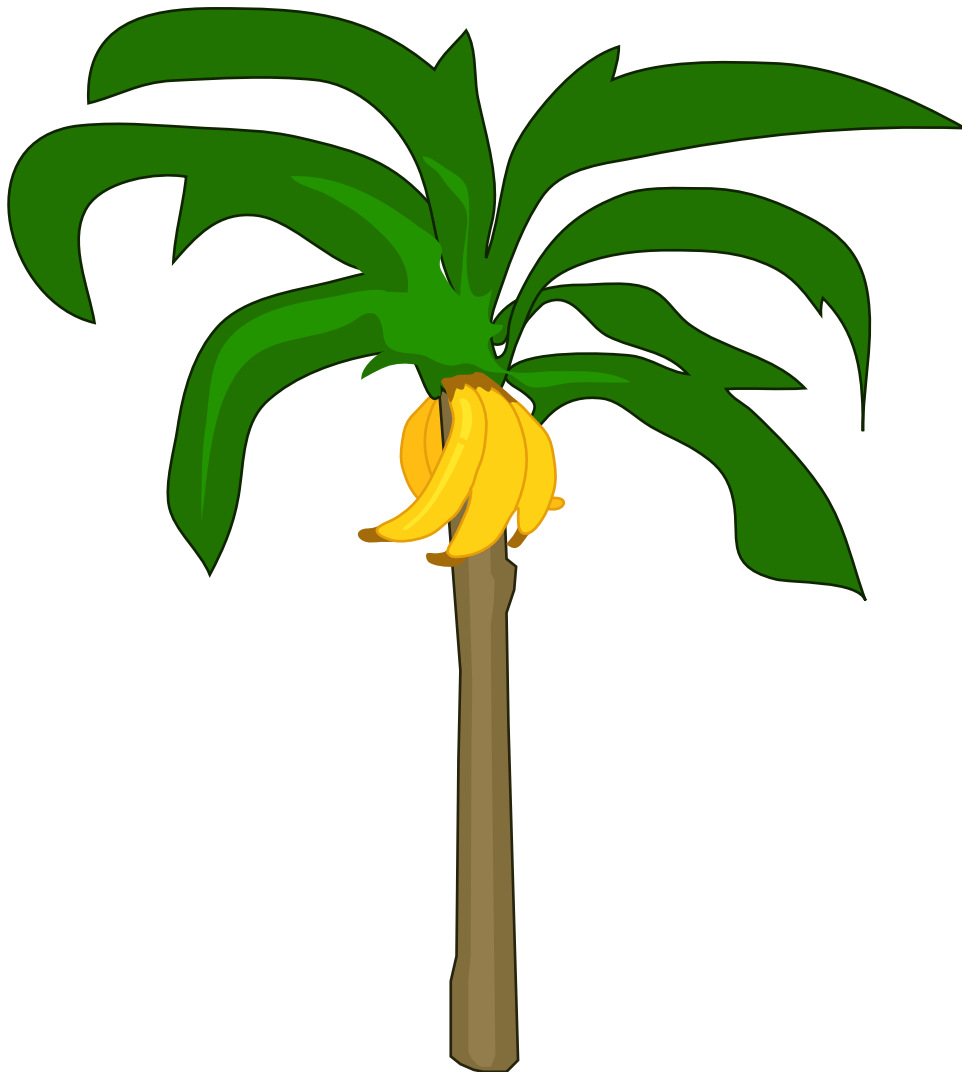


Food as Fuel

For pupils aged 7-11

Teachers' notes



This Activity Sheet is provided by Rolls-Royce plc as part of our continuing commitment to education

Food as Fuel

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From the table of foods given on the activity sheet pupils are asked:

Which two foods would give you the most energy?

Chocolate and Cornish pastie

Which two foods give you the least energy?

Orange and low fat yoghurt

If you were going for a walk on a cold winter's day you would need to take food with you that gave you lots of energy. Pick some foods from the list that would be suitable to take for an energy giving packed lunch.

Some from **fruitcake, Cornish pastie, chocolate, crisps, cheese sandwiches.**

If we eat too much food which is high in energy not all the food is used by our bodies and the unused food can be stored as fat.

If you wanted a healthy snack which did not have too much energy in it what foods would you pick from the list? Give a reason for each food you choose.

Some from

Wholemeal bread	→	high in fibre but low in fat
Bananas	→	good source of potassium and fibre
Tuna	→	good source of protein and vitamins
Low fat yoghurt	→	low in fat, some protein
Oranges	→	good source of vitamin C, some fibre

Practical tips

This activity sheet focuses on the way that food is used by the body as a source of energy. The energy in food is released in the body during respiration, however knowing the name and details of this reaction is not a teaching point at Key Stage 2. Before answering the questions on the sheet a whole group discussion should focus on the use of food for both energy and growth and the various components of a healthy diet. To ensure a fair comparison of the foods the table lists the amount of energy that would be provided by 100g of each.

National Curriculum Links

This activity links to attainment target Sc2 Life processes and living things. At KS2;

Pupils should be taught:

Sc2 2b Pupils should be taught about the need for food for activity and growth and about the importance of an adequate and varied diet.