

PROJECT TITLE : MAKE HEALTHY FOOD CHOICES

Unit	Unit 5 Food and health
Content standard	2.2 Use appropriate communication strategies. 2.3 Communicate appropriately to a small or large group. 3.3 Read independently for information and enjoyment.
Learning standard	2.2.2 Agree a set of basic steps needed to complete a short classroom tasks. 3.3.1 Read and enjoy A2 fiction/non-fiction print and digital texts of interest.
STEAM Integration	Science - Study food science. Technology - How food is made. Engineering - Study the food safety and quality. Art - Present the food labels on a manila card creatively. Mathematics - Calculate the food nutrition.
Equipment and materials	▪ Manila card ▪ Food label ▪ Marker pens
Resources	▪ A sample video on how to read the food labels from the web. ▪ Website or articles related to the experiment.
Summary of activity	1. Students will watch videos and read detailed instructions on how to read the food labels. For example:- - https://www.youtube.com/watch?v=yY0w04AAVk - https://www.fda.gov/food/new-nutrition-facts-label/how-understand-and-use-nutrition-facts-label 2. Student need to collect food labels on the food packaging. 3. Analyse the ingredients and calculate the calories/nutrients. 4. Present the information on a manila card.
Knowledge, Skills and Values	▪ Learn the basic knowledge of food science. ▪ Listen, respond, and follow instructions appropriately.
Experience acquired by students	▪ Able to calculate the amount of nutrition. ▪ Understanding the element of food science through this project.