

Science Across the World

What did you eat?

TO:

| | |
|---------------------------------------|--------------------|
| Date | |
| Teacher's name | |
| School | |
| Address | |
| Phone numbers (inc. dialling code) | Telephone: Fax: |
| E-mail address | |
| School website address | |

FROM:

| | |
|---------------------------------------|------------------------------------|
| Teacher's name | Claire Coleman |
| School | Loreto Secondary School |
| Address | Youghal, Co. Cork, Ireland |
| Phone numbers (inc. dialling code) | Telephone: 00-353-24-92709 Fax: |

| Time of Day | Activities | Meals/Snacks Eaten |
|-------------|---------------------|--|
| 07.00 | | |
| 08.00 | Wake up & breakfast | Cereal, toast. |
| 09.00 | Class | |
| 10.00 | Class | |
| 11.00 | Break (15 minutes) | Fruit, chocolate or crisps |
| 12.00 | Class | |
| 13.00 | Lunch | Soup, Bread roll, or sandwich |
| 14.00 | Class | |
| 15.00 | Class | |
| 16.00 | Snack | Fruit, yoghurt, chocolate |
| 17.00 | Activities (1 hour) | |
| 18.00 | Dinner | Potatoes, Chicken, bacon, cabbage, curry, chips and sausages |
| 19.00 | Homework | |
| 20.00 | Homework | |
| 21.00 | Television | Fruit & biscuits |
| 22.00 | Bed | |



Figure 1 Article relating diet and learning

Eating Habits

1. Breakfast

1. For breakfast, most students eat:
 - Cereal: 12 pupils
 - Toast: 8 pupils
 - Nothing: 4 pupils
 - Irish breakfast (sausages and rashers): 1 pupil
2. We think that eating a good breakfast before going to school is *important/not important* because (delete as appropriate):

The pupils feel that they cannot concentrate on schoolwork unless they have eaten breakfast. Therefore it is very important. In the article above Dr. Madeline Portwood blames junk food for contributing to the increase in attention deficit disorder, dyslexia and autism.

2. Eating Habits

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

Fruit (apples and oranges), chocolate bars, crisps and yoghurt drinks.



Figure 2: Foods that the class eat

2. The arrangements for meals during the school day are:
 - 10:55 - 11:10 Break
 - 1:00 – 1:40 Lunch

supply chocolate and crisps. Therefore people are snacking on these types of food.

3. Diet and Health

1. We think that most members of our class eat:

- too much salt
- too much sugar
- too much fat



Figure 4 Another article on bad diet and learning

| Foods eaten | Energy (Kj per 100g) |
|----------------------|----------------------|
| White bread | 907 |
| Jam | 1117 |
| Calvita cheese | 1265 |
| Rashers | 827 |
| Milk | 267 |
| Chicken | 980 |
| Dolmio sauce | 217 |
| Potato chips buffalo | 469 |
| Walkers | 752 |
| Rolo | 1927 |
| Buttons | 710 |
| Hot lips | 347 |
| Milk | 267 |
| Cheese strings | 1366 |

2. Suggestions for improving out diet are:

- a balanced diet by referring to the food pyramid (see picture). Making meals from scratch instead of buying pre-prepared meals.
- enough dietary fibre. People are not baking bread as much as they used to. Homemade bread is much healthier and contains more nutrients to that bought.

| Appetisers | |
|---|--------|
| 1. Spring Rolls | €2.70 |
| 2. Vegetable Spring Rolls | €2.50 |
| 3. Cheese Spring Rolls | €2.70 |
| 4. Crabmeat Rolls | €2.70 |
| 5. Honey Spare Rice | €4.95 |
| 6. Barbecue Spare Ribs | €4.95 |
| 7. Crispy Won Ton | €3.50 |
| 8. Sesame Prawn Toast | €3.50 |
| 9. Skewered Satay Chicken | €3.30 |
| 10. Shewered Satay Prawns | €3.50 |
| 11. Honey chicken Wings | €3.30 |
| 12. Salt & chilli Chicken Wings | €3.30 |
| 13. Pork Yuk Sung (for 2 persons) | €7.50 |
| 14. Chicken Yuk Sung (for 2 persons) | €7.50 |
| 15. Deep Fried Prawn Cakes (Thai Style) | €3.90 |
| 16. Deep Fried Chicken Cakes (Thai Style) | €3.50 |
| 17. House Combination Platter (for 2 persons) | €8.50 |
| 18. 1/4 Crispy Aromatic Duck | €6.95 |
| 19. 1/2 Crispy Aromatic Duck | €13.95 |
| Soups | |
| 20. Chicken & Sweetcorn Soup | €2.40 |
| 21. Crabmeat & Sweetcorn Soup | €2.55 |
| 22. Won Ton Soup | €3.20 |
| 23. Chicken Noodle Soup | €2.70 |
| 24. Chicken Mushroom Soup | €2.40 |
| 25. Hot & Sour Soup | €2.70 |
| 26. Vegetable Soup | €2.30 |
| 27. Tom Yam Soup (Thai Style) | €3.20 |
| Chicken Dishes | |
| 28. Chicken Green Pepper & Blackbean Sauce | €6.95 |
| 29. Chicken Mushroom & Blackbean Sauce | €6.95 |
| 30. Chicken Cantonese Style | €6.95 |
| 31. Chicken Szechuan Style | €6.95 |
| 32. Chicken Ginger & Scallion | €6.95 |
| 33. Chicken with Cashewnuts | €7.30 |
| 34. Chicken Kung Po | €7.35 |
| 35. Chicken Hot Garlic Sauce | €6.95 |
| 36. Chicken Lemon Sauce | €7.35 |
| 37. Chicken Orange Sauce | €7.35 |
| 38. Chicken with Mixed Vegetables | €6.95 |
| 39. Chicken Mushroom with Oyster Sauce | €6.95 |
| 40. King Do Chicken | €6.95 |
| 41. Crispy Shredded Chicken | €7.35 |
| 42. Chicken with Broccoli | €7.35 |
| 43. Chicken Thai Style | €7.35 |
| European Dishes | |
| 126. Roast Breast Chicken & Chips | €7.50 |
| 127. Prawn Cutlet & Chips | €9.50 |
| 128. Pork Chop Cutlet & Chips | €7.95 |
| 129. Chicken Cutlet & Chips | €7.95 |
| 130. House Special Omelette & Chips | €8.50 |
| 131. Chicken Omelette & Chips | €7.50 |
| 132. King Prawn Omelette & Chips | €9.00 |
| Chow Mein Dishes | |
| 133. House Special Chow Mein | €8.50 |
| 134. Chicken Chow Mein (or Blackbean Sauce) | €7.50 |
| 135. Beef Chow Mein (or Blackbean Sauce) | €7.50 |
| 136. King Prawn Chow Mein (or Blackbean Sauce) | €8.50 |
| 137. Mixed Vegetable Chow Mein (or Blackbean Sauce) | €6.30 |
| 138. Singapore Vermicelli Style | €8.00 |
| Fried Rice Dishes | |
| 139. House Special Fried Rice | €7.95 |
| 140. Chicken Fried Rice | €6.50 |
| 141. King Prawn Fried Rice | €7.95 |
| Extra Portion | |
| E1. Fried Rice | €2.20 |
| E2. Boiled Rice | €1.70 |
| E3. French Fries | €1.70 |
| E4. Young Chow Fried Fries | €3.00 |
| E5. Fried Soft Noodle | €3.00 |
| E6. Mixed Vegetables | €3.50 |
| E7. Bean Sprout | €2.50 |
| E8. Mushroom | €2.50 |
| E9. Bamboo Shoot & Waterchestnut | €2.50 |
| E10. Fried Broccoli | €3.00 |
| E11. Fried Onion | €2.50 |
| E12. Barbecue Sauce | €1.80 |
| E13. Curry Sauce | €1.80 |
| E14. Sweet & Sour Sauce | €1.80 |
| E15. Curry & Chips (tray) | €2.70 |
| E16. Fried Rice, Curry Sauce & Chips (tray) | €3.50 |
| E17. Boiled Rice, Curry Sauce & Chips (tray) | €3.20 |

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Figure 6 Chinese take-away menu

Pupils are aware of the nutritional labels on food and how calories are related to the amount of Kilojoules in food. Labels are given for 100g quantity of food, however pupils noticed that a lot of food is more than 100g and hence more calories.

People are getting too concerned with diets such as Atkins and weight watchers. They are not eating a balanced diet, especially with Atkins by cutting out carbohydrates completely. They need to do activities in order to maintain an appropriate weight, base on their age, biomass and work done.

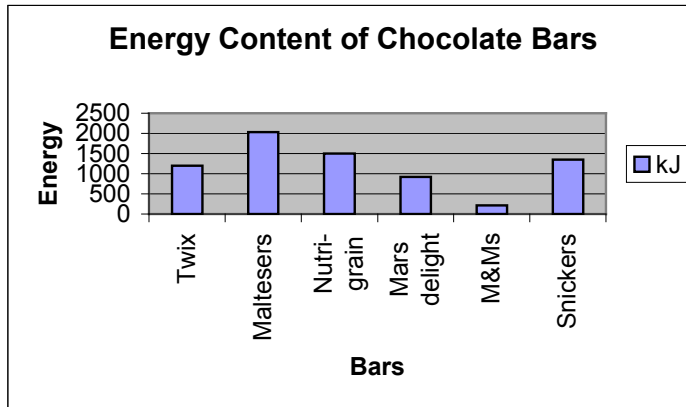


Figure 7 Energy Content of Chocolate bars

Above is a chart showing the amount of energy in the most common bars of chocolate ate by the class. Below is the type and time the class participates in activities.

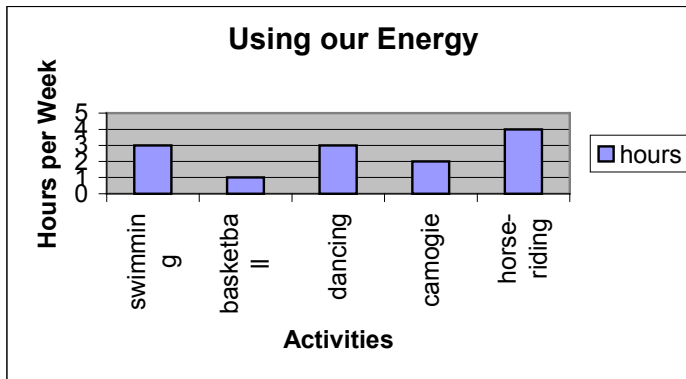


Figure 8 How the pupils use their energy

People are also spending more time eating out, especially in fast food restaurants. People are eating fatty, fried food. Included is a menu of a Chinese restaurant in our local town. Farms used to be more plentiful in Ireland where people would grow their own vegetables and supply their own dairy products and meat. Also the fishing industry has declined, even in Youghal, which is a port town. People's lifestyle is just too rushed and don't have time to be purchasing fresh produce. Also with the recent mad cow disease scare, people are weary.