

## Food connections notes

This activity is designed to help students understand more about *The eatwell plate* and the food groups.

The aim of the activity is for a team of students to create a pathway of hexagons from one side of the board to the opposite side. To create a pathway each hexagon must be joined to another by at least one of its sides. Students can claim a hexagon by correctly answering a question. A list of the questions and answers is given below. The first team to connect a pathway from one side of the board to the opposite side, is the winner!



## Instructions

1. Divide the class into two teams and assign each team a colour, either pink or blue.
2. The first team to play is the pink team and they must select a letter from the board.
3. Click on the letter to reveal the question. The answer must begin with the selected letter.
4. To clear the question click 'Clear'. The question must be cleared from the board before a tile is awarded.
5. If the pink team answers the question correctly, they must drag a pink tile from the bottom right of the board to cover the letter they have answered. If they are unable to answer the question correctly, the blue team is given the opportunity to answer the question. If it is answered successfully, the letter can be covered with a blue tile. The applause or cheer button can be used to celebrate when a question is answered correctly.
6. At this point the activity must be saved. (Saving the flipchart under a different name will mean you can keep a record of each time the activity has been played. A short-cut for saving the flipchart is 'Control-S')
7. The blue team is now given the opportunity to select a different letter.
8. The teams continue to take turns until one team connects their sides of the board with their colour hexagons.

### **Flip chart one solutions**

A - What type of fluid does not count towards daily fluid intake?  
Alcohol

C- What is the main ingredient in hummus?  
Chickpeas

C- Which piece of equipment is used to strain cooked pasta?  
Colander

D - Which animal does venison come from?  
Deer

D - Fill in the blank. Having foods and drinks high in sugar too often between meals can cause \_\_\_\_ caries.  
Dental

F - Fill in the blank. The term 'rubbing-in' refers to rubbing \_\_\_\_ into flour.  
Fat

F - What is the name of the process used to turn milk into yogurt?  
Fermentation

F - What is the minimum number of fruit and vegetable portions that should be eaten each day?  
Five

L - Fill in the blank. Reading food \_\_\_\_ helps people make wise food choices.  
Labels

H- Which part of the cooker is used to poach fish?  
Hob

H - Name a food made by an insect.  
Honey.

I - Naan bread, roti, paratha and chapatti all originate from which country?  
India

M - Fill in the blank. Steak, chicken wings and pork chops are all types of \_\_\_\_?  
Meat

M- From which country does the dip guacamole traditionally originate?  
Mexico

O – Olive, palm and rapeseed are all different types of what food?  
Oil

P – Charlotte, Desiree, King Edward, Nadine and Nicola are all types of which food?  
Potato

R – Basmati, Jasmine and Brown are all different types of what food?  
Rice

S – From which country does Caboc originate?  
Scotland

S – Name a fruit which has seeds on the outside.  
Strawberry

S – Fill in the blank. Peach, plum and date all fruit contain which \_\_\_\_\_.  
Stones

S – Granulated, caster and icing are all different types of which food?  
Sugar

T – How many portions of fish should be eaten each week?  
Two

U – Name the mark on the food label which indicates the date after which the food should not be consumed.  
Use-by date

W – What should be done to an apple before it is eaten or cooked?  
Washed

Y - Set, Greek and natural are all types of which dairy food?  
Yogurt

### **Flip chart two solutions**

A - From which country do yam, cassava and plantain all originate?

Africa

B - Fill in the blank. The mineral iron is important for healthy \_\_\_\_\_.

Blood

C - Maderia, Batternberg and Dundee are all types of which food?

Cake

C- What is the main mineral provided by the Milk and dairy foods group?

Calcium

C - What is the main nutrient provided by bread, rice, potatoes and pasta?

Carbohydrate

C - Name a citrus fruit.

Clementine

F - Fill in the blank. Dietary \_\_\_\_\_ is important to keep the gut healthy and prevent constipation.

Fibre

H - Which type of beans are mainly used to make baked beans?

Haricot

I - What is the main mineral provided by the meat, fish, eggs, beans and other non-dairy sources of protein group?

Iron

L - Name the cooking fat made from pigs.

Lard

M - Fill in the blank. Helpful bacteria is added to \_\_\_\_\_ to produce yogurt.

Milk

N - Name a food that is both a non-meat and non-dairy source of protein.

Nuts

O - How many portions of oily fish should be eaten each week?

One

P - What is the process used to kill harmful bacteria in milk and dairy foods?  
Pasteurisation.

P - Name a method of food preservation used for onions.  
Pickling

P - What is the main nutrient provided by meat, fish, eggs and beans?  
Protein

P - Name a stage in bread making.  
Proving

S - Fill in the blank. People aged 11 years and over should not eat more than 6 grams of \_\_\_\_\_ a day.  
Salt

S - In which season are most strawberries in the UK harvested?  
Summer

T - How many days should leftover cooked rice be stored in a refrigerator for?  
Two

T - Which fish is not considered an oily fish only when it has been canned?  
Tuna

W - From which country does Caerphilly cheese originate?  
Wales

W - What colour should cooked chicken be all the way through?  
White

V - What is the term used to describe a person who does not consume anything that comes from an animal, including meat, fish, eggs and milk?  
Vegan

Y - Name a dairy food which can be used to make a low fat alternative to ice-cream.  
Yogurt

**Modifying the flipchart**

Each question within the flipchart has been hidden. The letters are each linked to reveal a question when clicked on.

In design mode, the questions can be seen stacked behind each other in the question area.

When in design mode, the questions and letters can be altered to create a new board of questions for the class.

Clicking 'Next' will reset the page to the point where the flipchart was last saved.