



Healthy Eating

Geographical Challenge

Bonkers about Bananas

Lots of us eat bananas but how much do we really know about how they are grown or where they come from?

Use an internet database to search the term 'bonkers about bananas' and find out about Fairtrade bananas grown in the Windward Islands

Use the photos included in the 'travels of a banana' section to produce an informative PowerPoint about what happens to a Fairtrade banana. You could also search the internet to look for facts about bananas—a good website is www.thefruitpages.com

Your presentation should include the use of Word Art, Text Boxes, Slide Transitions, Custom Animation and images. You can include hyperlinks or action buttons if you would like to but check they work before completing your project.

If you complete the project you can use the information gathered to make an A4 info sheet on Publisher.



Healthy Eating Scientific Challenge

What does food do to our bodies?

We all know we have to eat a balanced diet, but how does food from the different food groups affect our bodies?

Using an internet database (like Google or Yahoo) to search the term 'Food Groups' and use the first listed web link to find information for a informative PowerPoint project that is suitable for Foundation Phase pupils. You could also use other websites to help your research.

Use the animations and clip art provided as a basis for your project and make sure you use a clear font (Comic Sans is good) for the writing on each slide.

Your presentation can include the use of Word Art, Text Boxes, Slide Transitions, Custom Animation and images. You can include hyperlinks or action buttons if you would like to but check they work before completing your project and make sure the content is suitable for Foundation Phase pupils..

If you complete the project you can use the information gathered to make an A4 poster about healthy eating.



Healthy Eating

Mathematical Challenge

Virtual Snack Bar

The following items are stocked in a school tuck shop: apples, bananas, muesli bars, cheese triangles, pots of raisins, pots of strawberries, oranges and low fat yoghurts.

Using Microsoft Excel add the names of the items to column A (using the term snack names in cell A1). In column B add the prices of each item as follows: apples, bananas, oranges and low fat yoghurts are 10p each, pots of raisins and cheese triangles are 5p each, muesli bars and pots of strawberries are 15p each.

On Monday the following items were sold: 5 apples, 7 bananas, 4 muesli bars, 12 cheese triangles, 3 pots of raisins, 8 pots of strawberries, 3 oranges and 4 low fat yoghurts – add this information in column C then use simple multiplication formula (remember this uses the * sign) or addition formula to find out which item made the most money on Monday.

When this is complete you can use the data collected to make a pictogram of showing the sales, made on Monday, of each item.

Use the clip art provided for your pictogram or find alternatives on the internet.



Healthy Eating Historical Challenge

Wartime Rations

In World War 2, and the years that followed, food was in short supply and people were encouraged to grow their own produce.

Research food rationing on the internet—you can use the website www.johndclare.net to help you, but there are many sites you could find using an internet database. Your task is to construct a PowerPoint about rationing in WW2.

Make sure you include a slide on each of the following areas: Ration Books and coupons, Lord Woolton and the Ministry of Food, the Women's Land Army, Digging for Victory, and War-time recipes.

Your presentation should include the use of Word Art, Text Boxes, Slide Transitions, Custom Animation and images. You can include hyperlinks or action buttons if you would like to but check they work before completing your project.

If you complete the project you can use the information gathered to make an A4 info sheet on Publisher.



Healthy Eating Creative Challenge

How do we make healthy meals for young children?

Although we know which foods are good for us it is often difficult to make healthy food that is appealing to young children.

Using the cook book template in Microsoft Publisher you must make a cookery book that includes four healthy recipes for children. If you use an internet database to search for 'Big Cook, Little Cook' you will find lots of ideas. There are also other sites that will include healthy recipes for children.

You need to include two savoury meals and one that is fruit based. The final recipe can be of your own choice or design but needs to be healthy.

Make sure your recipe instructions are clear and use clip art or photos to enhance your cook book. Make sure you have an eye-catching front cover!

If you finish this challenge make an A4 poster about healthy food ideas for young children, including Word Art and images in your design.