Key message: Understand and apply knowledge of the role of different food and drinks in the diet.

Objectives

- Use a nutritional analysis computer programme to compare and contrast dishes made from flour and other grains.
- Explain the role of flour and grain based dishes in increasing the uptake of fibre in the diet.

Resources

- Finding the Food Group worksheet
- Fibre PowerPoint presentation
- Fibre activity cards
- Modifying a recipe worksheet
- Nutritional analysis software, such as http://explorefood.foodafactoflife.org.uk/.

Introduction

- Recap on The eatwell plate – use the Finding the Food Group worksheet to support. Alternatively, invite pupils to view the whiteboard to draw The eatwell plate (check proportions), label each section (the 5 food groups) and add a selection of foods (for example, bread, cabbage, milk, fish).

Activity ideas

- Explain the importance of fibre in the diet using the Fibre PowerPoint presentation. Ask pupils to suggest ways to increase the amount of fibre in the diet.
- Question the pupils:
  - Why is it important to include fibre in the diet?
  - What steps can be made to increase the amount of fibre?
  - How can flour and other grains help?
- Challenge pupils to rank the Fibre cards in order of highest to lowest fibre content (per 100g of each food). You might want to print two sets of cards and split the class into two groups for this activity. Is there anything they are surprised by? Discuss with the pupils what choices they usually make – do they usually go for higher fibre options?
- Using the Modifying a recipe worksheet, and a nutritional analysis software, ask pupils to calculate the amount of fibre provided by the recipe. Then challenge them to think of ways to increase the fibre content. You may need to give examples to some pupils, e.g. adding vegetables or fruit, changing the flour, adding seeds or nuts.
Round up

Recap the learning with the pupils:

- Name three reasons why we need fibre in our diets? (Helping to prevent constipation, with an increased water intake, which reduces the risk of diverticulitis and bowel cancer, the maintenance of normal blood cholesterol levels, the reduction of the rise of blood glucose after a meal and the association with feelings of fullness to help control food intake, as foods which are high in fibre often are low in energy density.)
- Which three foods provided the most fibre from the ranking activity?
- What changes have been made to the recipe? For example, adding dried fruit, use different flours, using skimmed milk. How did the fibre content differ with these changes?

Extension ideas

- Determine the suitable portion size for the different life stages – are there any further changes which would be needed to make it suitable?
- Choose another recipe to analyse using Explore Food.

Fact file

Did you know... according to the Flour Advisory Bureau six slices of wholemeal bread would provide more than 50% of the average fibre requirement for adults; brown bread would provide around 40% and white bread 22%.