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| Lesson: Healthy Eating: Investigate eating habits of the population | | |
| Learning Objectives: Interpret data on eating habits. Manipulate data to answer hypotheses. Evaluate own habits and review lifestyle. | | |
| Starter: Using the starter graphs (OHT), discuss the trends on consumption of fruit and veg and crisps and sweets. | Pupils Interpret graphs shown and answer questions. Give reasons for their responses. | Teacher Lead question and answer session about the graphs. Reveal the first graph (you could also hide labels). Do males or females eat more fruit and veg? Is the graph shape what you would expect? What is the recommended amount to eat a day? Before revealing the second graph ask pupils to predict what it will look like. |
| Main: Using the spreadsheet, manipulate data to answer hypotheses set by the class. Draw conclusions about fruit and veg consumption. | Pupils Decide what they can investigate from the data and give hypotheses. Manipulate data and draw their conclusions. | Teacher There are 2 data sheets, one on processed and fresh veg eaten over time, the other on age, gender and no. of portions eaten. Discuss with pupils the hypotheses the class will investigate. Support pupils in manipulating the data. |
| Plenary: Feedback results, and investigate the Dept. of Health's site and 'Five a Day' campaign. Discuss portion sizes. Either discuss good habits or organise keeping a diary for later evaluation. | Pupils Share their conclusions with class. Compare their ideas with others. Research about the 'five-a-day' campaign and make comparisons with their own eating habits | Teacher Facilitate feedback and introduce the five a day campaign. Discuss with pupils their own eating habits. Have a class poll. Do their responses fit the national norms? Organise pupils to keep diaries for a week on their food consumption. (This could have been done the previous week). Pupils look at their eating habits for more healthy eating opportunities. |
| Outcomes: All pupils will: Give some interpretation of graphs, perform basic manipulation of the data, understand portion sizes. Most pupils will: Give reasons for trends in graphs, manipulate data to answer hypotheses, learn about 'five-a-day' campaign. Some pupils will: Effectively manipulate data, draw good conclusions, understand benefits of healthy eating, make changes to own habits. | | |
| Resources: OHT/copy of graphs for starter activity, download data. Information you wish to use from 'Five-a-day' story at http://www.statistics.gov.uk/CCI/nugget.asp?ID=739 | | |
| Classroom Management: All pupils will need to see starter graphs. Pupils can work in pairs, or on own depending on number of computers available. Whole class discussion and feedback. | | |
| Keywords: Fruit, Vegetables, Junk food, Predict, Five-a-day, Healthy Eating, Portion, Consumption, Hypotheses, Data Manipulation, Survey. | KS3 Strategy Links/NC/Cross-Curricular Links: ICT Year 7/8 Finding things out D&T Year 7 7ai Understanding Food Science Year 8 Unit 8A Food and Digestion PSHE 2b Keeping Healthy | |
| Prior Knowledge: Graph interpretation, Ability to ask questions, Spreadsheet manipulation. | | |
| Assessment of Learning: Manipulation of spreadsheet, Q & A, feedback from pupils | | |
| Extension Activity: Comparisons with other foods, Collect data and analyse what is available from school during break times and lunch. | | |
| Homework Ideas: Diary of what is eaten over a week, analyse, make changes to diet | | |

Notes:

Starter:

This data is taken from Phase 3 of the CensusAtSchool project at www.censusatschool.ntu.ac.uk.

Main:

Download the spreadsheet into an accessible area before lesson. The data is supplied by the National Food Survey, MAFF, and the Omnibus Survey, ONS. Possible hypotheses are: the older you are the more fruit and veg you eat, or people eat more processed fruit than fresh fruit. Consider data manipulation techniques. For help try the links section on this website, or <http://www.censusatschool.ntu.ac.uk/teachers.asp>

Plenary:

Look at <http://www.statistics.gov.uk/CCI/nugget.asp?ID=739>

Your own notes/questions:

Notes on lesson/evaluation



This resource was created by the Office for National Statistics at www.statistics.gov.uk