

# Science Week 5: Enquiry Type -Research

## Question



What nutrients are in your food?

It is important to eat the right amounts of a variety of different food types. Look in your kitchen to find out what different types of food you can find.

<https://www.nhs.uk/change4life>

<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

Question

Predict

Observe

Record

Analyse

Report

Younger Children	Older Children
<p>Separate the foods that you find into the below categories: Fruit and Vegetables; Meat &amp; Fish; Dairy; Carbohydrates and Starch; Sugars and Fats. Count how many of each category you have. Can you make a poster or chart to show how many different nutrients you found?</p>	<p>Look at the labels of the food that you find. Which foods have the highest fat/sugar/carbohydrate/fibre content? Which foods have the lowest fat/sugar/carbohydrate/fibre content? Do the portion sizes match the packet size?</p>

Challenge	About this type of Scientific Enquiry
<p>Record all the food you eat for a week. Then, work out the nutritional value of your food. Are you eating a balanced diet?</p>	<p><i>Scientists use research to investigate their hypotheses (predictions) and answer their scientific questions. In this task we used secondary sources to find the answer. This enquiry type requires using skills to compare and evaluate information; separating fact from opinion; recognising bias; and an ability to extract key information.</i></p>