPoint presentation.

Suggested equipment and materials:

The PowerPoint presentation, access to the internet for research, plain A2 or A3 paper for a poster, A4 for a trifold leaflet, coloured pens and pencils.

Task overview:

Children research the nutritional and health benefits of some foods, and present their findings as a PowerPoint presentation, poster presentation or trifold leaflet. It is essentially a science investigation combined with a literacy exercise. The presentation has the purpose of informing other children about the nutritional or health benefits of one of four food types and may take one of three forms.



Instructions:

Students may need support and guidance to research for information effectively. You may wish to model the process of looking for information on the internet, using broccoli as an example. Some children may require a list of useful and reliable websites to search whilst others may need information provided and printed out.

Some useful websites

BBC www.bbc.co.uk

BBC Good Food www.bbcgoodfood.com

National Health Service www.nhs.uk

General information about Dairy Farming www.thisisdairyfarming.com

Nutritional information about milk www.milk.co.uk

Medical News Today www.medicalnewstoday.com

British Nutrition Foundation www.nutrition.org.uk

Possible links to the English National Curriculum

Stage/subject	Topic	National Curriculum statements
KS1: Science	Y2: Animals including humans	<ul style="list-style-type: none"> Find out about and describe the basic needs of animals, including humans, for survival (water, food and air). Describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.
	KS1 Working Scientifically	<ul style="list-style-type: none"> Asking simple questions and recognising that they can be answered in different ways. Gathering and recording data to help in answering questions.
KS1 Design and technology	Cooking and nutrition	<ul style="list-style-type: none"> Use the basic principles of a healthy and varied diet to prepare dishes. Understand where food comes from.
LKS2 Science	Y3: Animals including humans	<ul style="list-style-type: none"> Identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food; they get nutrition from what they eat.
	LKS2 Working Scientifically	<ul style="list-style-type: none"> Asking relevant questions and using different types of scientific enquiries to answer them. Gathering, recording, classifying and presenting data in a variety of ways to help in answering questions. Recording findings using simple scientific language, drawings, labelled diagrams, keys, bar charts, and tables. Reporting on findings from enquiries, including oral and written explanations, displays or presentations of results and conclusions.



UKS2 Science	Y6: Animals including humans	<ul style="list-style-type: none"> Recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function. Describe the ways in which nutrients and water are transported within animals, including humans.
	UKS2 Working Scientifically	<ul style="list-style-type: none"> Planning different types of scientific enquiries to answer questions, including recognising and controlling variables where necessary. Recording data and results of increasing complexity using scientific diagrams and labels, classification keys, tables, scatter graphs, bar and line graphs. Reporting and presenting findings from enquiries, including conclusions, causal relationships and explanations of and degree of trust in results, in oral and written forms such as displays and other presentations. Identifying scientific evidence that has been used to support or refute ideas or arguments.
KS2 Design and technology	Cooking and nutrition	<ul style="list-style-type: none"> Understand and apply the principles of a healthy and varied diet. Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques. Understand seasonality.
KS1-KS2: 6.3: Language and literacy		The writing they [pupils] do should include narratives, explanations, descriptions, comparisons, summaries and evaluations: such writing supports them in rehearsing, understanding and consolidating what they have heard or read.

