Science Task 5: Enquiry Type -Research

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| **Question** |
| What nutrients are in your food? |
| It is important to eat the right amounts of a variety of different food types. Look in your kitchen to find out what different types of food you can find.  [h ttps://www.nhs.uk/change4life](https://www.nhs.uk/change4life)  [h ttps://www.nhs.uk/live-well/eat-well/the-eatwell-guide/](https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/) |
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| **Younger Children** | **Older Children** |
| Separate the foods that you find into | Look at the labels of the food that you find. |
| the below categories: | Which foods have the highest |
| Fruit and Vegetables; Meat & Fish; | fat/sugar/carbohydrate/fibre content? |
| Dairy; Carbohydrates and Starch; | Which foods have the lowest |
| Sugars and Fats. | fat/sugar/carbohydrate/fibre content? |
| Count how many of each category you | Do the portion sizes match the packet size? |
| have. Can you make a poster or chart |  |
| to show how many different nutrients |  |
| you have found? |  |

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| **Challenge** | **About this type of Scientific Enquiry** |
| Record all the food you eat for a week. Then, work out the nutritional value of your food.  Are you eating a balanced diet? | *Scientists use research to investigate their hypotheses (predictions) and answer their scientific questions. In this task we used secondary sources to find the*  *answer. This enquiry type requires using skills to compare and evaluate information; separating fact from opinion; recognising bias; and an ability to*  *extract key information.* |