

Name..... Date.....

Soil Association  
ACTIVITY SHEET 1



# FRUIT OR ROOT?



We eat all the parts of plants. Can you think of one to go in each box and draw it?

<b>FRUIT</b>	<b>SEED</b>
<b>ROOT</b>	<b>LEAF</b>
<b>STEM</b>	<b>FLOWER</b>



Soil Association  
ACTIVITY SHEET 2

Name..... Date.....

# WHERE IN THE WORLD?



Name..... Date.....

Soil Association  
ACTIVITY SHEET 3



# BONKERS ABOUT BANANAS QUIZ

Read the text by each of the photos and then tick the correct choice or write in your answer below the question.

- 1 Why are the bananas wrapped in blue plastic?
2. How many months is it before bananas are ready to be harvested?
3. What are bunches of bananas called?
4. Why are the bananas put in boxes?
5. What happens to the bruised bananas?
6. How long does it take for the bananas to get to England by ship?
7. What happens if you buy fair trade bananas?
8. How many kilograms of bananas do we eat on average each year?

Name..... Date.....

**Soil Association**  
ACTIVITY SHEET 4



# THINGS I KNOW ABOUT FARMING

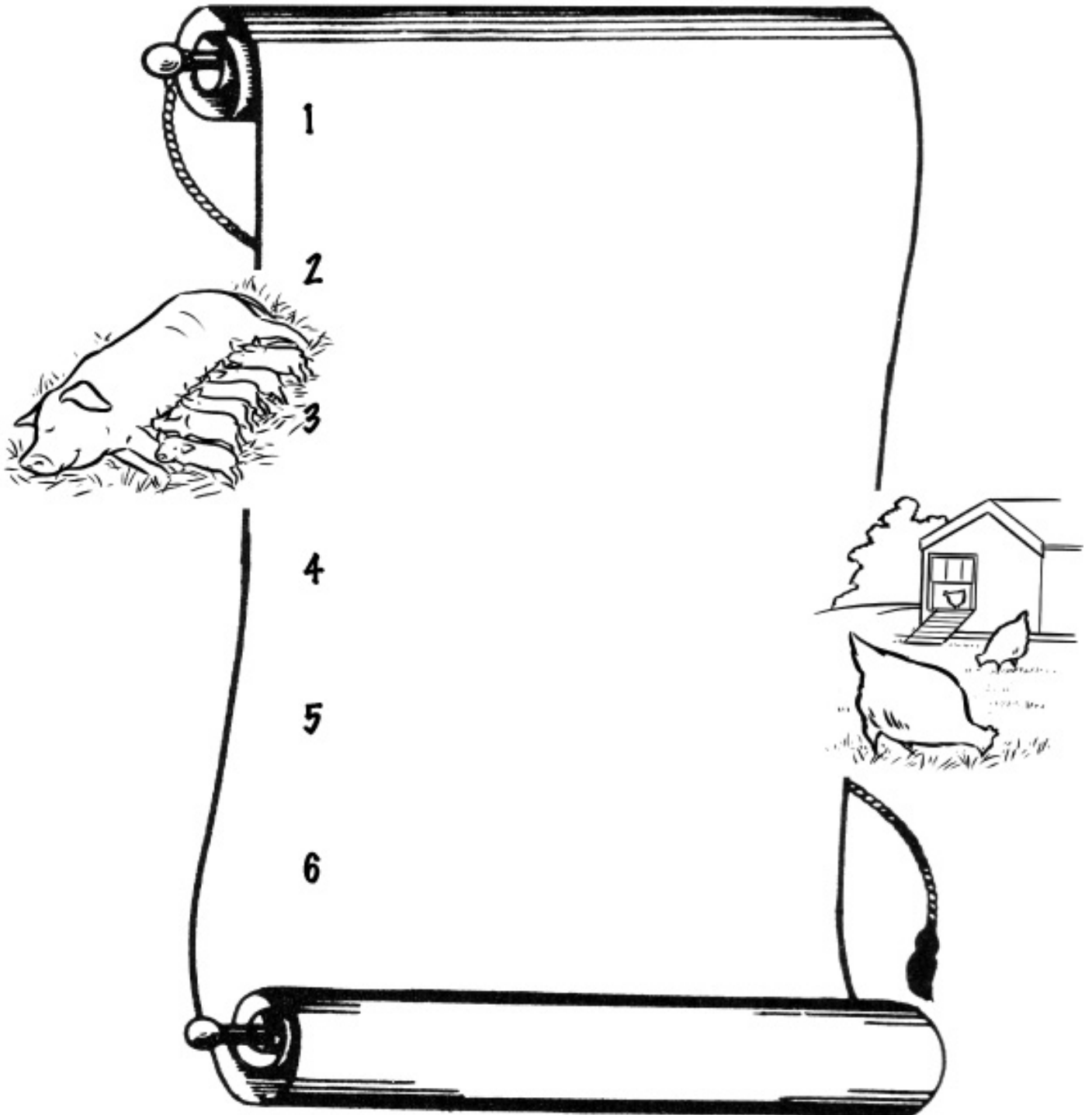
THINGS I ALREADY KNEW	THINGS I HAVE LEARNED TODAY

Name..... Date.....



# ANIMAL CHARTER

Now that you have found out more about how animals are reared on many farms today, can you write an Animal's Charter? You must make a list of at least six animals' rights.



Name..... Date.....



# ON THE TRAIL

Log on to [www.soilassociation.org/farmtrails](http://www.soilassociation.org/farmtrails) Go to Church Farm. Answer the questions below by following the farm trail. Don't forget to look in the bottom left hand corner of the page to find some of your answers.

## FARM HABITATS

How many habitats can you see in this picture of Church Farm?

### 1. Church Farm Meadow

List three examples of consumers shown in the meadow.

.....  
.....  
.....

Why are humans called omnivores?

.....

### 2. Barley Meadow

Are mice prey or predators?

.....

### 3. Willow Meadow

What does a food chain show us?

.....

### 4. The Hedge

Which animal is at the top of the food chain in the hedge?

.....

Why are hedges called "wildlife corridors"?

.....

### 5. The River Thames

Name three animals that pike eat.

.....

### 6. The Pond

What problem is there in many farm ponds?

.....

Name..... Date.....



# FARMING: HARMS OR PROTECTS?

Read the poster "Mad about food". Think about ways in which farming can either protect or harm the environment, wildlife and farm animals. List the things you have found under the headings below.

HARMS	PROTECTS

Who wrote the 'Mad about Food' poster?

What do you think the poster's message is?



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ACTIVITY SHEET 8

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# BALANCE OF GOOD HEALTH PLATE



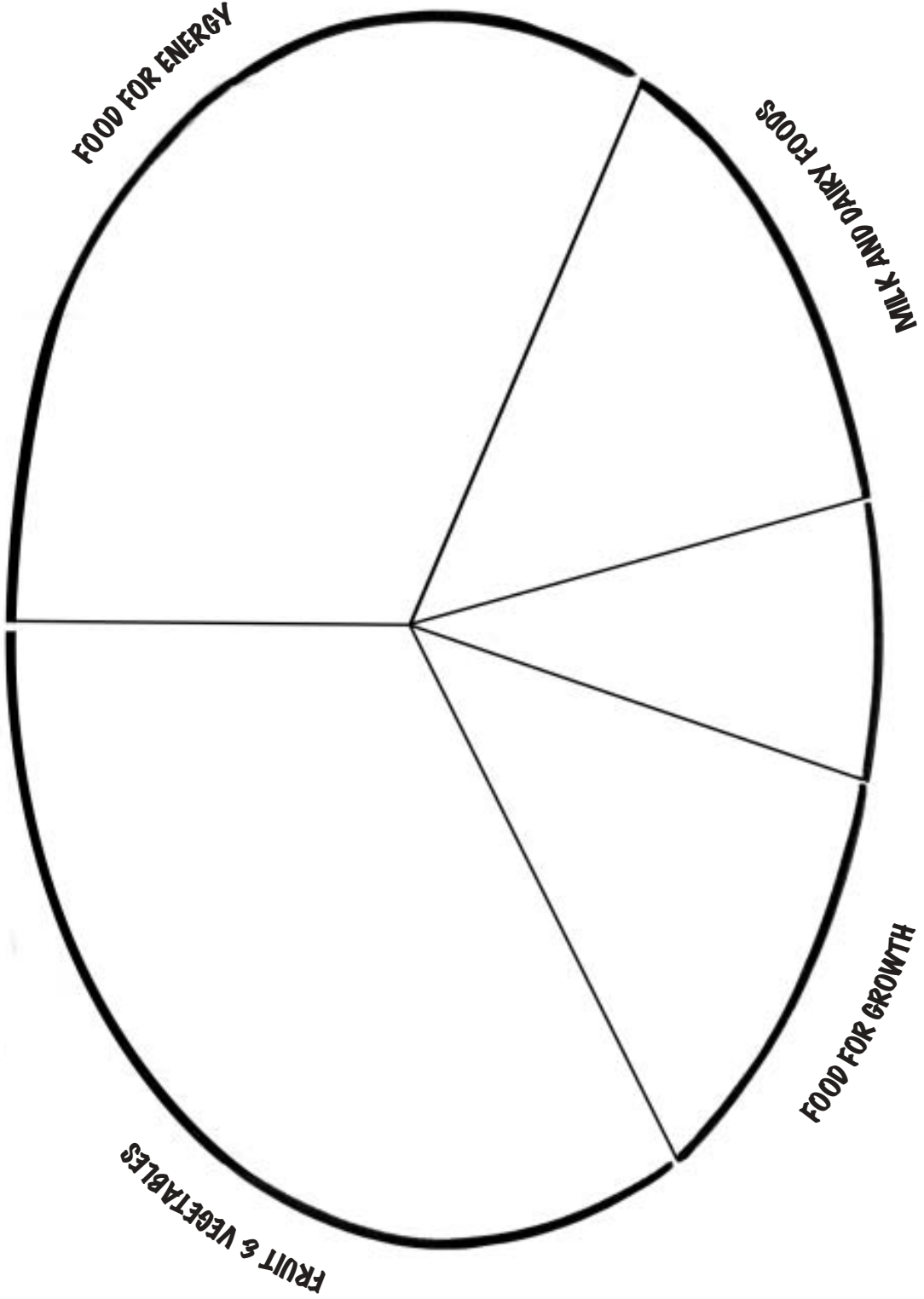
6.5

Name..... Date.....

# WHAT I ATE TODAY



Soil Association  
ACTIVITY SHEET 9



Name..... Date.....



# FOOD DIARY

Keep a record of everything you eat this week!

FOOD TYPE	EXAMPLES	TALLY CHART (PORTIONS)	TOTALS
<b>GROUP A</b> Food for energy	potatoes		
	rice		
	pasta		
	bread		
	cereals		
<b>GROUP B</b> Fruit and vegetables	fruit		
	vegetables		
<b>GROUP C</b> Food for growth	meat		
	fish		
	eggs		
	beans		
	meat alternatives		
<b>GROUP D</b> Milk and Dairy foods	milk		
	cheese		
	ice cream		
	yoghurt		
<b>GROUP E</b> High energy foods – fatty and sugary foods	sweets		
	chocolate		
	butter or margarine		
	fizzy drinks		

Name..... Date.....



# SO WHAT DOES OUR FOOD DIARY TELL US?

Go to: <http://www.channel4.com/apps/ict/ourbodies/health>  
You then need to click on "Enter data".  
This will allow you to put in the results from your Food Diary.  
**You have just taken part in the national survey!**

## LOOK AT THE THREE CHARTS:

**Your Data:** This shows your own personal results!  
.....

**Everyone's Diet:** This pie chart shows the results of all the children who have done the food diary and entered their results on the website.  
.....

**Recommended Diet:** This is what doctors and the Government recommend we eat in order to stay fit and healthy.  
.....

## BY LOOKING AT THE THREE CHARTS, WHAT CAN YOU LEARN ABOUT CHILDREN'S DIETS COMPARED WITH THE "RECOMMENDED DIET"?

1. Which foods should children eat more of?
  
  
  
  
  
  
  
  
  
  
2. Which foods should they eat less of?
  
  
  
  
  
  
  
  
  
  
3. Are there any food groups that children eat about the right amount of?
  
  
  
  
  
  
  
  
  
  
4. And what about you? Which groups do you think you should eat more of?
  
  
  
  
  
  
  
  
  
  
5. And which should you eat less of?

Name..... Date.....



# BECOME A ..... NUTRITION EXPERT .....

Read through the information. Use a coloured pencil to underline important words or phrases. Look for things that tell you why the food group is good for you... You are going to find out about nutrition!

## FRUIT AND VEGETABLES

These foods contain vitamins A and C, and fibre. They have lots of water in them, and natural sugars. They taste good and do us good!

Fruit and vegetables can prevent heart disease. The vitamin C in them is important for helping cuts to heal quickly. Fruit and vegetables also keep our skin, hair and gums healthy. The fibre is good because it helps us digest our food.

We should try and eat 5 portions per day – yes five! Give me five dude...

## BREAD, CEREALS AND POTATOES

These foods provide energy and fibre. Brown bread is particularly good. They give us energy for activities such as sport. The iron (who would have thought?!) in bread and cereals helps us keep our blood healthy. If we don't get enough iron we can end up feeling tired and find it hard to concentrate... so chuck some brown bread in the toaster!

These foods are not fattening unless we add things to them, for example if we cook them in oil. A portion of chips has 170 times more fat than a baked potato – that's a lot of fat.

## MEAT, FISH AND ALTERNATIVES

These foods contain protein, fats, iron (remember what we learnt about iron), and B vitamins. Protein makes us grow, builds strength and helps the body to repair itself. If you want to have strong muscles, you better munch on food from this group...

There is one problem though. Some of the foods in this group can be high in fat, e.g. fatty meat and sausages. Sausages should also really be in the fat and sugars food group! Try to choose lean meats and take the skin off chicken. Vegetarian alternatives to meat, such as beans and tofu, are very low in fat. Baked beans are example of a vegetarian food in this group.

## MILK AND DAIRY FOODS

These foods contain things like protein and some of the vitamins already mentioned in the other groups. But one thing that is really important in dairy foods is calcium. This is essential for strong bones and teeth. Remember to try to choose low fat dairy products because they contain as much calcium as full fat versions. Moooh!



# BECOME A NUTRITION EXPERT

## FATTY AND SUGARY FOODS

Hmmmm, guess what? Foods from this group should be eaten only in small amounts. We all need a little amount of fat in our diet, but should try and reduce these foods, and keep them for special treats.

Foods which contain sugar can cause tooth decay if they are eaten frequently as snacks. Sugary foods give you a short burst of energy, but then leave you feeling tired, so try to get lots of foods from the "Breads, cereals and potatoes" group instead. Especially if you are planning on running the marathon!

Now you are an expert on nutrition...Can you fill in the table below?

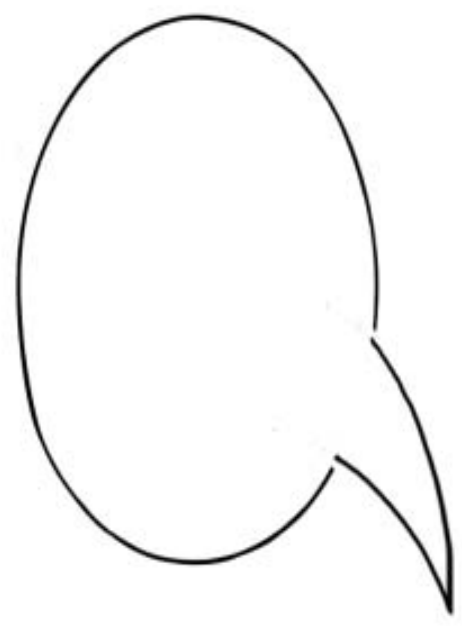
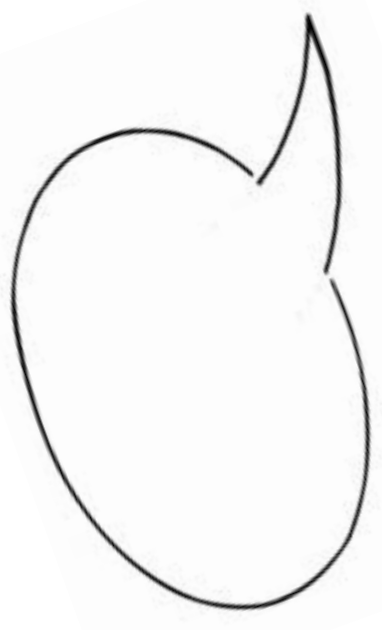
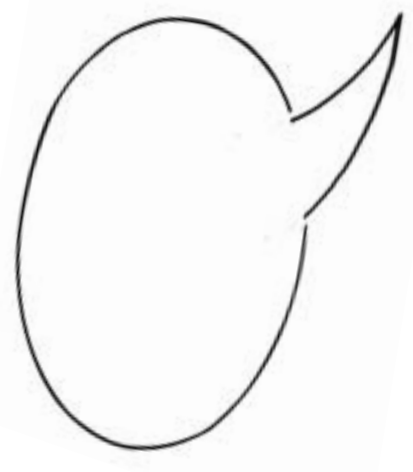
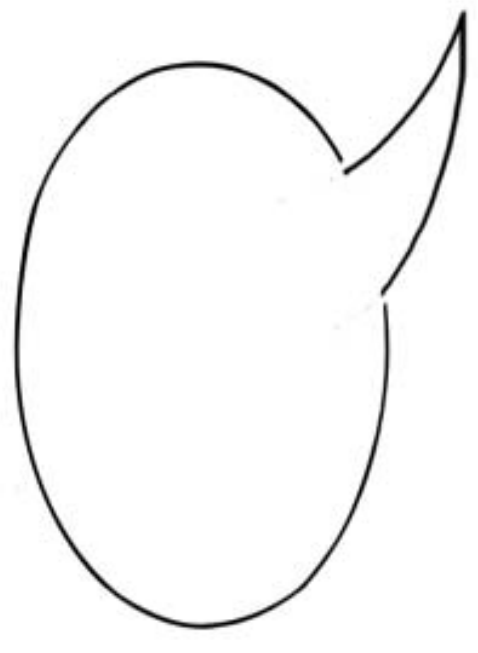
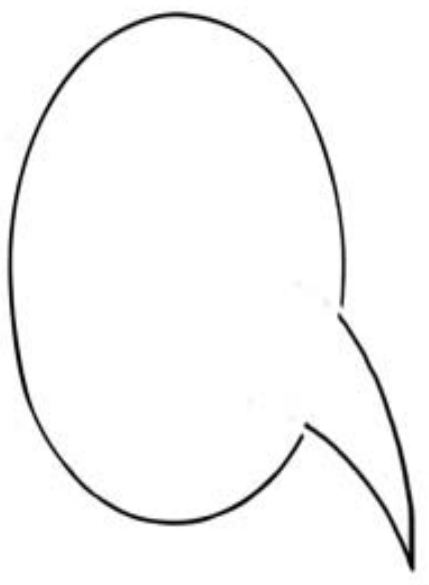
	MAIN NUTRIENTS	WHY THESE ARE IMPORTANT
Fruit and Vegetables		
Bread, Cereals and Potatoes		
Milk and Dairy foods		
Meat, fish and alternatives		
Fatty and sugary foods		



Name..... Date.....

# WHAT WOULD THEY SAY?

.....





Name..... Date.....

# FOOD ADVERTS ON TV

For once we are going to ask you to watch TV (but only for about half an hour)! So... switch on the telly, relax and... watch a channel that has adverts such as ITV. You need to watch during Children's TV which is usually between 3.30 – 5.00 p.m. As you watch, choose three food adverts that you enjoy watching and fill in the chart below.

	ADVERT 1	ADVERT 2	ADVERT 3
What food brand is the advert for?			
What happens in the advert?			
Does it make you want to try the food?			
Why/why not?			
Do you think it is a healthy food?			