

Week 1

Whole School Science Discussion Activities

Home Learning

1.

Fuel up



Look at the three images... which is the odd one out?

Think about:

- appearance
- what they do
- where they might be found

Then, decide which one is the odd one out and why. There is no wrong answer!

Fuel Up Answers:

We need a variety of foods in our diet to make sure we get enough nutrients, water and fibre, which are released through the process of digestion.

Food and drink provide the 'fuel' for our bodies. Different types of food and drink provide different amounts of energy. Fruit and vegetables are usually lower in energy and food such as oils and spreads are usually higher in energy. The amount of energy we use for different activities varies too. A child skipping for 15 minutes uses nearly 7 times more energy than writing for the same amount of time. The more exercise we do, the more energy our bodies need.

Marathon runners need to make sure they have enough energy to run up to 26 miles so they will eat starchy foods such as pasta the night before a race. Bananas are a favourite energy snack for athletes too because they are easy to digest and provide essential minerals. Cereal bars can provide a balanced snack but be aware that many contain a lot of refined sugar making them much less healthy.

For comparison, a granola cereal bar provides 100-300 kcal of energy, a medium banana provides 165 kcal of energy and 100g of cooked pasta provides 170kcal of energy.

2.

Zoom In Zoom Out



Take a much closer look at this familiar object. Can your class use their reasoning skills to work out what it is?

Guesses:

- 1.
- 2.
- 3.
- 4.
- 5.



Clues

Zoom in zoom out Answer:

Ballet shoes!

