

Healthy eating discussion/Research task

Preliminary questions

- What are your favourite foods?
- Would you consider these foods healthy?
- If not, why do you eat them and could you suggest a healthier alternative?

Research questions

Salt

Question	Your Answer
How much salt does the average person in the United Kingdom consume each day?	
What are the main dangers of eating too much salt?	
Is salt necessary for our bodies to function properly?	
What would happen if we had no salt in our diets at all?	

Sugar

Question	Your Answer
How much sugar does the average person in the United Kingdom consume each year?	
What are the main dangers of eating too much sugar?	
Which products that we eat contain most of the sugars we consume?	
Are there any sugars that are better for us to eat?	
If so, what are these sugars and in what foods are they found?	

Fat

Question	Answer
In the average person's diet, what percentage of calories consumed should come from fat?	
Which foods are high in fat?	
What is the difference between saturated and unsaturated fats?	
Which types of foods contain the good fats?	
Why should we include the good fats into our diet?	

Fibre

Question	Answer
What exactly is fibre in food?	
Which food products should we eat more of if we want to increase our intake of fibre?	
Why is fibre so good for us?	
What health complications could we get if we do not eat enough fibre?	

Vitamins and Minerals

Question	Answer
Why are vitamins and minerals so good for us and which ones are most important to our health?	
What vitamins and minerals are available in the following foods?	
Oranges	
Carrots	
Semi-skimmed milk	
Wholemeal bread	
Potatoes	