Guidance for Macros in PowerPoints

We use macros within PowerPoints to increase the interactivity of our presentations. Follow this simple process to get the most out of this resource.

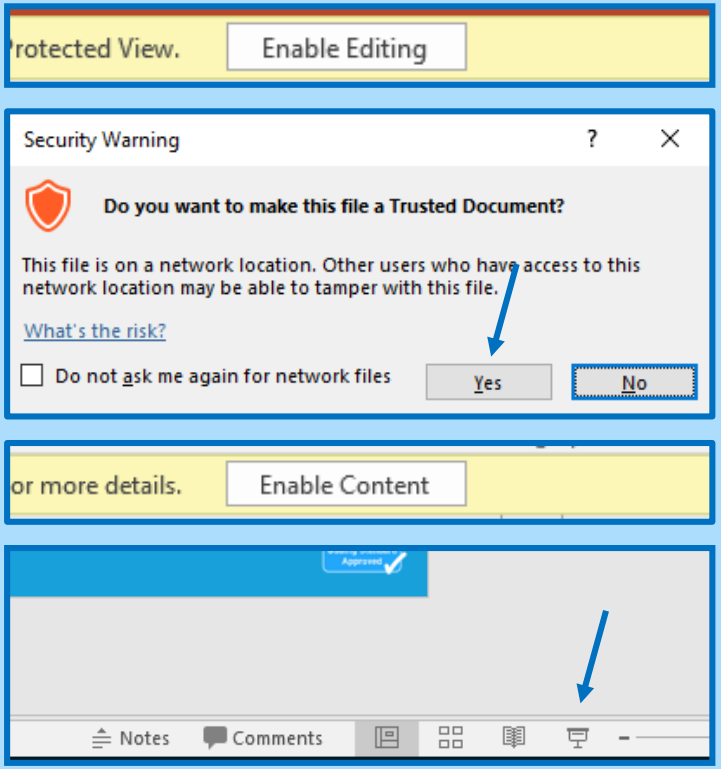
What to do:

Open the PowerPoint file and enable editing.

A security warning box may appear. Click yes.

Click enable content.

Enter presentation mode (start the slide show).

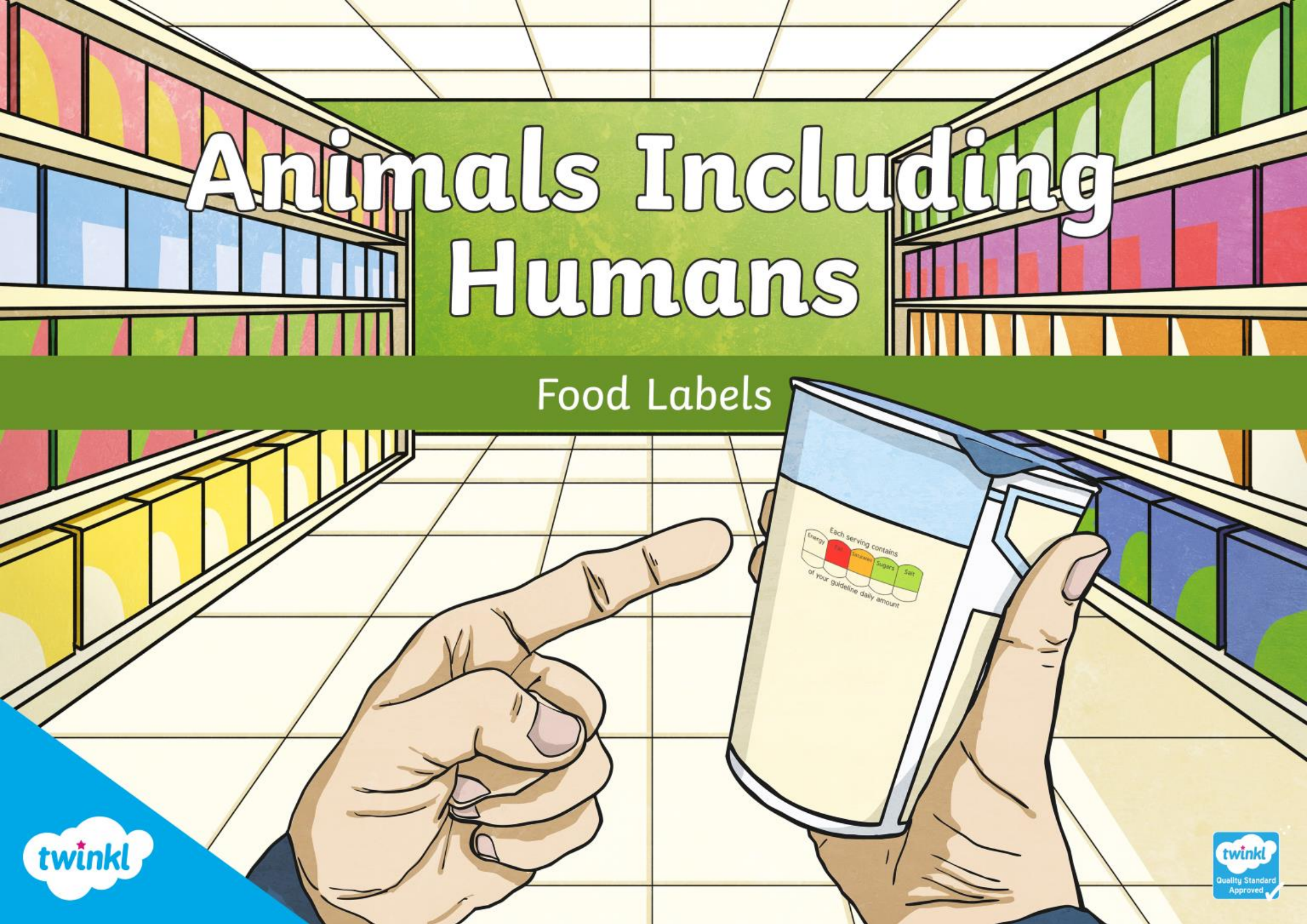


Science

Animals Including Humans

Animals Including Humans

Food Labels



Question Marks

This is Quizby.

He is a question mark who loves to ask questions.

When you see a question mark icon like this in the **Lesson Presentation**, it can be clicked on to reveal one of Quizby's questions.

The questions that appear next to these question marks will help you to think about the key learning throughout the lesson.

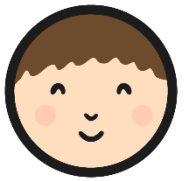
Aim

- To explore the nutritional values of different foods by gathering information from food labels.

Success Criteria

- I can explain how different animals require a different balance of nutrients.
- I can make predictions about which foods will be high in certain nutrients.
- I can find evidence from food labels to prove or disprove statements.

Remember It



Without looking at your **Knowledge Organiser**, what can you remember about the different types of nutrients?

Complete the **Remember It Quiz** by filling in the gaps.

Remember It Quiz

Fill in the gaps on this nutrient grid.

Nutrient	Found in... (examples)	What it does/they do
		provides _____
protein		helps growth and _____
		helps you to _____ the food you have eaten
fats		provides _____
vitamins		keep you _____
		keep you healthy
		moves nutrients around your body and helps get rid of waste

Remember It

How much did you remember?

Animals Including Humans — Year 3

Key Vocabulary	
healthy	in a good physical and mental condition
nutrients	substances that living things need to stay alive and healthy
energy	strength to be able to move and grow
saturated fats	types of fats, considered to be less healthy, that should only be eaten in small amounts
unsaturated fats	fats that give you energy, vitamins and minerals

- Living things need food to grow and to be strong and **healthy**.
- Plants can make their own food, but animals cannot.
- To stay **healthy**, humans need to exercise, eat a **healthy** diet and be hygienic.
- Animals, including humans, need food, water and air to stay alive.

Nutrient	Found in... (examples)	What it does/they do
carbohydrates		provide **energy**
protein		helps growth and repair
fibre		helps you to digest the food that you have eaten
fats		provide **energy**
vitamins		keep you **healthy**
minerals		keep you **healthy**
water		moves **nutrients** around your body and helps to get rid of waste

Animals Including Humans

Can you remember what animals (including humans) need to stay healthy?

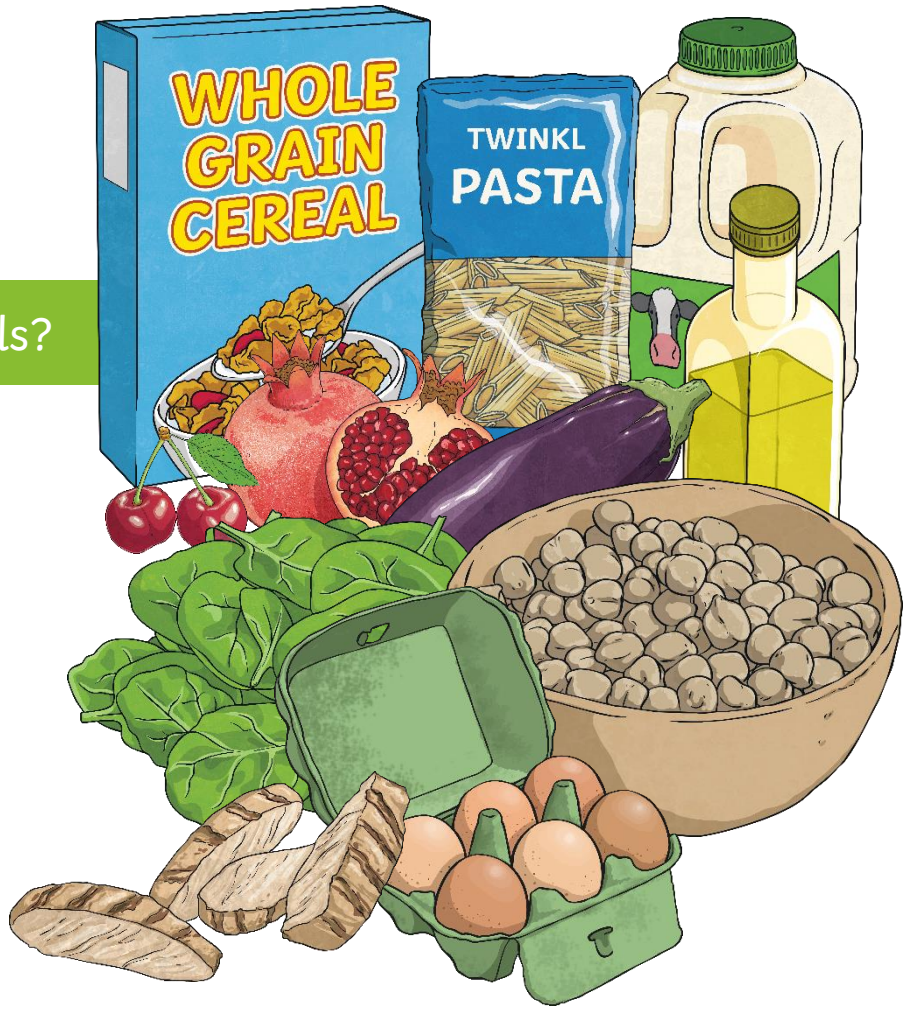
Animals Including Humans

A healthy diet is important for a healthy life. We learnt what makes a healthy, balanced diet for humans during the last lesson.

Does a healthy diet look the same for all animals?

In small groups, discuss the picture on the next slide.

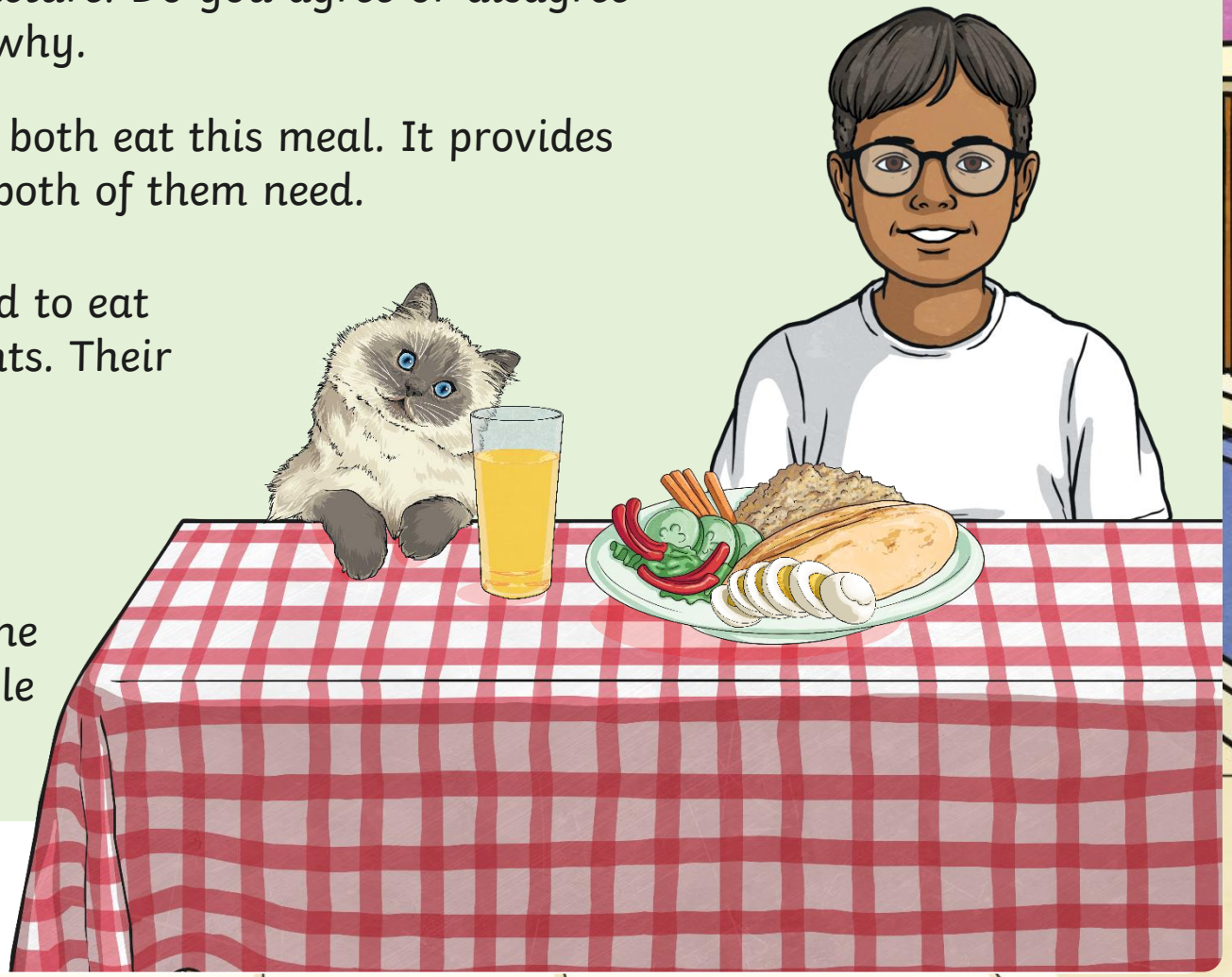
Which statements do you agree or disagree with? Explain why.



Animals Including Humans

In small groups, discuss this picture. Do you agree or disagree with each statement? Explain why.

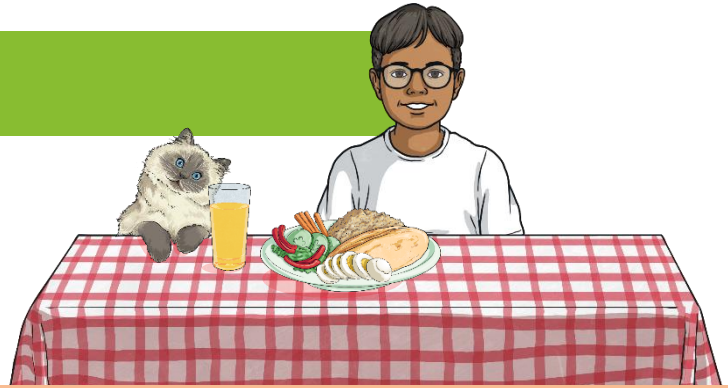
- The human and the cat can both eat this meal. It provides many of the nutrients that both of them need.
- Cats and human beings need to eat different amounts of nutrients. Their diets are very different.
- This meal provides many of the nutrients that a human being needs. Only some of the foods in the meal are suitable for the cat to eat.



Animals Including Humans

What ideas did you discuss?

Maybe you shared some ideas like these...



This meal provides many of the nutrients that humans need, but cats get all the nutrients they need from meat and although it is safe for them to eat some types of vegetables, they do not need to eat them.

Although there are some similarities in the diets of humans and cats, their bodies need different things. Cats eat meat, so their diet is very high in protein. The chicken and eggs would be the most nutritious part of the meal for them.

Some of the foods in this meal could make a cat unwell and are not safe for cats to eat.

Animals Including Humans

Whole Class

Let's learn about how different animals need different amounts of nutrients in their diets in our eBook.

Different Amounts of Nutrients

Whole Class

Different animals require different amounts of nutrients.
This is affected by whether an animal is a carnivore, a herbivore or an omnivore.

What kind of diet does a **carnivore** have?




Carnivores feed on other animals.
Carnivores eat lots of meat.
This means that their diet is high in **protein**.

Why would these animals need a high protein diet?

Different Amounts of Nutrients

Whole Class

What kind of diet does a **herbivore** have?

Herbivores get their energy from eating plants.

As plants are often not high in carbohydrates, protein and fats, **herbivores** have to eat large amounts of plant-based foods to get the energy they need. Some **herbivores** spend a lot of their day eating.

Different Amounts of Nutrients

Whole Class

What kind of diet does an **omnivore** have?

Omnivores can eat both meat and plants.

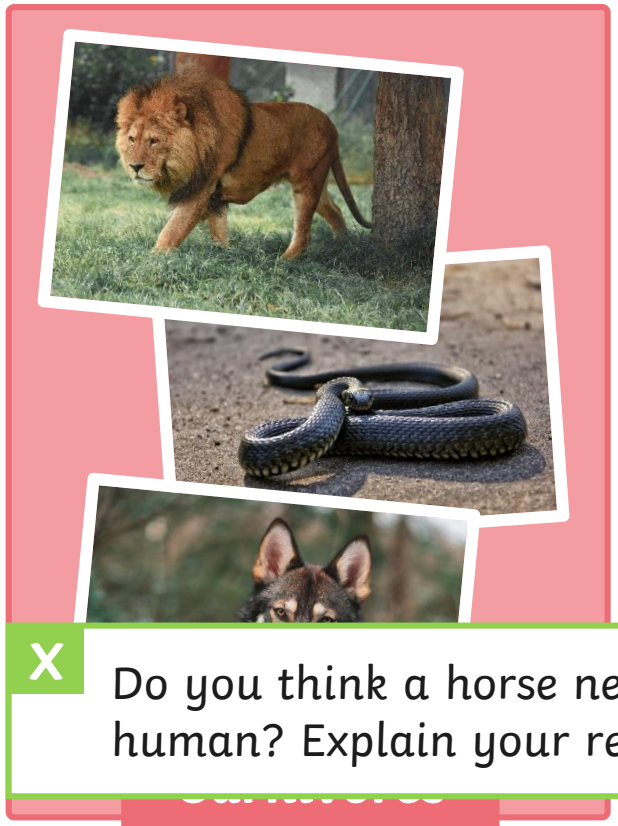
Humans are **omnivores**. Their bodies have evolved in a way that means they can get the nutrients they need from both meat and plants. However, some people choose not to eat meat. This is called being vegetarian, rather than being a herbivore, because they *could* survive on a diet of both meat and plants.

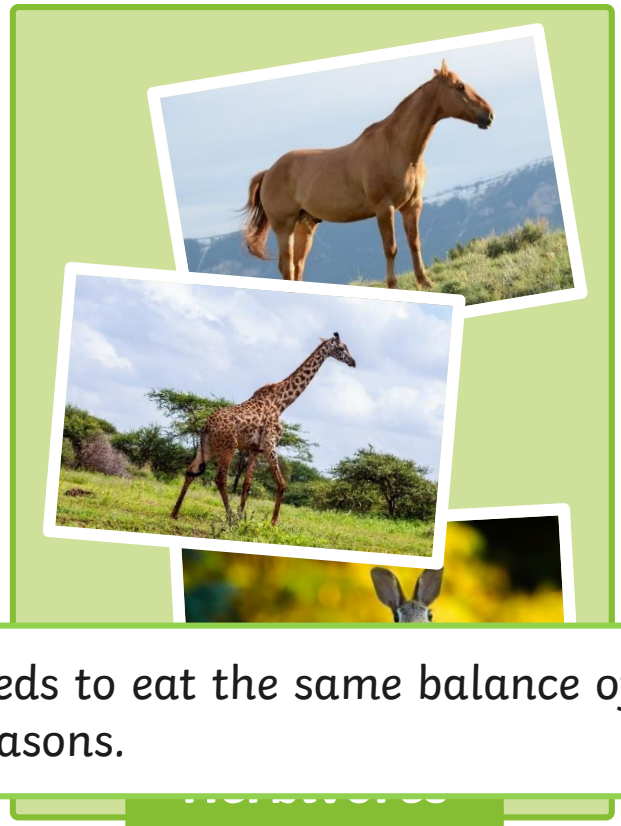
Different Amounts of Nutrients

Whole Class

The **proportions** of nutrients an animal needs relates to whether it is a herbivore or omnivore. However, the amounts of nutrients needed each species varies a lot.

Thinking back to the cat earlier, which of these diets does a cat have? How do you know?





X

Do you think a horse needs to eat the same balance of nutrients as a human? Explain your reasons.

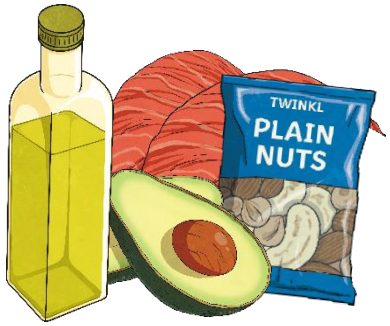
Different Amounts of Nutrients

Whole Class

Let's learn about how different amounts of nutrients that humans need are shown on food labels.

Saturated Fats

These are two different types of fats:

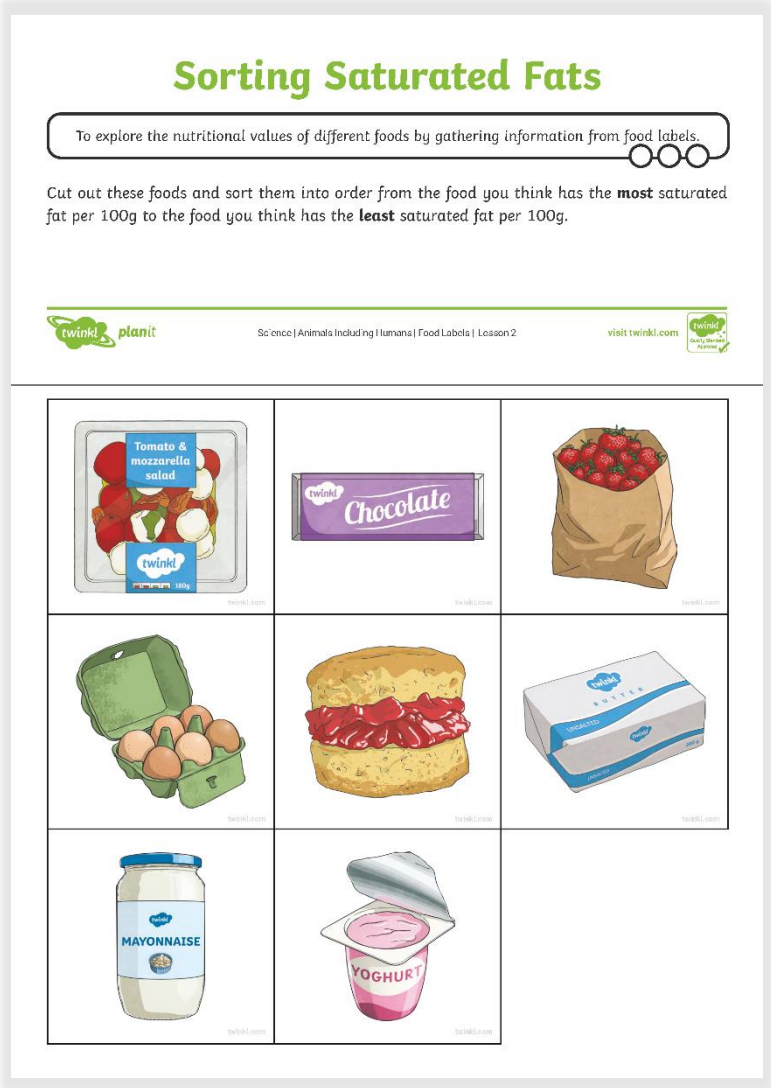
Type of Fats	Definition	Found in...
saturated fats	types of fats considered to be less healthy which should only be eaten in small amounts	sausages, bacon, cheese, ice cream, cakes, biscuits, chocolate 
unsaturated fats	fats which give you energy, vitamins and minerals	oily fish, olive oil, nuts, avocados, seeds, peanut butter 

We will be looking at the amount of **saturated fats** in different foods today.

Saturated Fats

As a group, order the foods on the **Sorting Saturated Fats Activity Sheet** from the food you think contains the most saturated fat to the food you think contains the least saturated fat.

Leave your ordered foods in front of you on the table, ready to discuss.



Sorting Saturated Fats

To explore the nutritional values of different foods by gathering information from food labels.

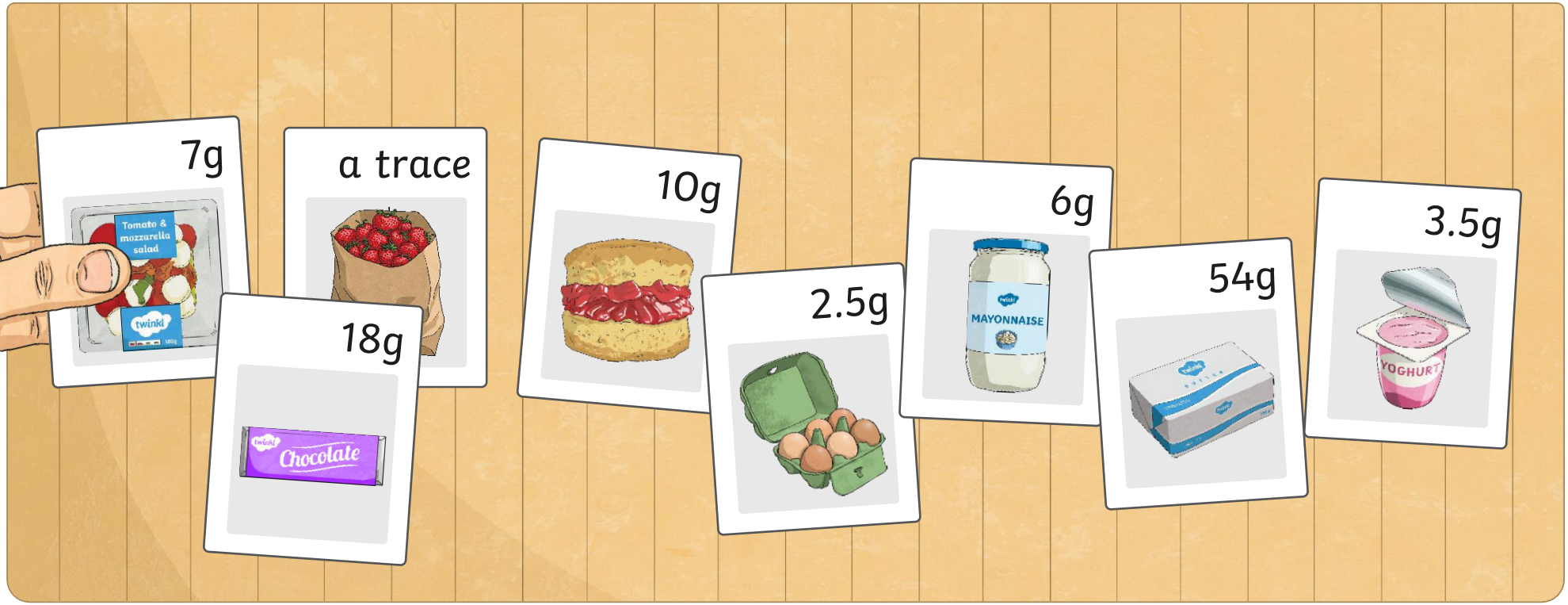
Cut out these foods and sort them into order from the food you think has the **most** saturated fat per 100g to the food you think has the **least** saturated fat per 100g.

twinkl planit | Science | Animals including Humans | Food Labels | Lesson 2 | visit twinkl.com

Looking at Labels

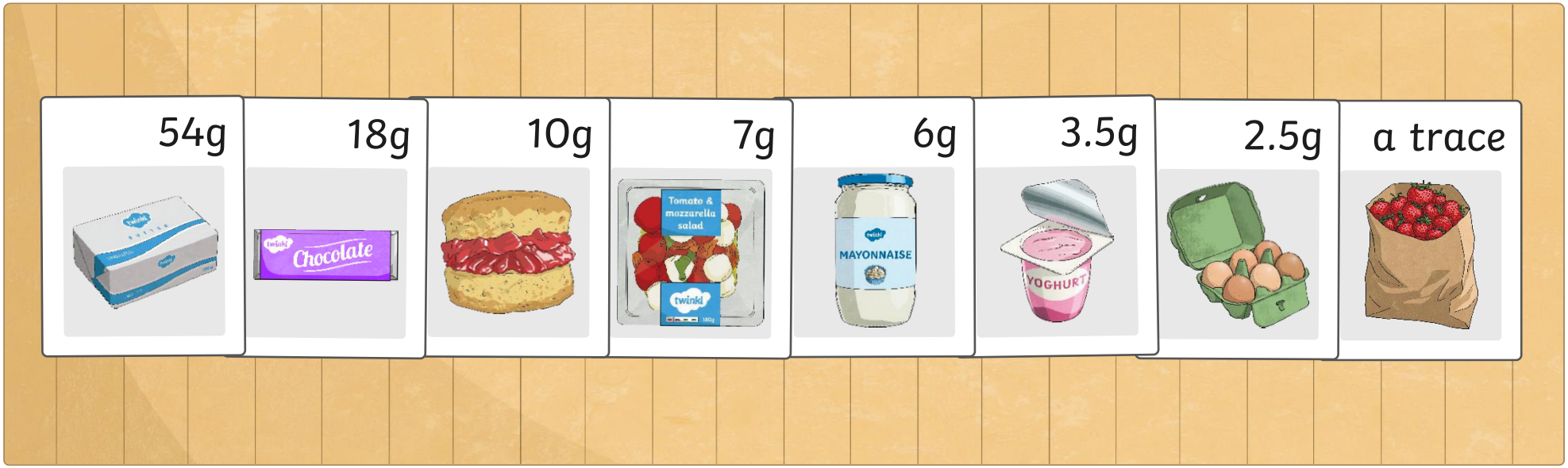
- Here are the amounts of saturated fat per 100g serving of each of the foods you have just ordered.

- Do you need to make any changes to the order of the foods?



Looking at Labels

Here is the correct order, from highest saturated fat content to lowest.



Did you have to make any changes to the order? Was there anything that surprised you?

Food labels can be helpful because foods do not always have the nutritional values that we might think they have.

Investigating Statements

You will be deciding whether these statements are true or false by looking at some food labels:

1. Foods that are high in fat are always high in salt too.
2. Fruit snacks contain no sugar at all.
3. Foods that are high in fat are always high in saturated fat.
4. Foods which have 3g or more of fibre for every 100g are always low or medium in sugar content.
5. Foods with more than 5g of protein for every 100g are always high in fat.

You will need to say what evidence you have to decide whether a statement is true or false.

Let's investigate this statement together:

Foods that are high in fat are always also high in salt.

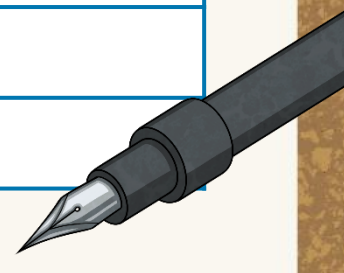
We will be using the **Food Labels Sheet** to work through this example together. Look at the foods that are high in fat (marked red in the total fat column on the food labels). In the first column, we write the names of these foods.

Food that is high in fat	Nutrient 1:	Nutrient 2:	Does this food support the statement? (tick or cross)
crisps			
sausages			
chocolate muffins			
clotted cream			
bacon			
almonds			

Let's investigate this statement together:
Foods that are high in fat are always also high in salt.

Next, we will note down the fat content for these foods as shown on the food labels. We will put the heading 'Fat' for 'nutrient 1'. We can also write 'high' to show that they are high in this nutrient (fat).

Food that is high in fat	Nutrient 1: Fat	Nutrient 2:	Does this food support the statement? (tick or cross)
crisps	27g high		
sausages	22g high		
chocolate muffins	21.1g high		
clotted cream	63.5g high		
bacon	20.5g high		
almonds	56g high		



Let's investigate this statement together:

Foods that are high in fat are always also high in salt.

We have a list of foods that are high in fat. What is the other nutrient we need to look at when investigating this statement? for salt content.

We add 'Salt' as the heading here.

Food that is high in fat	Nutrient 1: Fat	Nutrient 2: Salt	Does this food support the statement? (tick or cross)
crisps	27g high	1.5g high	
sausages	22g high	1.5g high	
chocolate muffins	21.1g high	0.2g low	
clotted cream	63.5g high	Trace low	
bacon	20.5g high	4g high	
almonds	56g high	0g low	

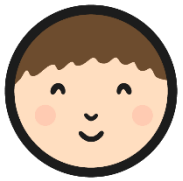
Let's investigate this statement together:

Foods that are high in fat are always also high in salt.

Add a tick or cross for each food. If both the fat and the salt are high, the statement is true for that particular food. If they are not both high, it is false.

Food that is high in fat	Nutrient 1: Fat	Nutrient 2: Salt	Does this food support the statement? (tick or cross)
crisps	27g high	1.5g high	✓
sausages	22g high	1.5g high	✓
chocolate muffins	21.1g high	0.2g low	×
clotted cream	63.5g high	Trace low	×
bacon	20.5g high	4g high	✓
almonds	56g high	0g low	×

Investigating Statements

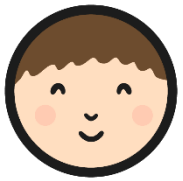


Statement to investigate: **Foods that are high in fat are always also high in salt.**

Is the statement that we investigated true or false? Explain how you know.

Food that is high in fat	Nutrient 1: Fat	Nutrient 2: Salt	Does this food support the statement? (tick or cross)
crisps	27g high	1.5g high	✓
sausages	22g high	1.5g high	✓
chocolate muffins	21.1g high	0.2g low	×
clotted cream	63.5g high	Trace low	×
bacon	20.5g high	4g high	✓
almonds	56g high	0g low	×

Investigating Statements



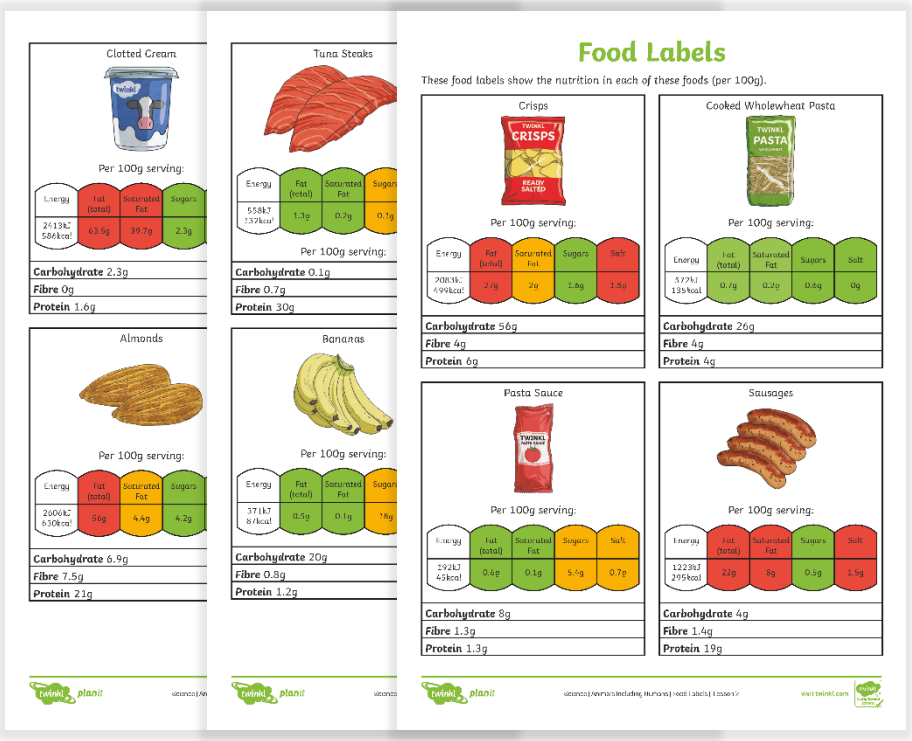
Statement to investigate: **Foods that are high in fat are always also high in salt.**

This statement is **false**. Although lots of foods do follow this rule, not all - chocolate muffins, clotted cream and almonds are high in fat but not salt.

Food that is high in fat	Nutrient 1: Fat	Nutrient 2: Salt	Does this food support the statement? (tick or cross)
crisps	27g high	1.5g high	✓
sausages	22g high	1.5g high	✓
chocolate muffins	21.1g high	0.2g low	×
clotted cream	63.5g high	Trace low	×
bacon	20.5g high	4g high	✓
almonds	56g high	0g low	×

Investigating Statements

Using the information on the **Food Labels Sheet**, investigate whether the statements are true or false on the **Investigating Statements Activity Sheet**.



Clotted Cream

Per 100g serving:

Energy	Fat (total)	Saturated Fat	Sugars
2413kJ 586kcal	63.5g	39.7g	2.3g

Carbohydrate 2.3g
Fibre 0g
Protein 1.6g

Tuna Steaks

Per 100g serving:

Energy	Fat (total)	Saturated Fat	Sugars
558kJ 132kcal	1.3g	0.7g	0.1g

Carbohydrate 0.1g
Fibre 0.7g
Protein 30g

Almonds

Per 100g serving:

Energy	Fat (total)	Saturated Fat	Sugars
2606kJ 630kcal	56g	4.4g	4.2g

Carbohydrate 6.9g
Fibre 7.5g
Protein 21g

Bananas

Per 100g serving:

Energy	Fat (total)	Saturated Fat	Sugars
371kJ 87kcal	0.5g	0.1g	18g

Carbohydrate 20g
Fibre 0.8g
Protein 1.2g

Food Labels

These food labels show the nutrition in each of these foods (per 100g).

Crisps

Per 100g serving:

Energy	Fat (total)	Saturated Fat	Sugars	Salt
2083kJ 499kcal	27g	2g	1.8g	1.5g

Carbohydrate 56g
Fibre 4g
Protein 6g

Cooked Wholewheat Pasta

Per 100g serving:

Energy	Fat (total)	Saturated Fat	Sugars	Salt
577kJ 135kcal	0.7g	0.2g	0.8g	0g

Carbohydrate 26g
Fibre 4g
Protein 4g

Pasta Sauce

Per 100g serving:

Energy	Fat (total)	Saturated Fat	Sugars	Salt
192kJ 45kcal	0.6g	0.1g	5.4g	0.7g

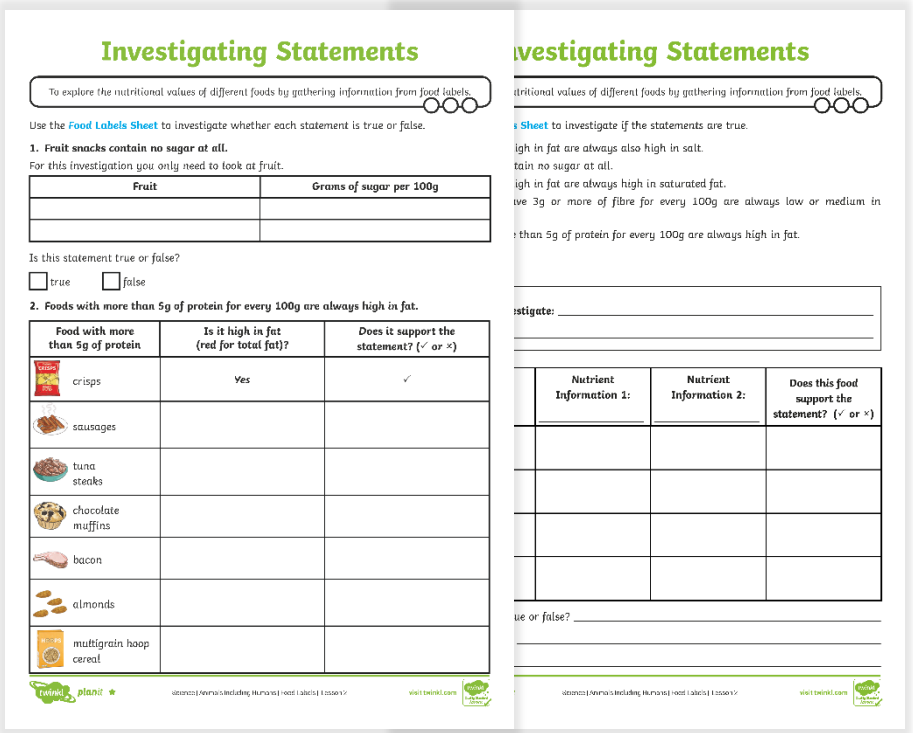
Carbohydrate 8g
Fibre 1.3g
Protein 1.3g

Sausages

Per 100g serving:

Energy	Fat (total)	Saturated Fat	Sugars	Salt
1223kJ 295kcal	22g	8g	0.5g	1.5g

Carbohydrate 4g
Fibre 1.4g
Protein 19g



Investigating Statements

To explore the nutritional values of different foods by gathering information from food labels.

Use the **Food Labels Sheet** to investigate whether each statement is true or false.

1. Fruit snacks contain no sugar at all.

For this investigation you only need to look at fruit.

Fruit	Grams of sugar per 100g

Is this statement true or false?

☐ true ☐ false

2. Foods with more than 5g of protein for every 100g are always high in fat.

Food with more than 5g of protein	Is it high in fat (red for total fat)?	Does it support the statement? (✓ or ×)
crisps	Yes	✓
sausages		
tuna steaks		
chocolate muffins		
bacon		
almonds		
multigrain hoop cereal		

vestigating Statements

tritional values of different foods by gathering information from food labels.

Sheet to investigate if the statements are true.

igh in fat are always also high in salt.
tain no sugar at all.
igh in fat are always high in saturated fat.
ve 3g or more of fibre for every 100g are always low or medium in

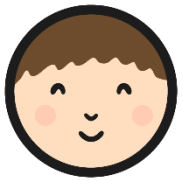
than 5g of protein for every 100g are always high in fat.

stigate: _____

	Nutrient Information 1:	Nutrient Information 2:	Does this food support the statement? (✓ or ×)

ue or false? _____

Investigating Statements



Here's the list of statements we are investigating again:

1. Foods that are high in fat are always high in salt too.
2. Fruit snacks contain no sugar at all.
3. Foods that are high in fat are always high in saturated fat.
4. Foods which have 3g or more of fibre for every 100g are always low or medium in sugar content.
5. Foods with more than 5g of protein for every 100g are always high in fat.

Remember - provide evidence to prove whether you think a statement is true or false.

X

Were you able to find evidence from food labels to prove or disprove statements? Do you think the food labels you looked at today provide enough evidence to prove or disprove statements about nutrients?

Menu

Choose a meal from this menu (both main and dessert) and explain which nutrients this meal contains.

Are there any things in the menu that should be eaten less often due to high fat, salt or sugar content?

Lunchtime Special Menu

– Two Courses £8 –

Mains

Tuna steak with wholegrain rice and salad

Sausages with whole wheat pasta in a tomato sauce

Jacket potato with cheese and baked beans

Lentils with mixed beans, salad and a salad dressing

Desserts

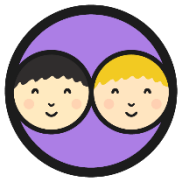
Scone with clotted cream and jam

Fruit salad

Chocolate muffin with almonds

Strawberry yoghurt with fresh strawberries on top

Menu



Example answer:

I would choose the tuna steak with wholegrain rice and salad. The tuna would provide me with protein and minerals and the rice would be a source of carbohydrate and fibre. I would get vitamins and minerals from the salad.

For dessert, I would choose the chocolate muffin with almonds. The almonds are a good source of protein and minerals but I realise that the chocolate muffin is high in saturated fat and also high in sugar so I should not eat things like this too often.

Aim

- To explore the nutritional values of different foods by gathering information from food labels.

Success Criteria

- I can explain how different animals require a different balance of nutrients.
- I can make predictions about which foods will be high in certain nutrients.
- I can find evidence from food labels to prove or disprove statements.


Each serving contains
Energy
Fat
Saturates
Sugars
Salt
of your guideline daily amount