# Healthy Eating WebQuest

## Group no. \_\_\_\_ Members: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Complete one worksheet per group. If not otherwise specified do calculations a person consuming 2000 kcal = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ kilojoules per day.

1. Meals and snacks of group members (Complete the table below, one column per member)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  **Name** **Question** |  |  |  |  |  |
| What do you eat for breakfast? |  |  |  |  |  |
| Do you snack before lunch – what? |  |  |  |  |  |
| What do you normally eat for lunch? |  |  |  |  |  |
| Do you snack in the afternoon – what? |  |  |  |  |  |
| What do you normally eat for supper? |  |  |  |  |  |
| Do you snack before going to bed – what? |  |  |  |  |  |
| Normally my main meal is prepared from scratch (Yes/No) By … (whom?) |  |  |  |  |  |
| Normally my main meal for a day ispre-prepared / take away. |  |  |  |  |  |
| My favourite food / meal is: |  |  |  |  |  |
| I think I eat (tick for ‘yes’, x for ‘no’): a balanced diet enough fruit and vegetables enough dietary fibre too much sugar  too much fat too much salt  | ❑ balanced❑ fruit & veg❑ fibre❑ sugar❑ fat❑ salt | ❑ balanced❑ fruit & veg❑ fibre❑ sugar❑ fat❑ salt | ❑ balanced❑ fruit & veg❑ fibre❑ sugar❑ fat❑ salt | ❑ balanced❑ fruit & veg❑ fibre❑ sugar❑ fat❑ salt | ❑ balanced❑ fruit & veg❑ fibre❑ sugar❑ fat❑ salt |

1. Take-away Menu

Scenario: You are spending the day away from home and have been given enough money to buy a main meal from one of the five fast food franchises listed. Each member is to select a different company. Choose your favourite meal (more than 1 item), plus drink, from the menu of your fast food outlet. Go to their website and find the nutritional information of your meal.

Create a word document in your folder on the network drive, filename: YoursurnameMealFranchise. Example: NordhoffMealDebonairs.

List the nutritional information (calories, carbohydrates, protein, sugar, fat, sodium) in a table for all meal items as well as the drink. Calculate the totals and then the percentage “Guideline Daily Amounts (GDAs)” for energy, sugar, fat and sodium of your meal and drink.

As a group transfer your total values to the table below:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Franchise** | **Debonairs** | **KFC** | **McDonalds** | **Nando’s** | **Steers** | **Average for group** |
| Meal & drink(list all menu items, e.g. burger, chips and salad )Drink (500 ml coca cola) |  |  |  |  |  |  |
| Total energy (kcal) |  |  |  |  |  |  |
| Fat (g) |  |  |  |  |  |  |
| Sugars (g) |  |  |  |  |  |  |
| Sodium (mg) |  |  |  |  |  |  |
| Total energy (% GDA) |  |  |  |  |  |  |
| Fat (% GDA) |  |  |  |  |  |  |
| Sugars (% GDA) |  |  |  |  |  |  |
| Sodium (% GDA) |  |  |  |  |  |  |

1. Breakfast and supper

Calculate how many calories, sugar, fat and sodium you have left for supper, assuming that your breakfast cereal with milk had 400 calories, 15 g sugar, 10 g fat and 80 g sodium. Make suggestions for a supper meal from your fast food franchise so that you do not exceed you daily calorie, sugar, fat and sodium allowance by more than 25%.

Do this in your word document. Search for nutritional information on the web.

1. “Guideline Daily Amounts (GDAs)”:

|  |  |
| --- | --- |
| **Nutrient** | **100%** |
| Energy (kcal) | 2000 kcal |
| Fat (g) | 70 g |
| Fat - Saturates (g) | 20 g |
| Sugars (g) | 90 g |
| Sodium (mg) | 2400 mg |

1. List three ‘other uses’ for salt in processed food

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1. List three ‘other uses’ for sugar in processed food

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1. Write down the names of 10 different ‘sugars’

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1. Summarise your findings (what you learned) – as a group

(Add this to your own word document as well.)

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