

Science Across the World

What did you eat?

TO:

Date	11/01/10
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We understand that your class is studying *What did you eat?*. We would like to exchange information about diets and health. We enclose the opinions of our class with this exchange form.

We look forward to hearing from your class. Please reply.

FROM:

Teacher's name	Jessica Egan
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A typical school day

Time of Day	Activities	Meals/Snacks Eaten
04.00	Sleeping	
05.00	Sleeping	
06.00	Sleeping	
07.00	Getting up, eating breakfast, getting dressed	Toast, cereals, porridge, brioche, orange juice, sausage sandwich
08.00	Walking to school	Sweets
09.00	In class	Packet of crisps
10.00	In class	
11.00	Break time	Fruit, drink, toast, pizza, bacon sandwich, orange juice
12.00	Dinner time	Sandwich, crisps, cakes, pizza, salad, pasta, muffins
13.00	In class	
14.00	In class	
15.00	Walking home	
16.00	Get home, play out with friends, play on games consoles, play on PC / internet	Crisps, biscuits, fruit
17.00	Tea time	Stew and dumplings, chicken and chips, pasta, take away, beans on toast, chicken with broccoli and carrots, rice and curry, vegetable casserole, sandwiches
18.00	Watching TV, on PC	Crisps, milk, juice, chocolate, biscuits, fruit
19.00	Watching TV	
20.00	Watching TV, homework, reading	
21.00	Watching TV, eating supper	Biscuits, hot chocolate
22.00	Go to bed	

23.00	Sleeping	
24.00	Sleeping	

Eating Habits

1. Breakfast

1. For breakfast, most students eat:
Cereals or toast
2. We think that eating a good breakfast before going to school is *important/not important* because (delete as appropriate):

We think it is important because:

It gives you energy for the day, it gives you brain power, it kick starts your metabolism and makes you more alert. It also stops you snacking, helps you concentrate and wakes you up.

2. Eating Habits

1. The sort of snacks and sweets we eat during the day are:

Crisps, biscuits, sweets, fruit

2. The arrangements for meals during the school day are:

Breakfast – canteen opens at 8:15 – 8:45 for toast, bacon sandwiches, hot and cold drinks.

Break – canteen opens for 15 minutes selling toast, toasted sandwiches, pizza, sandwiches, hot and cold drinks.

Lunchtime – Canteen opens for 40 minutes selling sandwiches, pastas, pizzas and hot meals eg chicken stir fry, vegetable bakes, roast chicken and vegetables and hot and cold drinks.

3. The people who choose and prepare our food are:

Learners do have some input into what they eat but mum and dad generally choose meals. In some cases mum and dad take it in turns to cook but in most cases mum does the majority of cooking.

4. Traditional beliefs / dishes about diet in our country are:

We mainly came up with traditional meals rather than beliefs as many of us are not religious.

Fish and chips, Yorkshire puddings, English breakfast, Sunday roast, pancakes, shepherds pie

5. The ways in which eating habits are changing are:

Negatives - More fast food being eaten due to too much advertising, people worry more about weight as they do less exercise, more obese / anorexic people – eating disorders, more take aways eaten, lots of food wasted, mums have less time to cook, we eat more generally and more fatty foods.

Positives - However there is more awareness of healthy eating means and so are eating more healthily, more awareness of what is in our food eg people choose organic if possible, 5 fruit and veg a day campaign by NHS has increased the amount of fruit and veg eaten, less fatty foods

3. Diet and Health

1. We think that most members of our class eat:
(ones in bold we agree with)

- a balanced diet**
- enough dietary fibre
- enough fruit and vegetables
- too much salt**
- too much sugar**
- too much fat**

2. Suggestions for improving our diet are:

Drink more water, eat less fat, sugar and salt, eat smaller portions, snack less, eat a variety of food, eat more fruit and veg, more meat, have a better eating routine

3. Our main concerns about diet and health are:

Being obese, heart attacks, blood clots, organ failure, malnutrition, lack of protein, spots / bad skin, hair, teeth, unhealthy later in life, diabetes

Our Class



Some of our favourite snacks



A Take Away Pizza Menu

Pizzas		9"	11"	11"	14"
		DEEP	THIN	DEEP	FAM
Prepared with home-made dough, savoury tomato sauce, mozzarella cheese (substitute), Italian herbs & fresh ingredients					
1.	Margherita Cheese & tomato	3.40	4.50	5.50	6.50
2.	Passionara Mushrooms, ham, salami, onions & spicy beef	4.60	5.50	6.50	7.80
3.	Roma Onions Onions	3.30	4.20	5.20	6.50
4.	Al Funghi Mushrooms Mushrooms	3.60	4.50	5.50	6.80
5.	Prosciutto Ham Ham	4.00	4.80	5.50	6.50
6.	Prosciutto Al Funghi Ham & mushroom	4.50	5.50	6.50	7.50
7.	Salami Salami	3.60	4.50	5.50	6.80
8.	Pepperoni Pepperoni & green peppers	3.80	4.50	5.50	6.80
9.	Garlic Sausage Garlic & mushroom	3.60	4.50	5.50	6.80
10.	Pollo Chicken Chicken	3.90	4.80	5.80	7.10
11.	Pollo Funghi Chicken & mushroom	4.50	5.50	6.50	7.50
12.	Garlic Funghi Garlic & mushroom	4.10	5.00	6.00	7.30
13.	Make Your Own Half & half Half & half	5.00	6.00	7.00	8.50
14.	Tropicana Ham & pineapple	4.50	5.50	6.50	7.50
15.	Pepperoni Funghi Pepperoni & mushrooms	4.50	5.50	6.50	7.50
16.	Hot Shot Onions, chillies, spicy beef, pepperoni, green peppers, tomato & garlic butter	4.60	5.50	6.50	7.80
17.	Vegetarian Onions, mushrooms, green pepper, garlic butter, tomato & sweetcorn	4.30	5.20	6.20	7.50
18.	Tuna Onions, tuna & garlic butter	4.30	5.20	6.20	7.50
19.	Seafood Tuna, prawns, anchovies & onions	4.50	5.50	6.20	7.50
20.	Pollo Special Chicken, mushrooms, green peppers, tomato & garlic butter	4.80	5.50	6.50	7.80
21.	Chilli Pizza Fresh chillies & onions	4.30	5.20	6.20	7.50
22.	Bolognese Bolognese & onions	4.30	5.20	6.20	7.50
23.	Pollo Sweetcorn Chicken & sweetcorn	4.50	5.50	6.50	7.50
24.	Khans Special Pepperoni, spicy beef, garlic sausage, ham, mushroom, salami, sweetcorn & green pepper	5.10	6.00	7.00	8.30
25.	Donner Pizza Ham, pepperoni, salami, garlic sausage, spicy beef & donner meat	4.50	5.40	6.40	7.70
26.	Meat Feast Ham, pepperoni, salami, garlic sausage, spicy beef & donner meat	4.60	5.50	6.50	7.80
27.	Seafarer Tuna & prawns	4.30	5.20	6.20	7.50
28.	Chicken Tandoori Special Chicken tandoori	4.50	5.50	6.50	7.80
29.	Four Cheeses Mozzarella, cheddar, goats & gouda	4.50	5.50	6.50	7.80
30.	Keema Mince meat & green peppers	4.50	5.50	6.50	7.80
EXTRA TOPPINGS					
	Olive Toppings	0.50	0.60	0.70	1.20
	Meat Toppings	0.70	0.80	0.90	1.50
	Vegetable Toppings	0.50	0.60	0.70	1.20
	Jalapeno Toppings	0.50	0.60	0.70	1.20
Calzones					
	Veg Onion, mushrooms, green peppers & garlic butter	5.50			
	Kiev Garlic butter, mushrooms & chicken	5.50			
	Donner Donner meat, cheese & pizza sauce	5.50			
	Make Your Own Choice of any 4 toppings	6.00			
Garlic Bread					
	Garlic Bread	2.00			
	Garlic Bread with Tomato	2.40			
	Garlic Bread Supreme	2.50			