

Year 6

Summer School 2015

During the summer holidays, a group of our upcoming Year 7s attended a Maths workshop. The aim of the workshop was to use Maths in a fun way to allow them to explore how useful the skills are and how they are used in almost everything we do in our lives and how they link to other subjects in school.

The topic was "Is it healthy?" We used the children's favourite snacks to show how maths is used in their production, labelling and packaging. They presented their findings and decided if they were healthy or not. We linked into Food Tech and Science with the recipe building, nutritional analysis and understanding of where our energy comes from in our food, and how much each type of food gives us.

The children calculated nutrient values for sugar sweets, built an ingredients list for home-made fudge which they then labelled and packaged to take home and eat!! They compared and ranked snack bars in terms of the three main nutrients of fat, sugar and salt against Government guidelines, finally producing a poster to display their work.

St Clement's High School

Is it Healthy?

OBJECTIVES – Task 1

To weigh and record the weights of a range of snacks

To calculate the % of key nutrients in 100g of each product, from the breakdown provided

MEMORY: Units of measure – kg, g, mg. Percentage % - means out of 100. Ratio.



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Is it Healthy?

OBJECTIVES – Task 2

To order the ingredients and rank them in descending order (largest first)

Calculate the calorific value of your food per 100g

Use the weight of each nutrient per 100g to find the % of this against your Recommended Daily Amount

MEMORY: Ranked in order, calorific value and %



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Is it Healthy?

OBJECTIVES – Task 3

To create a label with the following information:

- Product Name
- Weight of product
- Ingredients in ranked order
- % of key nutrients per 100g of product
- Calorific value of your food per 100g

MEMORY: Units of measure, ranked order, %



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Is it Healthy?

OBJECTIVES – Task 4

Identify which snacks are Red Amber or Green according to the Food Standards Nutritional Guidelines for Fat, Carbohydrate and Sugar

MEMORY: Units of measure