

Teacher's Note

Tip:

Collect an assortment of empty (or full) packages of food items. Take these along to class and let your students choose from these and write about these items. It might be easier for you to check their worksheets afterwards.

Suggested Activities:

- ❖ Organise a trip to a local supermarket. Have students choose food items and write down all the details.
- ❖ Check health food shops for detailed pamphlets dealing with food additives & colourings, MSG etc.
- ❖ Discuss if any students are allergic to certain food additives and how it effects them.
- ❖ Visit: <http://www.ed.uce.ac.uk/crypt/>
- ❖ Visit: <http://www.beritsbest.com/>

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