



Name: ..... Form: .....

Based on pages 10 and 11 of *Keeping healthy*

# Investigating lunch

Try this...

1. Find out how many classes you can visit.
2. Decide how many people you wish to survey in each class.
3. Take a sheet of paper for each class you are going to visit. On the sheet of paper write the class name and a table with these headings:

Lunch	Protein	Fat	Carbohydrate	Vitamins and minerals
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Under each heading, add one row for each person you have decided to survey as part of task 2.

4. Ask each person what they have eaten or plan to eat for lunch, or ask them to show you the contents of their lunch boxes. Record each one by number. For example, if you were recording the lunches of five people in a class, the entries on the table would be numbered 1 to 5. Put a tick in the appropriate column for each food.
5. Look at the table. Count up the number of lunches which have foods from all five groups in them. Put the total at the bottom of the sheet.
6. Look at the table and count up all the lunches which have foods from less than five food groups. Put the total at the bottom of the sheet.
7. Take another sheet of paper and put the title 'Summary of results'.
8. Make a table with these headings:

Class	Lunches with five food groups	Lunches with less than five food groups
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Under each heading, add one row for each class you have visited. Fill in the table using the results from tasks 5 and 6.

**Looking at the results.**

9. What do the results show?

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