

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 for eight everyday foods: 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

Words to use

Whole food · A bit processed · Ultra-processed · 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...

Three checks for each food

Food	Ingredients counted	How many I recognised	Where added sugar or salt sits on the list
Porridge oats			
Sugary cereal			
Apple			
Fruit-flavoured snack			

Pair 1 (oats and cereal): which was changed more, and the evidence that convinced us

Pair 2 (apple and fruit snack): which was changed more, and the evidence that convinced us

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