**INQUIRY LEARNING FOR HEALTH & WELLBEING**

INQUIRY TOPIC: **NUTRITION**

SAMPLE INQUIRY QUESTIONS:

What is BMI?

What do Nutrition Information panels tell us?

What else is in Coke as well as all that sugar?

What should different sports people eat – an All Black? A sprinter? A racing cyclist? A shot putter?

Are children really taller / heavier than in the past?

What is a “balanced” diet and how do we get enough nutrient if we are vegetarian / vegan / other?

Which foods count as “treat” foods and which are “everyday”?

Can any food really be described as “healthy” or “unhealthy”?

What illnesses are linked to too much or not enough of some nutrients – eg calcium, iron, salt etc

What is it about fat and sugar that means people like eating them?

How much exercise do I need to get to “work off” a Big mac?

Can we observe what people eat for lunch and then link it to behaviour in the afternoon?

How does my school work suffer if I just eat chips / biscuits / pie for lunch?

What is “normal” to eat in this community – and how is your household the same / different?

How important / significant is food to your family?

What 1or 2 easy changes could I / we make to improve nutrition?

Why are some students flat / tired / disruptive after lunch?

**English:**

The very Hungry Caterpillar

Read about eating habits around the world.

Find food in story books and see what other are / were eating.

Write a newspaper article

Read recipes and food articles in the newspaper

**Maths:**

BMI

Measurement in recipes, units of measurement and shopping.

How much food energy is used in different activities?

Plot the height and weight of students on a graph

Plot graphs of the energy per serve (or other characteristic) of various foods.

Investigate to find the protein per dollar in various foods (or the sugar per dollar etc)

**Science:**

Digestive system

Food groups

Measuring energy

Vitamins and Minerals

**The Arts:**

Music about food.

Mime of saying “no” or “enough”

**Technology:**

Cooking and planning meals and snacks.

**Languages:**

Food and eating words in various languages (inc sign)

Explore the issues of using words like treat /everyday / healthy / unhealthy

**Social Sciences:**

Typical foods from different cultures

Food miles

Find the geographic source of some foods and ingredients.

Find the conditions needed to grow different foods.