

Food counter

gsk



Teachers' guidance for use with 8-11 year-olds



Science
Education

The activities in Food counter can be adapted for use with younger children, from eight years of age, **with close adult supervision**. As with any written instructions, they will need a hand with some of the vocabulary depending on reading age and ability.

Lab activity teaching notes

Lab activity 1 (Digestion – the journey) can be run with younger children, just use your judgment to simplify it to an appropriate level. With a little pre-planning it can be lots of fun, if a little messy.

The main point to keep clear in the children's minds is that digestion is all about breaking down food into simple substances that can go into your blood. A good way to demonstrate this is to let children put a small piece of bread in their mouths and keep it there. After a few minutes, they'll notice that it's starting to taste sweet. This is because a chemical in saliva (an enzyme called amylase) is breaking down starch in the bread into sugar. Digestion starts even before you've swallowed.

Lab activity 2 (Intolerable digestion) can be used with younger children, following on from teaching digestion. Discuss the need for milk and dairy products in our diets. Even though we know we need calcium, what if we don't have the chemicals in our bodies to break down the milk to the useful bits? Then carry out the experiment with children in pairs, or as a class demonstration with children taking turns to pipette the lactase drops and use the Clinistix[®] strips.

Be aware that some children may themselves be lactose intolerant, or have a family member who is affected by a food intolerance. Such intolerances tend to be thought of as 'conditions' rather than 'diseases' or 'illnesses' to reflect the fact that people generally just learn to live with them rather than expecting a medical cure.

Independent learning teaching notes

The Independent learning sheets are designed for older students, but can be adapted to use with younger children.

The Cravings sheet could be used as part of a wider discussion about why we eat what we do. Children can benefit from looking at food package labelling to see what sort of things are in what they eat. In particular, our bodies need a lot of energy, which comes from our food. Often it isn't

Food counter

gsk



Teachers' guidance for use with 8-11 year-olds



Science
Education

really the specific food that we crave, but the energy-rich nutrients it contains. So, you might think it's a particular dessert you want, but biologically it's the fat and sugar that your body is after.

The Nutrition and good health sheet has numeracy questions that more able children will be able to tackle with a little help. They'll have heard of vitamins – many will have been given vitamin pills at some point. They may not know that there are also minerals and trace elements that our bodies need in small amounts. It's useful to explain that a well-balanced diet provides you with all the vitamins and minerals you need.