

Nutrition: fresh, whole foods or ultra-processed?

living-things

What you need: fresh apple (class reference only) · plain porridge oats packet (clean, empty or sealed sample) · sugary breakfast cereal box (clean, empty) · fruit-flavoured snack or drink packaging (clean, empty, full ingredients list visible) · printed ingredients cards (eight canonical lists from Step 1 teacher notes: apple, oats, plain yoghurt, brown bread, fruit yoghurt, cereal, fruit snack, crisps) · optional extra clean empty packaging for borderline debate (plain yoghurt pot, brown bread bag, crisps packet) · trays or large clear bags for group packaging or card sets · scrap paper for three-check scaffold during tray work · Investigation Journal page

Words to use

Whole food · A bit processed · Ultra-processed food · Ingredients list

Our question

Which food in each pair has been changed more from its natural state, and what evidence does the ingredients list give us?

I predict...because...

Words to sort

optional disputed item still under debate (e.g. crisps or fruit yoghurt) · one front-of-pack claim vs its ingredients list (class vote)

Resolve only disputed borderline foods with list evidence, then vote on whether the picture/slogan or the ingredients list is stronger when they disagree

Group 1	Group 2	Group 3

Which food in each pair has been changed more?

What evidence on the ingredients list supports your decision?

Which of the three checks did your group weight most, and why?

