

Science

Why do we crave sugar?

Watch this video to find a little more about the science behind sugar craving!

<https://www.youtube.com/watch?v=rWIV7BbiRDA>

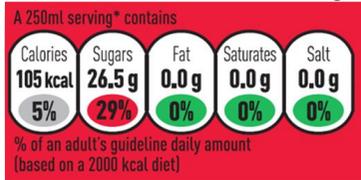
A little bit of sugar is good for us, it works as part of a **balanced diet**. Each too much of it though and it can be very bad for our body.

Now watch this video to find out what too much sugar can do to your body!

<https://www.youtube.com/watch?v=rX5aej5Sv4s>

How much sugar do you think you eat?

On food packaging, you will see labels like this telling about the nutrients contents. This is a can of coke nutrients. You can see they use colours



to show if the content is in the good or bad range - green is good, red is bad. I can tell the amount of sugar in coke is very high because the 29% is coloured in red.

1. Create a list of your favourite foods.
2. Estimate how much sugar you think is in it for every 100g you eat.
3. Find the food packaging (either in your house or on the internet), and record how much sugar there is in it for every 100g.
4. Does it shock you how much sugar is in?
5. Do you think you should have less sugar in your diet?

You could record it in a table like this:

| Food | Estimate (g) | Actual (g) | Thoughts |
|------|--------------|------------|----------|
| | | | |

Week 7 - Food, Glorious Food

The week beginning on the 15th June is Refugee Week.

Follow this link to find out more: <https://refugeeweek.org.uk/get-involved/at-your-school/>

Choose another language (E.g. Manx, French, Spanish) research the words for your favourite foods.

Cook for favourite recipe or try a new recipe - take a picture!

Create a still life picture of a plate of food.

A still life is a picture, painting, or photo of an object or group of objects arranged together.

You could use this link to help you: <https://www.samanthasbell.com/drawing-a-still-life/>

“Food, Glorious Food” is a song in the musical Oliver. Watch the musical and write a review.

Topic

Design Your Own Chocolate Bar

Task 1

Plan your chocolate bar...

- What is your base chocolate (white, milk, dark)?
- What shape will your bar be?
- What will you add to your chocolate (biscuit, fruit, nuts, sweets)?

Task 2

Design the wrapping for your chocolate bar ...

- What is the bar called?
- What colours will it be?
- What information will be on the wrapping?

Task 3

Try making your chocolate bar.

A RECIPE TO TRY....

- 1) In the bowl of a double boiler, melt chocolate over simmering water, stirring occasionally, until smooth. Remove from heat. Alternatively, melt it gently in the microwave, taking it out to stir often so that it doesn't scorch or seize.
- 2) Stir in any additions you like. Scrape the mixture into a loaf pan or an oven trap that has been lined with foil and sprayed lightly with nonstick spray. Slide into the fridge and chill until set.
- 3) Cut into small rectangles or squares; serve as is or wrap individually in cellophane or parchment.

Task 4

Create an advert for your chocolate bar. It could be a poster, video or audio clip.

