# Healthy Eating WebQuest

## Group name. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Members: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Complete one worksheet per group. If not otherwise specified do calculations based on 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 normally 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? |  |  |  |  |  |
| Mostly my main meal is prepared from scratch (Yes/No) By … (whom?) |  |  |  |  |  |
| Normally my main meal for a day is pre-prepared or a take away meal. |  |  |  |  |  |
| 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 the meal items as well as for your drink. Calculate the totals and then the percentage “Guideline Daily Amounts (GDAs)” for energy, sugar, fat and sodium of your meal and drink.

Each group member transfers his/her total values to the table below; now calculate the averages for your group.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **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) |  |  |  |  |  |  |

**“Guideline Daily Amounts (GDAs)” for this exercise:**

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

1. Breakfast and supper – answer individually on the computer

Assume that your breakfast cereal with milk had 400 calories, 15 g sugar,   
10 g fat and 80 g sodium. Use this and the values of your franchise lunch to calculate how many calories, sugar, fat and sodium you have left for supper. 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 in a table.   
Search for nutritional information on the web.

1. What ‘other uses’ of salt (flavourant) in processed food have you found?

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1. What ‘other uses’ for sugar (sweetener) in processed food have you found?

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

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1. Read the articles about the introduction of a sugar tax for South Africa, linked from the web site.   
   Decide as a group if you think the introduction of a sugar tax is a good idea and give reasons for opinions.  
   (Add this to your own word document as well.)

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