

FOOD FOR THOUGHT

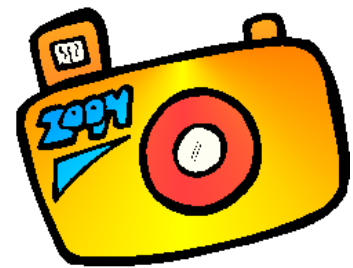
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Activities



1. PHOTOGRAPHING FOOD

Look at the food in your house and take photos of the different types of food that have been preserved in some way (ie: frozen, canned, dried etc).



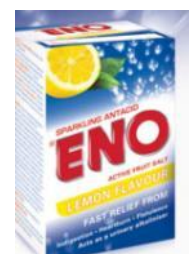
2. APPLE EXPERIMENT

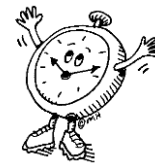
Ever noticed that if you cut an apple it doesn't take long for it to go brown? Let's see if we can stop or slow down the browning process.



What you need:

5 plastic cups 5 slices of apple 5 cup labels
Lemon juice, vinegar, water, baking soda, Eno





DAY 1:

- Step 1: Attach a label to each of the plastic cups.
- Step 2: Fill each cup with $\frac{1}{4}$ of a cup of each of the liquids (mix baking soda with water to make a liquid and also the eno powder with water to make a liquid).
- Step 3: Cut the apple into five slices and put each slice in a cup - make sure the apple is covered with the liquid.
- Step 4: Take the apple slices out of the cup and leave them in front of the cup so you know which liquid the slices have been coated with.
- Step 4: Fill in the table below describing how the apple looks and take photos of each of the apple slices.



DAY 2:

- Step 1: Look at your apples to see how they look
- Step 2: Fill in the table below and take photos of the apples

APPLE EXPERIMENT TABLE

Fill in what the apple looked like (ie: white, light brown, very brown, pink etc), what it felt like (ie: dry, slimy etc) and any other thing - smooth, wrinkled, smelly etc.



	Cup 1 Lemon Juice	Cup 2 Water	Cup 3 Baking Soda	Cup 4 Vinegar	Cup 5 Eno
Day 1:					
Day 2:					
Results: Which apple turned brown first ? Did any apple stay white? Did any apple go slimy? Did any apple smell? Would you eat any of the apple slices?					



3. MOULDY FOOD



Let's do an experiment to see how long it takes some foods to go mouldy.



Step 1: Get any type of food you have spare in your house - make sure there is three (3) of whatever you are using. Maybe strawberries, cheese, bread (you can cut a slice of bread into three squares if you want).

Step 2: Now that you have your three foods let's see how long they take to go mouldy. Use your knowledge you have learnt from reading about preserving food and decide on three locations to put your food (maybe you might leave one in the fridge, one on the kitchen bench and one out in the sun??)

Step 3: Fill in the table below to let me know what food you used and where you put the food and what it looked like after the listed days. Don't forget to take photos of the food at the different days if you can.



Food

	Location 1	Location 2	Location 3
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			
RESULTS			

4. COOKING FOOD MEMORY GAME

- (a) Match the word cards to the correct picture cards
- (b) Play memory by laying the word cards face down in one line and under or next to them lay the picture cards face down in another. Turn over one card from the word column and try to match it with the correct picture card.

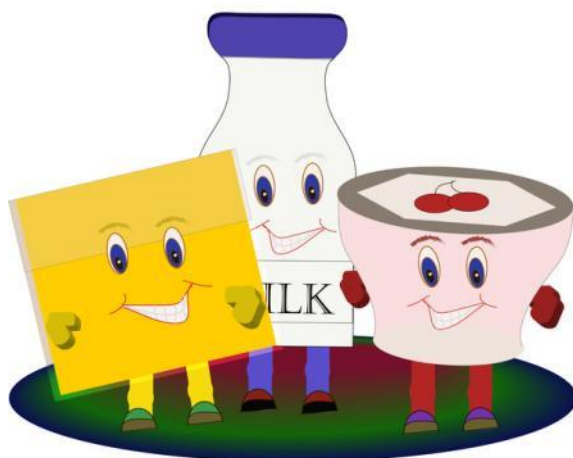
5. CLASSIFYING FOOD



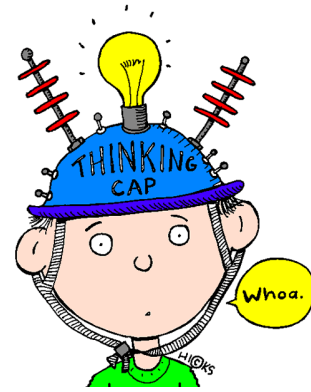
Look at the table below and choose which food group the type of food comes under.

Carrots		Yoghurt	
Chicken		Custard	
Milk		Beef	
Peanuts		Grapes	
Pumpkin		Banana	
Bread		Rice	
Ham		Cheese	
Walnuts		Hazelnut	
Watermelon		Zucchini	
Butter		Cream	
Mushrooms		Veal	
Oats		Pasta	

Say Cheese!
Dairy Helps Give A
Beautiful Smile!



OPTIONAL EXTRAS



Should you be enjoying this unit here are some other things you may want to do as optional extras.

1. Freezing experiment

Choose 3 or 4 different types of food and see how well they freeze. You will need a week or so to do this experiment as you will need to give the food a chance to freeze and then defrost them and see how they have changed. It would be good to choose some high water content food such as cucumber, lettuce etc.

2. Rehydrating food

Choose a food, perhaps like sultanas or dried apricots. Take a photo of them. Add them to hot water and see how they change when they are rehydrated.

3. Ripen food quickly

Experiment with ripening food quickly. Put an unripe pear or avocado in a zip lock bag with a banana and see how quickly it ripens.