

Food-jobs evidence mission

Choose. Explain. Revise.

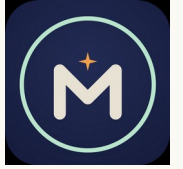
I can use food information to improve a fictional model.



FRUIT



VEG

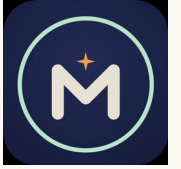


Retrieve the food-job cards

Find Monday's food-job choices.

Use the information table as evidence.

We use made-up menus, not personal meals.

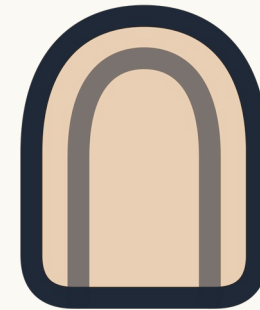


Case 1: only bread and water

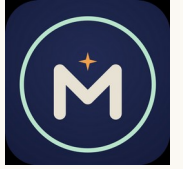
Keep the bread and water cards.

What jobs do they help with?

Which body needs are not well represented?

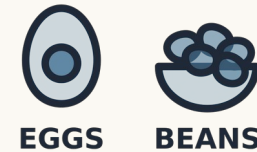


WATER



Add variety and give evidence

Add a source of protein.



Add fruit or vegetables.



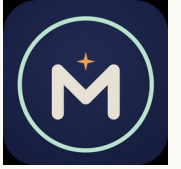
Explain what each addition can provide.



FRUIT



VEG



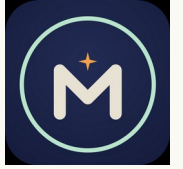
Case 2: change the protein source

Start model: meat, rice and vegetables.

Now make the model meat-free.

Which card can replace meat's protein role?



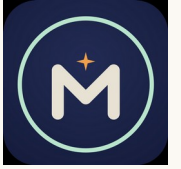


Compare two workable choices

Try a beans version and a lentils version.

Which body job does each help with?

How are the choices alike and different?

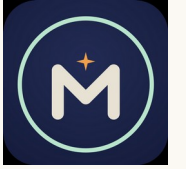


Pause: check the reason

Does the reason name a body job?

Check it against the food information.

“I like it” does not show its nutrient job.



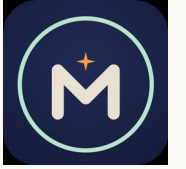
Improve one choice or explanation

Keep the first version of a case.

Change one choice or make the reason clearer.

Show what the food provides.

Save both versions and tidy the cards.



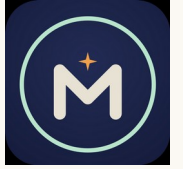
Your voice can change the lesson

What helped you join in?

What could make the next activity easier?

Point, sign, speak, write or pass privately.

Adult: agree one change and explain any limit.



Explain a food job

Supported: name one body job of food.

Standard: explain why variety matters.

Stretch: can one food help several jobs?