

6-8

NUTRITION!

Healthy eating habits are an important part of staying healthy. Remember to make healthy choices and have some fun with food this week!

- ✓ Try to **read** with a family member or on your own, for at least **30 minutes each day!**
- ✓ Spend **30 minutes** of your day being **physically active!**

Literacy

- Find 5 or more recipes online for healthy meals or snacks you would like to try. Write or type them to start a cookbook of your own. Choose at least one to try this week. After you have made it, give it a rating or review,  so you know if it's something you want to try again. If it turns out great – share the recipe with a friend or family member (or teacher!) www.allrecipes.com has a huge variety!
- Do a bit more research - ask your family members what their favourite recipes are. Call a grandparent, aunt, uncle or someone else outside of your household to ask for theirs. Add it to your cookbook and give it a try.

Numeracy

Complete the table below to calculate the grams of sugar in each item.

HOW MUCH SUGAR?

Name: _____

Complete the table below by working out how many grams of sugar are in the different foods.

1 Sugar Cube = 4 Grams

Food	Cubes	Grams
Cola Can	10.4	
Orange	6.2	
Banana	4.4	
Orange	6.5	
3 Cookies	3.5	
Snickers	7.8	
Mountain Dew	19.5	
Dolmio Sauce	9.1	
Bag of Crisps	2.4	
Yogurt	5.9	

Not all sugars are bad for you. Some sugars are naturally occurring, and although you still shouldn't have too much they are not as bad as added sugar. Highlight the foods that you think have added sugar in red, and those with only natural sugars in green.

Check out all of the Food & Nutrition games at Solusville!



Week 5

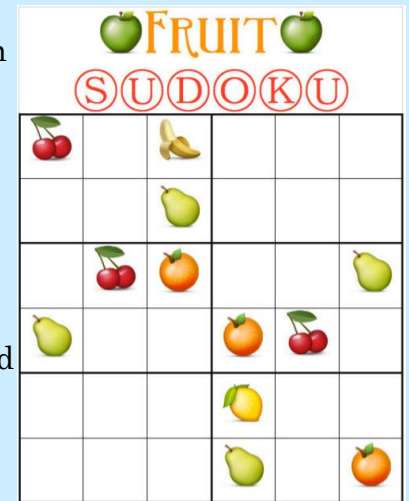
May 4 - 8

Remember:

The objective of a Sudoku is to fill in the entire board (with fruit in this case).

You may only have one of each kind of fruit in a row and in each quadrant (outlined darker lines on the table).

Good luck!



Here's a Math activity for you using Canada's Food Guide



Food Category	Fruits and Vegetables	Whole Grains	Protein Foods
Servings Per Day	½ (half) of your plate	¼ of your plate	¼ of your plate
Examples	- broccoli, leafy greens, potatoes, apples, bananas, berries	- bread, pita, oatmeal, cereal, rice, pasta, bagels, quinoa	- beans, lentils, nuts, seeds, lean meats, poultry, fish, shellfish, eggs
Tips	- Choose darker green vegetables - Don't drink juice with added sugar	- Choose whole grain options instead of grains that have been processed	- Select plant based proteins and lean meats

- **Grade 7 and 8 students** all have a new account set up on IXL (Grade 6 is already using it). It is a great website (free!) with tons of Math and English practice at every level. Students should have received an email with individual login information. If not, or if you have questions please email: Megan.Munro@nbed.nb.ca

Science

Are There Different Amounts of Iron in Different Breakfast Cereals?

The iron in ready-to-eat breakfast cereals is in the form called elemental, not in combination with any other chemical compound. Iron is sprayed on the outside of cereal flakes. You can separate the iron with a strong magnet!

Background Info:

Iron is essential in a healthy diet to build blood. Iron is easiest to absorb from meat, fish and poultry.

Materials:

- A sensitive scale (like a laboratory scale).
Note: scales can be downloaded as an app on any Android or iPhone devices
@ <https://techigem.com/digital-scale-apps/>
- various cereals
- plastic sandwich bags
- hot water
- wooden spoon
- 3-inch bar magnet (or any fairly strong magnet)



Procedure:

Crush 1/2 cup of cereal in a baggie, until the flakes are half their original size.

Pour into a bowl.

Add 1 cup of hot water and mix with a wooden spoon.

Put the magnet into the cereal mix and stir gently in a circle for a fixed amount of time, say 5 minutes. Try not to bump the bottom or sides of the bowl.

Take out the magnet. Remove the iron filings that it pulled from the cereal, and weigh them on a laboratory scale.

For more Science and Nutrition experiments, check out the suggested experiments

at: <https://www.dietspotlight.com/nutrition-diet-food-science-experiments/>



Did You Know?

Lemons are considered one of the world's healthiest foods - one lemon contains your daily dose of vitamin C, it cleanses the liver, boosts your immunity and aids in weight loss. Try adding it to a mug of warm water to kick start your day!

Broccoli contains twice the vitamin C of an orange, and almost as much calcium as whole milk! Who knew??

Test your nutritional knowledge by taking the following on-line quiz!

<https://www.proprofs.com/quiz-school/topic/nutrition>

ART

Create a **still life** of your favourite healthy snack.

*A still life is a work of art which depicts inanimate subject matter, typically common objects.

*You can create a still life artwork in essentially any form/medium you like – photography, paint, pencil, pastel etc. You could even do a clay sculpture if you have clay (Play-Doh works!). Be creative!

Here is a beautiful example of still life photography with maple syrup. (from: Speckyboy.com)

There is a step-by-step guide at this link for sketching a still life composition. 😊

