

## *Teacher's Note*

### *Answers:*

- 1) *Unprocessed foods* are foods that remain in their natural state. E.g. Wheat is natural, flour is not. All raw fruit and vegetables are natural.
- 2) *Processed foods* are foods that are refined, cooked, pickled, preserved or altered in any way.
- 3) Unprocessed foods:  
apples, mandarins, bananas, carrots, celery, lettuce.
- 4) Six processed foods:  
Check student's answers.
- 5) Unprocessed foods are better for you.
- 6) Check student's answers.

### *Suggested Activities:*

- ❖ Make two posters, one with pictures of processed foods only, the other with pictures of unprocessed foods only. Use old magazines for the pictures. Ask each student to bring his or her own magazine or try a second-hand shop.
- ❖ Study the food pyramid chart and have a discussion on healthy foods and unhealthy foods.
- ❖ Have students write a lunch recipe using only unprocessed foods.
- ❖ Visit: <http://www.ed.uce.ac.uk/crypt/>
- ❖ Visit: <http://www.yucky.com>

**Learning Area:** H&PE **Strands:** CHL, SMS. **Overarching:** 1,2,3,5,6,7,8,9,10,11,12,13.

**Linking Subjects:** Eng. & Sci.