Lesson 7

Nutrition: fresh, whole foods or ultra-processed?

Living Things

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 mattered most to our group, and why?