

Fibre investigation worksheet

Name: _____ Date: _____

Visit a supermarket or use an online supermarket to complete the table below. Add 3 more fibre containing foods of your own choice.

Name of food	Brand	Price of product	Product weight (g)	Weight of portion (g)	Price per portion*	Fibre content per 100g
White bread						
Wholemeal bread						
White rice						
Brown rice						
White spaghetti						
Wholewheat spaghetti						
Porridge oats						
Wheat biscuits (breakfast cereal)						
Potatoes						
Quinoa						
Cous cous						
Baked beans						
Kidney beans						
Lentils						
Dried fruit						
Canned peaches						
Almonds						



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***To calculate the price per portion**

(Price of product ÷ product weight) x weight of portion = price per portion

Which of these foods were a **source** of fibre (at least 3g of fibre per 100g)?

Which of these foods were **high** in fibre (at least 6g of fibre per 100g)?

How could you use some of these foods to create a dish which is high in fibre? Suggest four ideas:

- 1) _____
- 2) _____
- 3) _____
- 4) _____

