

Healthy Eating



Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/ 167kcal

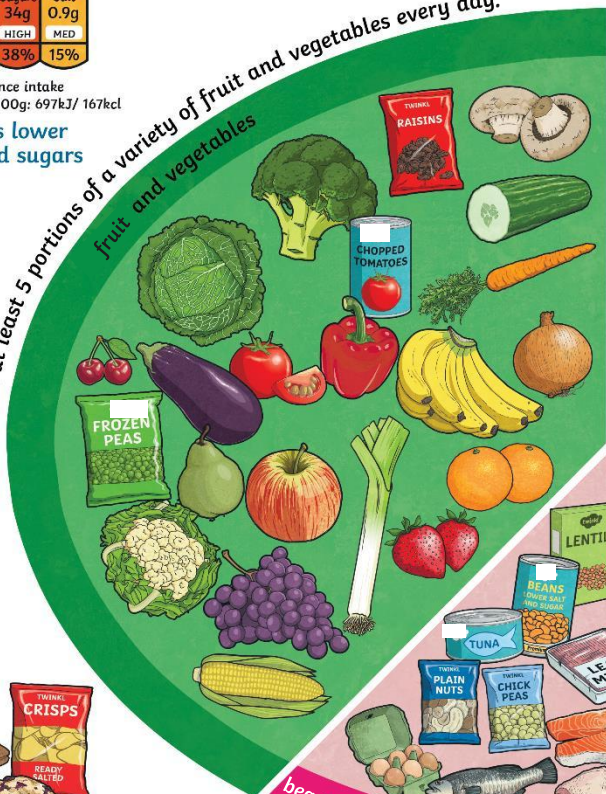
Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.
Limit fruit juice and/or smoothies to a total of 150ml a day.

Eat at least 5 portions of a variety of fruit and vegetables every day.



Eat less often and in small amounts

Choose wholegrain or higher fibre versions with less added fat, salt and sugar.



beans, pulses, fish, eggs, meat and other proteins
Eat more sourced fish and pulses. 2 portions of sustainably sourced fish per week, one of which is oily.
Eat less red and processed meat.



dairy, and alternatives
Choose lower fat and lower sugar options.



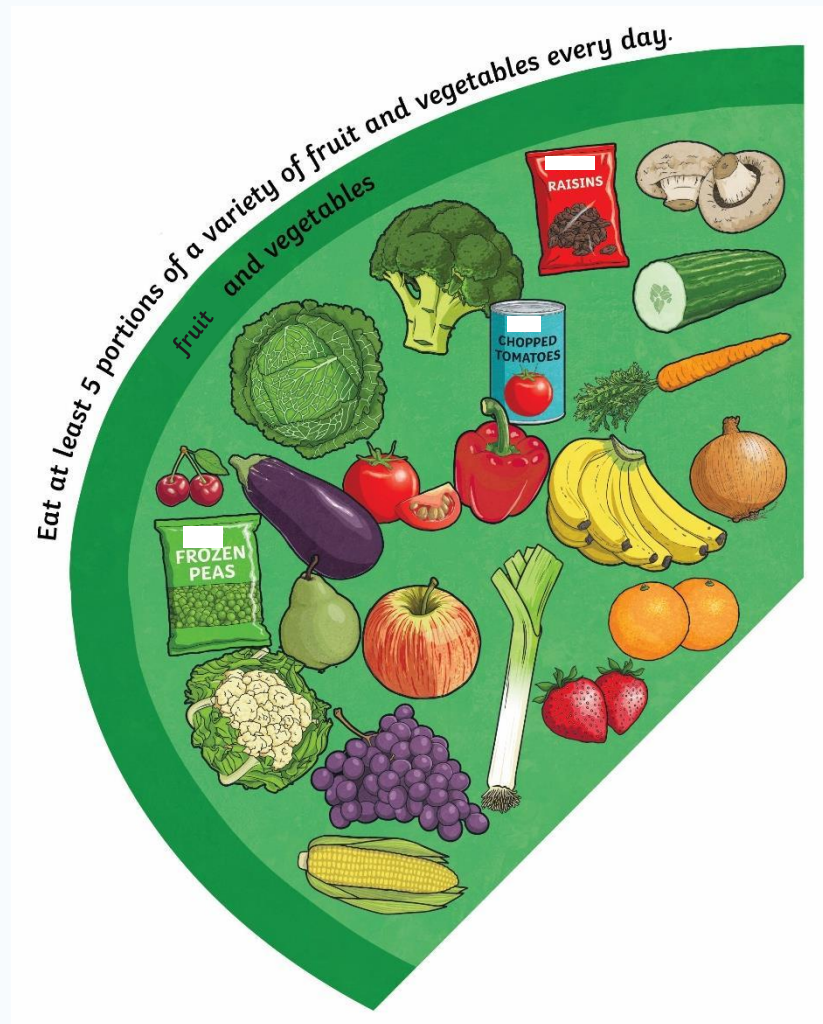
oil, & spreads
Choose unsaturated oils and use in small amounts.

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

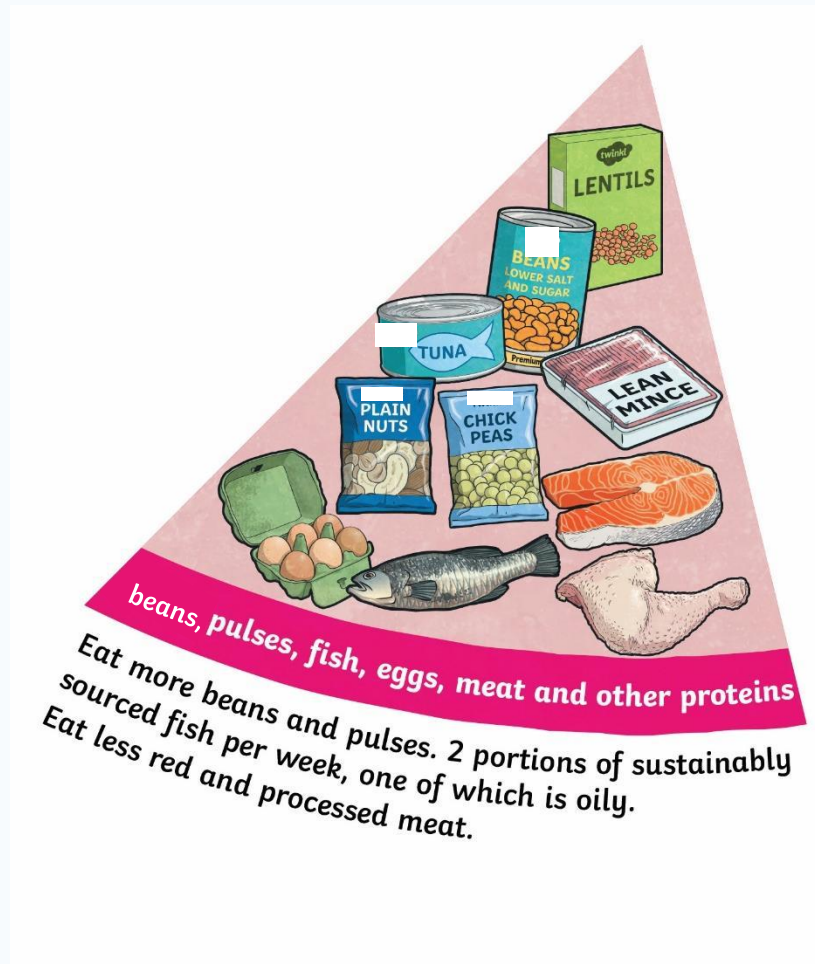
Carbohydrates



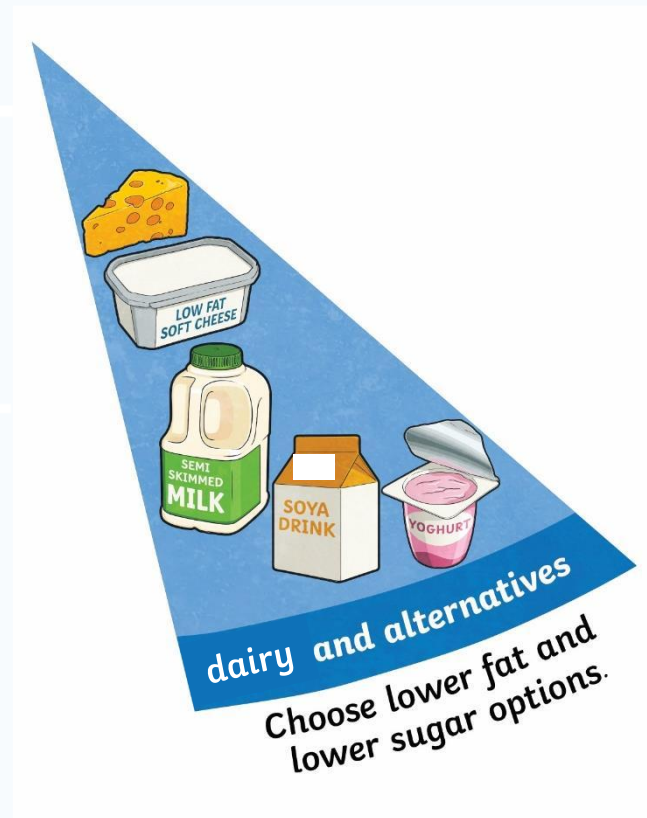
Fruit and Vegetables



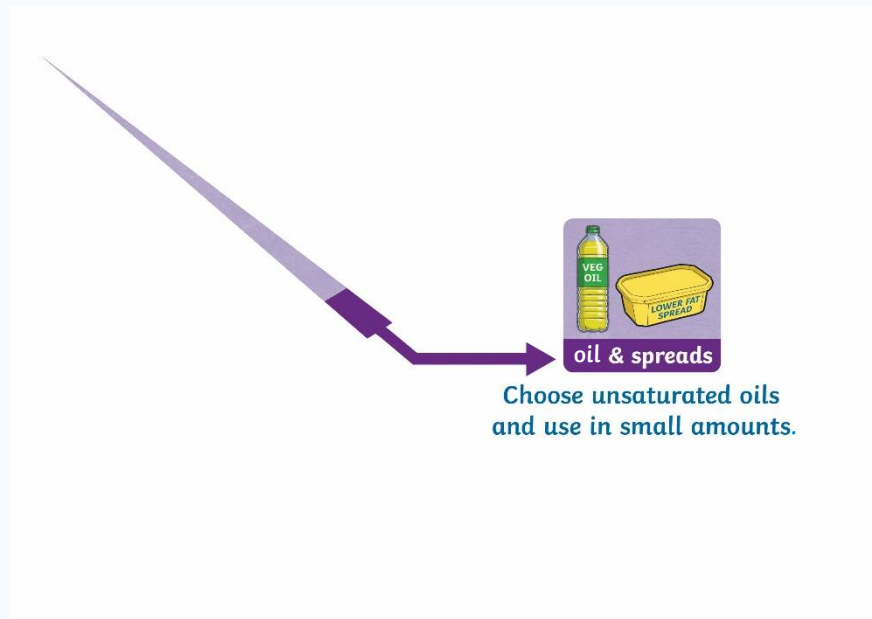
Beans, Pulses, Fish, Meat and Other Proteins



Dairy and Alternatives



Oil and Spreads



Water



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.



Healthy Eating Code Breaker

Solve the calculations using the code below and find answers to the questions about healthy eating.

A	B	C	D	E	F	G	H	I	J	K	L	M
1	2	3	4	5	6	7	8	9	10	11	12	13
N	O	P	Q	R	S	T	U	V	W	X	Y	Z
14	15	16	17	18	19	20	21	22	23	24	25	26

1. The food a person or animal eats is its...

	Answer	Letter
$\frac{1}{2}$ of 8		
$\frac{1}{2}$ of 18		
$\frac{1}{2}$ of 10		
Double 10		

2. Milk, cheese and yoghurts are in which food group?

	Answer	Letter
2×2		
$4 \div 4$		
$18 \div 2$		
6×3		
5×5		

3. How many portions of fruit and vegetables should you eat every day, at least?

	Answer	Letter
$24 - 18$		
$20 - 11$		
$30 - 8$		
$17 - 12$		

4. Sweets, cakes and fizzy drinks can contain high levels of which ingredient?

	Answer	Letter
$30 - 11$		
$15 + 6$		
$48 - 41$		
$40 - 39$		
$30 - 12$		

5. An animal that feeds mostly on meat is known as a

	Answer	Letter
$\frac{1}{4}$ of 12		
$\frac{1}{2}$ of 2		
Double 9		
Double 7		
$\frac{1}{3}$ of 27		
Double 11		
$\frac{3}{4}$ of 20		
$\frac{3}{4}$ of 24		
$\frac{1}{5}$ of 25		

Healthy Eating Code Breaker

Solve the calculations using the code below and find answers to the questions about healthy eating.

A	B	C	D	E	F	G	H	I	J	K	L	M
1	2	3	4	5	6	7	8	9	10	11	12	13
N	O	P	Q	R	S	T	U	V	W	X	Y	Z
14	15	16	17	18	19	20	21	22	23	24	25	26

1. The food a person or animal eats is its ...

	Answer	Letter
$\frac{1}{3}$ of 12		
$\frac{1}{2}$ of 18		
$\frac{1}{4}$ of 20		
$\frac{1}{3}$ of 60		

2. Meat, fish and pulses are all part of which food group?

	Answer	Letter
$160 \div 10$		
$36 \div 2$		
$60 \div 4$		
$40 \div 2$		
$45 \div 9$		
$81 \div 9$		
$56 \div 4$		

3. Brown bread is usually higher in _____ than white bread.

	Answer	Letter
$75 - 69$		
$84 - 75$		
$121 - 119$		
$240 - 222$		
$201 - 196$		

4. Fruit and vegetables provide the body with....

	Answer	Letter
$\frac{2}{3}$ of 33		
$\frac{3}{4}$ of 12		
$\frac{1}{10}$ of 200		
$\frac{1}{7}$ of 7		
$\frac{1}{2}$ of 26		
$\frac{3}{5}$ of 15		
$\frac{2}{5}$ of 35		
$\frac{1}{2}$ of 38		

5. An animal that only feeds on plants is called a ...

	Answer	Letter
$7.8 + 0.2$		
$2.5 + 2.5$		
$16.5 + 1.5$		
$1.7 + 0.3$		
$8.1 + 0.9$		
$20.4 + 1.6$		
$12.4 + 2.6$		
$10.7 + 7.3$		
Double 2.5		

Healthy Eating Code Breaker

Solve the calculations using the code below and find answers to the questions about healthy eating.

A	B	C	D	E	F	G	H	I	J	K	L	M
1	2	3	4	5	6	7	8	9	10	11	12	13
N	O	P	Q	R	S	T	U	V	W	X	Y	Z
14	15	16	17	18	19	20	21	22	23	24	25	26

1. The food a person or animal eats is its ...

	Answer	Letter
$\frac{4}{10}$ of 10		
$\frac{3}{4}$ of 12		
$\frac{1}{7}$ of 35		
$\frac{2}{5}$ of 50		

2. Pasta, bread, potatoes and rice are in which food group?

	Answer	Letter
$7.6 - 4.6$		
$6.3 - 5.3$		
$22.1 - 4.1$		
$0.4 + 1.6$		
$9.2 + 5.8$		
$4.4 + 3.6$		
$28.7 - 3.7$		
$2.1 + 1.9$		
$9.1 + 8.9$		
$0.65 + 0.35$		
$15.49 + 4.51$		
$4.99 + 0.01$		

3. Which mineral, often found in dairy products, helps with bone development?

	Answer	Letter
$36 \div 12$		
$11 \div 11$		
$96 \div 8$		
$27 \div 9$		
$72 \div 8$		
$63 \div 3$		
$156 \div 12$		

4. An animal that eats both meat and plants is called an...

	Answer	Letter
$\frac{5}{9}$ of 27		
$\frac{1}{10}$ of 130		
$\frac{2}{7}$ of 49		
$\frac{3}{13}$ of 39		
$\frac{2}{7}$ of 77		
$\frac{5}{8}$ of 24		
$\frac{3}{8}$ of 48		
$\frac{1}{9}$ of 45		

Healthy Eating Code Breaker

5. It is important that our diet is...

	Answer	Letter
359 - 300 - 57		
221 - 221 + 1		
524 - 480 - 32		
341 - 340		
214 - 100 - 100		
214 + 9 - 220		
163 - 73 - 85		
500 - 400 - 96		



Healthy Eating Code Breaker Answers

Solve the calculations using the code below and find answers to the questions about healthy eating.

A	B	C	D	E	F	G	H	I	J	K	L	M
1	2	3	4	5	6	7	8	9	10	11	12	13
N	O	P	Q	R	S	T	U	V	W	X	Y	Z
14	15	16	17	18	19	20	21	22	23	24	25	26

1. The food a person or animal eats is its...

	Answer	Letter
$\frac{1}{2}$ of 8	4	D
$\frac{1}{2}$ of 18	9	I
$\frac{1}{2}$ of 10	5	E
Double 10	20	T

2. Milk, cheese and yoghurts are in which food group?

	Answer	Letter
2×2	4	D
$4 \div 4$	1	A
$18 \div 2$	9	I
6×3	18	R
5×5	25	Y

3. How many portions of fruit and vegetables should you eat every day, at least?

	Answer	Letter
$24 - 18$	6	F
$20 - 11$	9	I
$30 - 8$	22	V
$17 - 12$	5	E

4. Sweets, cakes and fizzy drinks can contain high levels of which ingredient?

	Answer	Letter
$30 - 11$	19	S
$15 + 6$	21	U
$48 - 41$	7	G
$40 - 39$	1	A
$30 - 12$	18	R

5. An animal that feeds mostly on meat is known as a

	Answer	Letter
$\frac{1}{4}$ of 12	3	C
$\frac{1}{2}$ of 2	1	A
Double 9	18	R
Double 7	14	N
$\frac{1}{3}$ of 27	9	I
Double 11	22	V
$\frac{3}{4}$ of 20	15	O
$\frac{3}{4}$ of 24	18	R
$\frac{1}{5}$ of 25	5	E

Healthy Eating Code Breaker Answers

Solve the calculations using the code below and find answers to the questions about healthy eating.

A	B	C	D	E	F	G	H	I	J	K	L	M
1	2	3	4	5	6	7	8	9	10	11	12	13
N	O	P	Q	R	S	T	U	V	W	X	Y	Z
14	15	16	17	18	19	20	21	22	23	24	25	26

1. The food a person or animal eats is its ...

	Answer	Letter
$\frac{1}{3}$ of 12	4	D
$\frac{1}{2}$ of 18	9	I
$\frac{1}{4}$ of 20	5	E
$\frac{1}{3}$ of 60	20	T

2. Meat, fish and pulses are all part of which food group?

	Answer	Letter
$160 \div 10$	16	P
$36 \div 2$	18	R
$60 \div 4$	15	O
$40 \div 2$	20	T
$45 \div 9$	5	E
$81 \div 9$	9	I
$56 \div 4$	14	N

3. Brown bread is usually higher in _____ than white bread.

	Answer	Letter
$75 - 69$	6	F
$84 - 75$	9	I
$121 - 119$	2	B
$240 - 222$	18	R
$201 - 196$	5	E

4. Fruit and vegetables provide the body with....

	Answer	Letter
$\frac{2}{3}$ of 33	22	V
$\frac{3}{4}$ of 12	9	I
$\frac{1}{10}$ of 200	20	T
$\frac{1}{7}$ of 7	1	A
$\frac{1}{2}$ of 26	13	M
$\frac{3}{5}$ of 15	9	I
$\frac{2}{5}$ of 35	14	N
$\frac{1}{2}$ of 38	19	S

5. An animal that only feeds on plants is called a ...

	Answer	Letter
$7.8 + 0.2$	8	H
$2.5 + 2.5$	5	E
$16.5 + 1.5$	18	R
$1.7 + 0.3$	2	B
$8.1 + 0.9$	9	I
$20.4 + 1.6$	22	V
$12.4 + 2.6$	15	O
$10.7 + 7.3$	18	R
Double 2.5	5	E

Healthy Eating Code Breaker Answers

Solve the calculations using the code below and find answers to the questions about healthy eating.

A	B	C	D	E	F	G	H	I	J	K	L	M
1	2	3	4	5	6	7	8	9	10	11	12	13
N	O	P	Q	R	S	T	U	V	W	X	Y	Z
14	15	16	17	18	19	20	21	22	23	24	25	26

1. The food a person or animal eats is its ...

	Answer	Letter
$\frac{4}{10}$ of 10	4	D
$\frac{3}{4}$ of 12	9	I
$\frac{1}{7}$ of 35	5	E
$\frac{2}{5}$ of 50	20	T

2. Pasta, bread, potatoes and rice are in which food group?

	Answer	Letter
$7.6 - 4.6$	3	C
$6.3 - 5.3$	1	A
$22.1 - 4.1$	18	R
$0.4 + 1.6$	2	B
$9.2 + 5.8$	15	O
$4.4 + 3.6$	8	H
$28.7 - 3.7$	25	Y
$2.1 + 1.9$	4	D
$9.1 + 8.9$	18	R
$0.65 + 0.35$	1	A
$15.49 + 4.51$	20	T
$4.99 + 0.01$	5	E

3. Which mineral, often found in dairy products, helps with bone development?

	Answer	Letter
$36 \div 12$	3	C
$11 \div 11$	1	A
$96 \div 8$	12	L
$27 \div 9$	3	C
$72 \div 8$	9	I
$63 \div 3$	21	U
$156 \div 12$	13	M

4. An animal that eats both meat and plants is called an...

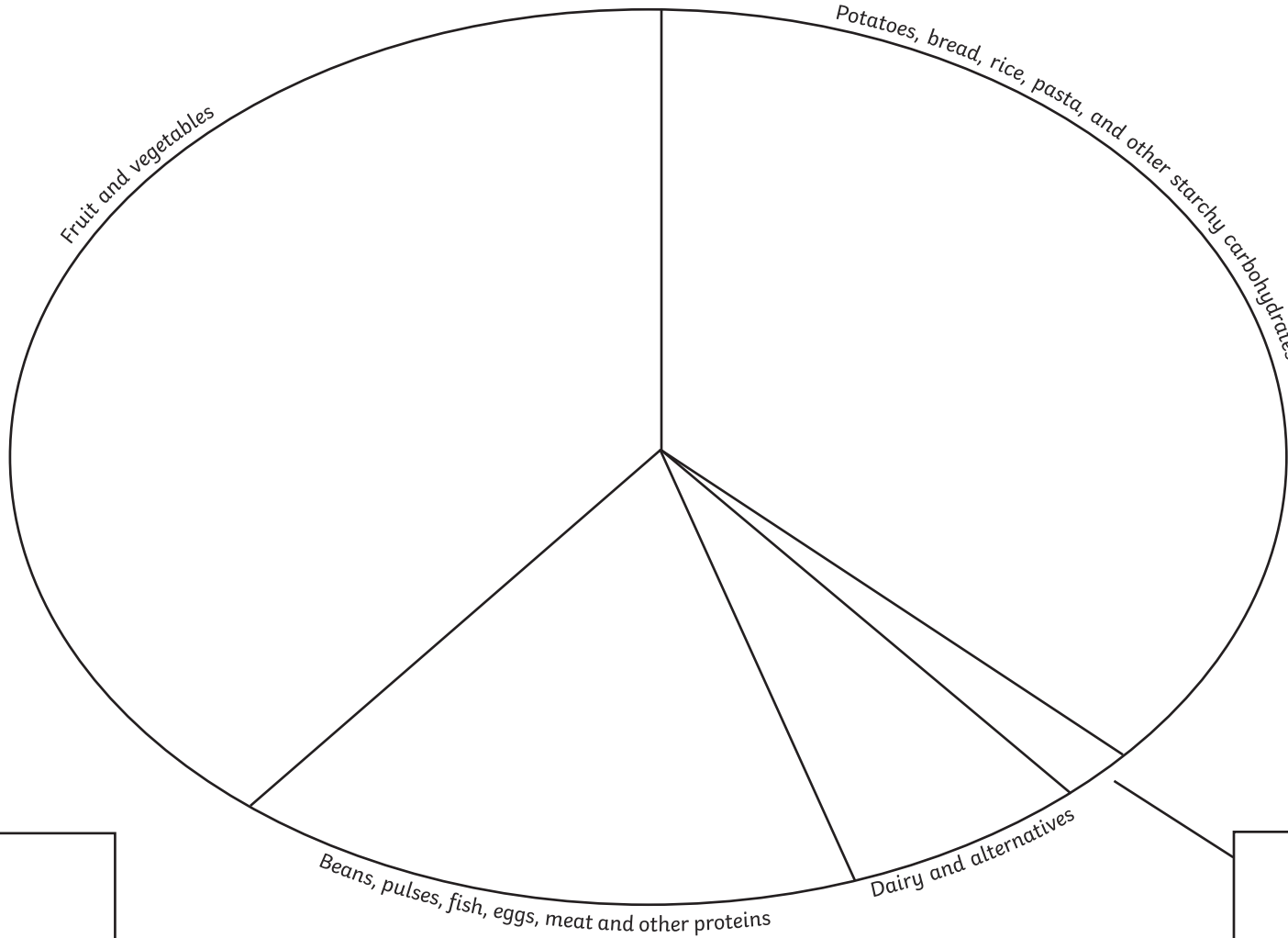
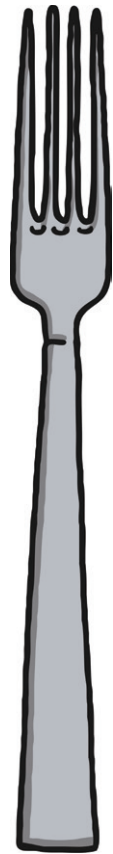
	Answer	Letter
$\frac{5}{9}$ of 27	15	O
$\frac{1}{10}$ of 130	13	M
$\frac{2}{7}$ of 49	14	N
$\frac{3}{13}$ of 39	9	I
$\frac{2}{7}$ of 77	22	V
$\frac{5}{8}$ of 24	15	O
$\frac{3}{8}$ of 48	18	R
$\frac{1}{9}$ of 45	5	E

Healthy Eating Code Breaker **Answers**

5. It is important that our diet is...

	Answer	Letter
359 - 300 - 57	2	B
221 - 221 + 1	1	A
524 - 480 - 32	12	L
341 - 340	1	A
214 - 100 - 100	14	N
214 + 9 - 220	3	C
163 - 73 - 85	5	E
500 - 400 - 96	4	D

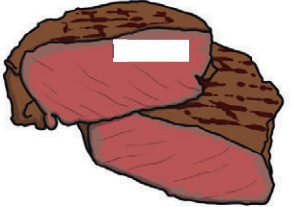
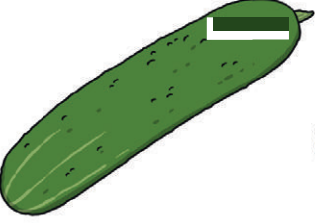
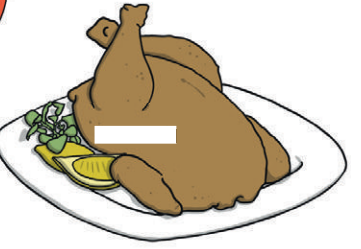
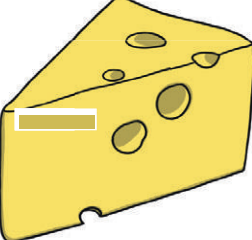
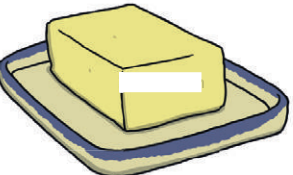
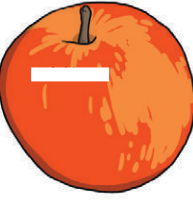
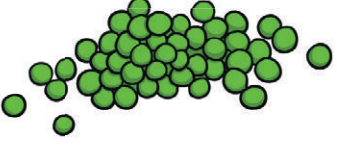
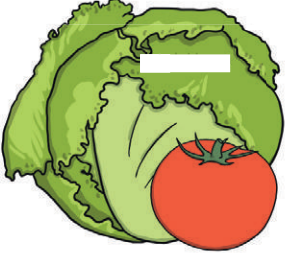
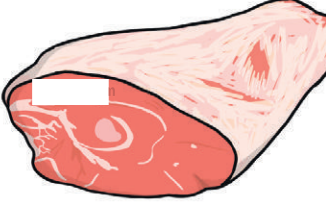
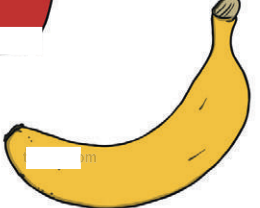
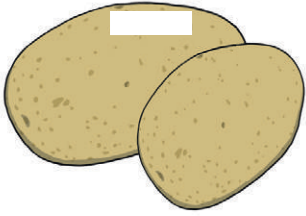
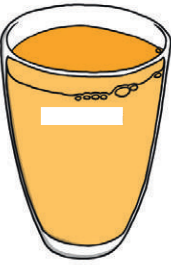
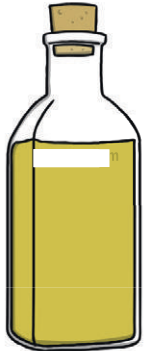
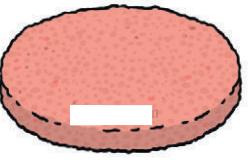
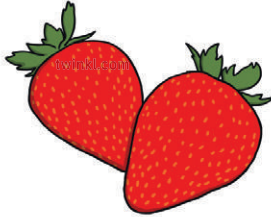
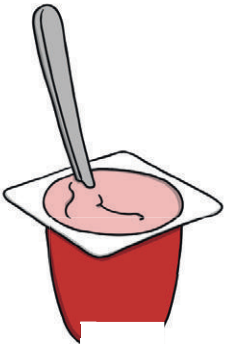
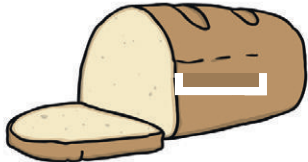
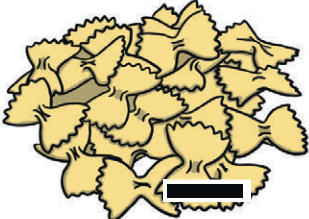
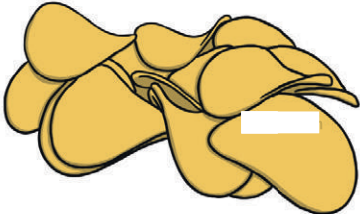
Healthy Eating Meal



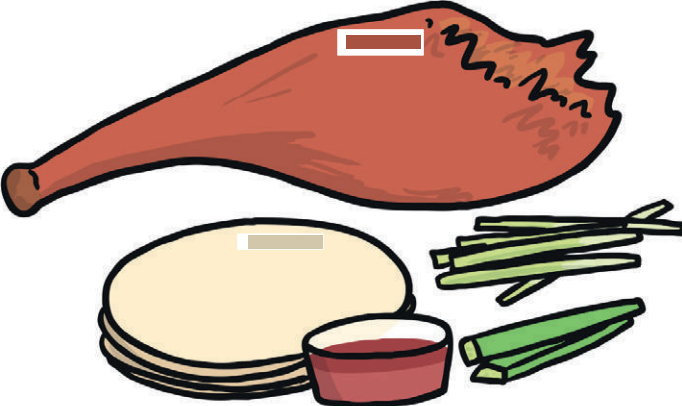
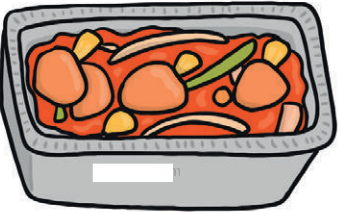
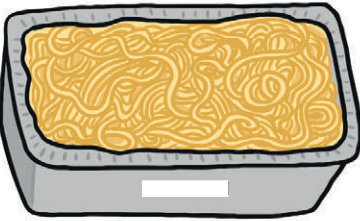
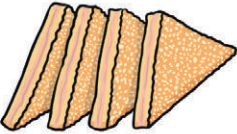
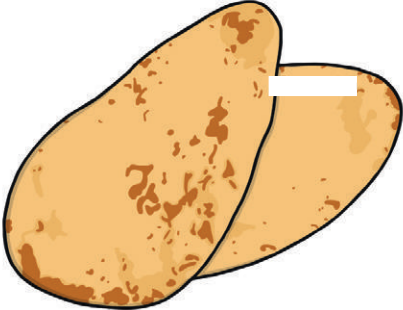
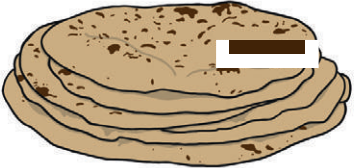
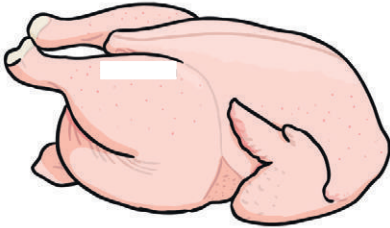
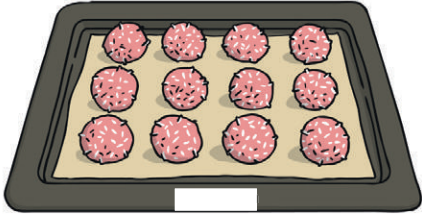
High in fat, salt and sugar

Oils and spreads

Cut out the food to sort and put on your plate.



Cut out the food to sort and put on your plate.



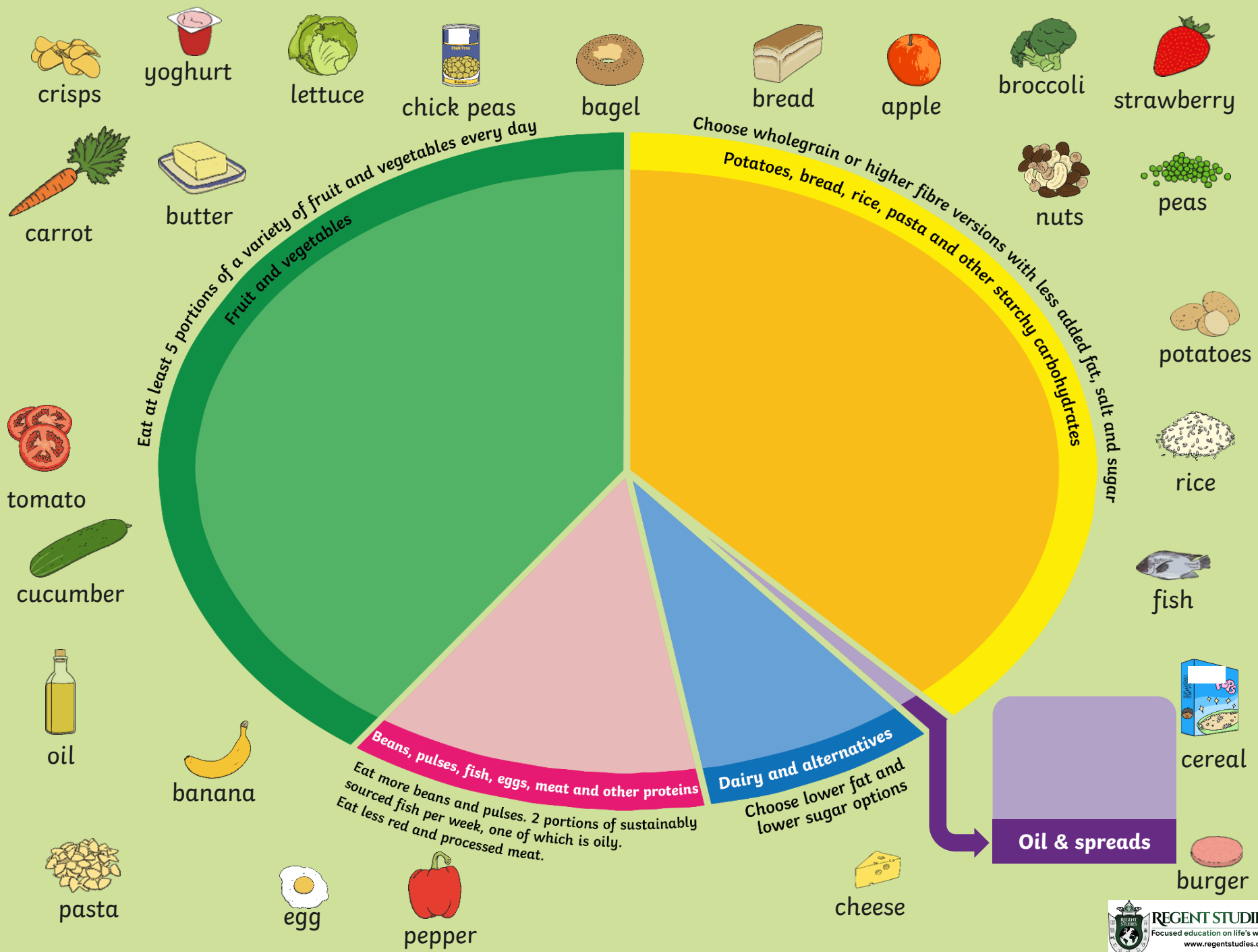
Cut out the food to sort and put on your plate.

Crisps	Fizzy drink	Pasta	Fish fingers	Bread
Chocolate	Strawberries	Yoghurt	Fish and chips	Burger
Lettuce	Chicken	Cucumber	Steak	Apple
Peas	Olive oil	Potatoes	Butter	Cereal
Fish	Cheese	Meat	Banana	Broccoli
Baked beans				

Healthy Eating

Divided Plate Sorting PowerPoint



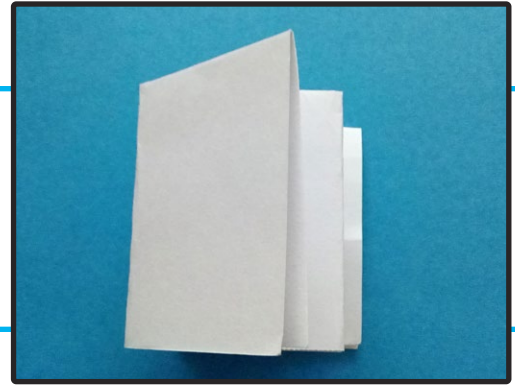




Zigzag Book

You will need:

- a zigzag book template
- pens
- pencils
- crayons
- colouring pencils



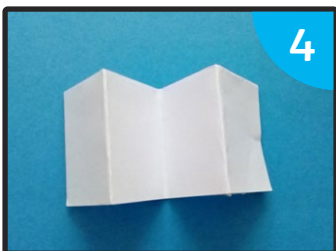
Take the zigzag book template and face it landscape on the table. This means the longest sides should be the top and bottom of the paper.



Next, fold the paper in half, bringing the top side to meet the bottom side.



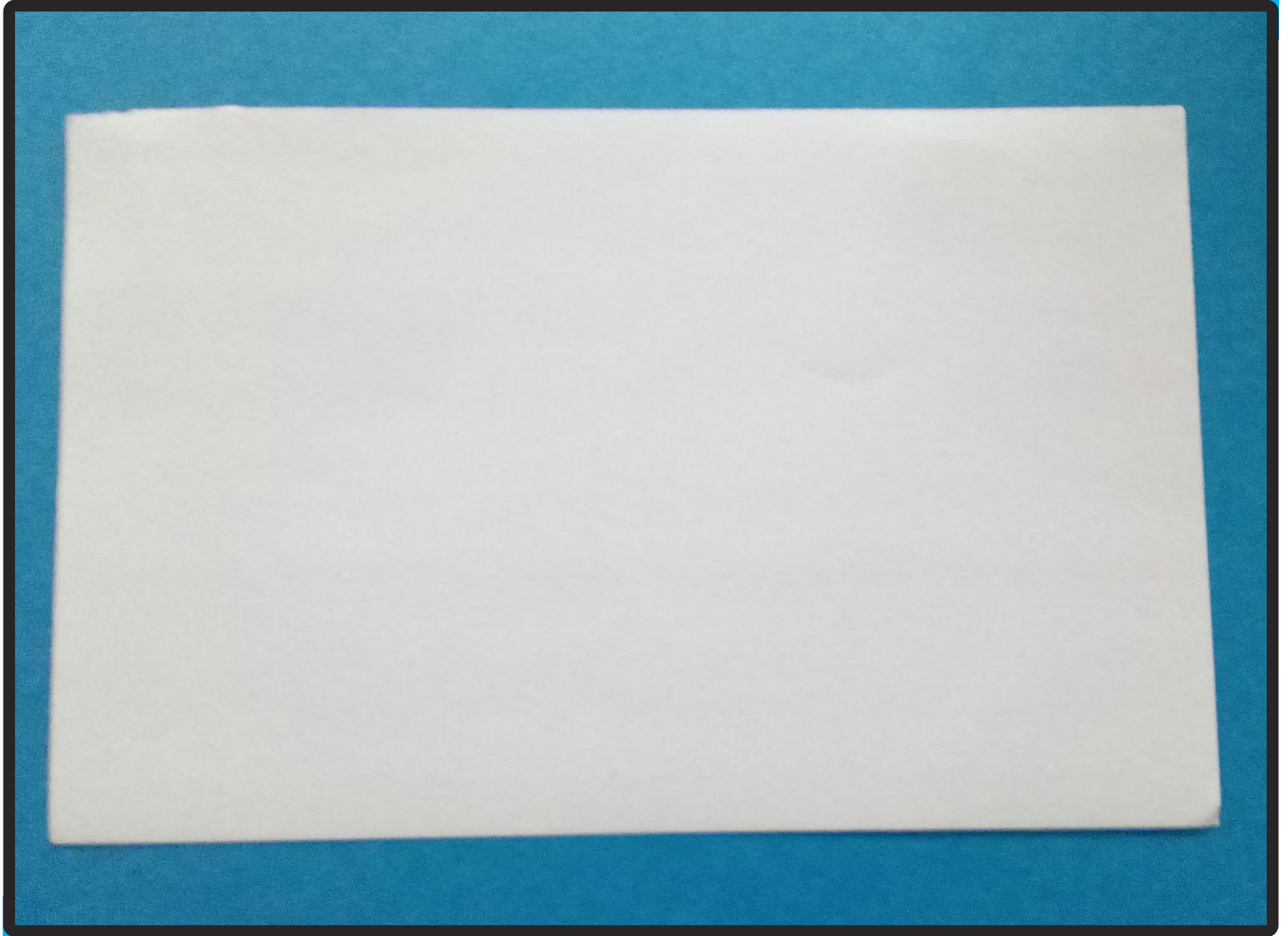
Fold this in half, to bring the two shorter sides together.



Find the halfway point on one side of the folded paper and fold this backwards.



Turn the paper over and do the same again with the other side.



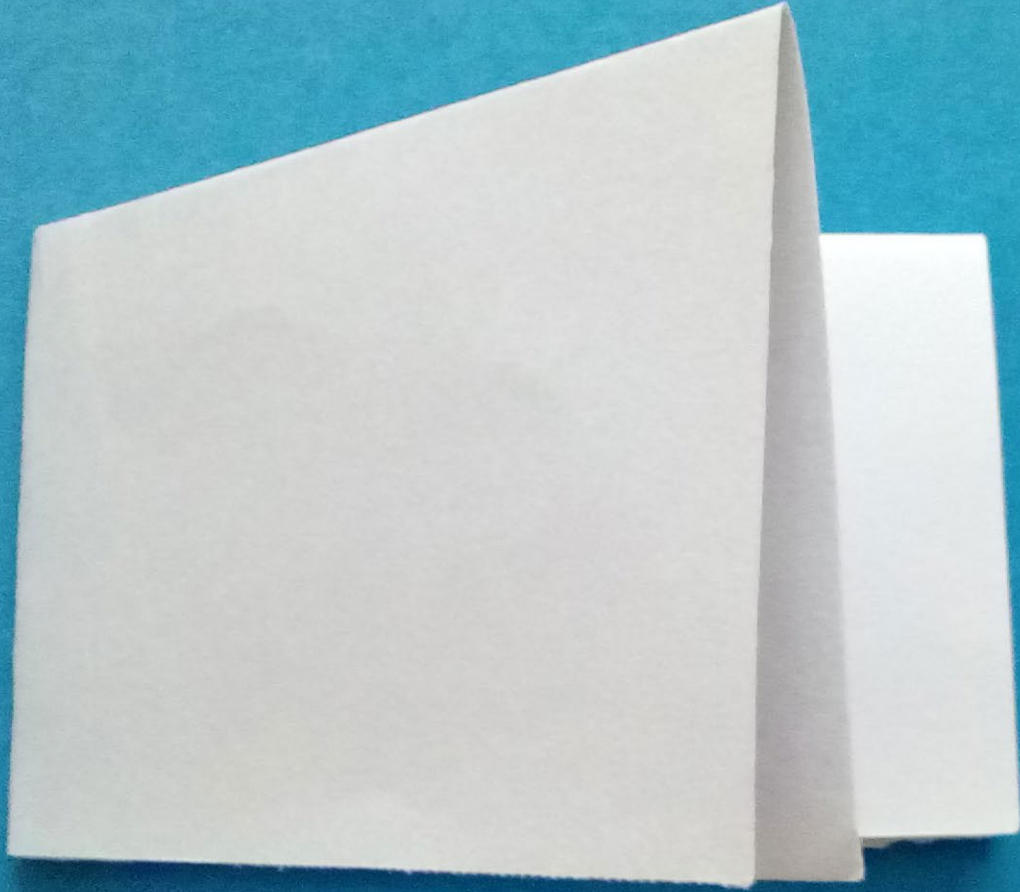
Step 1

Take the zigzag book template and face it landscape on the table. This means the longest sides should be the top and bottom of the paper.



Step 2

Next, fold the paper in half, bringing the top side to meet the bottom side.



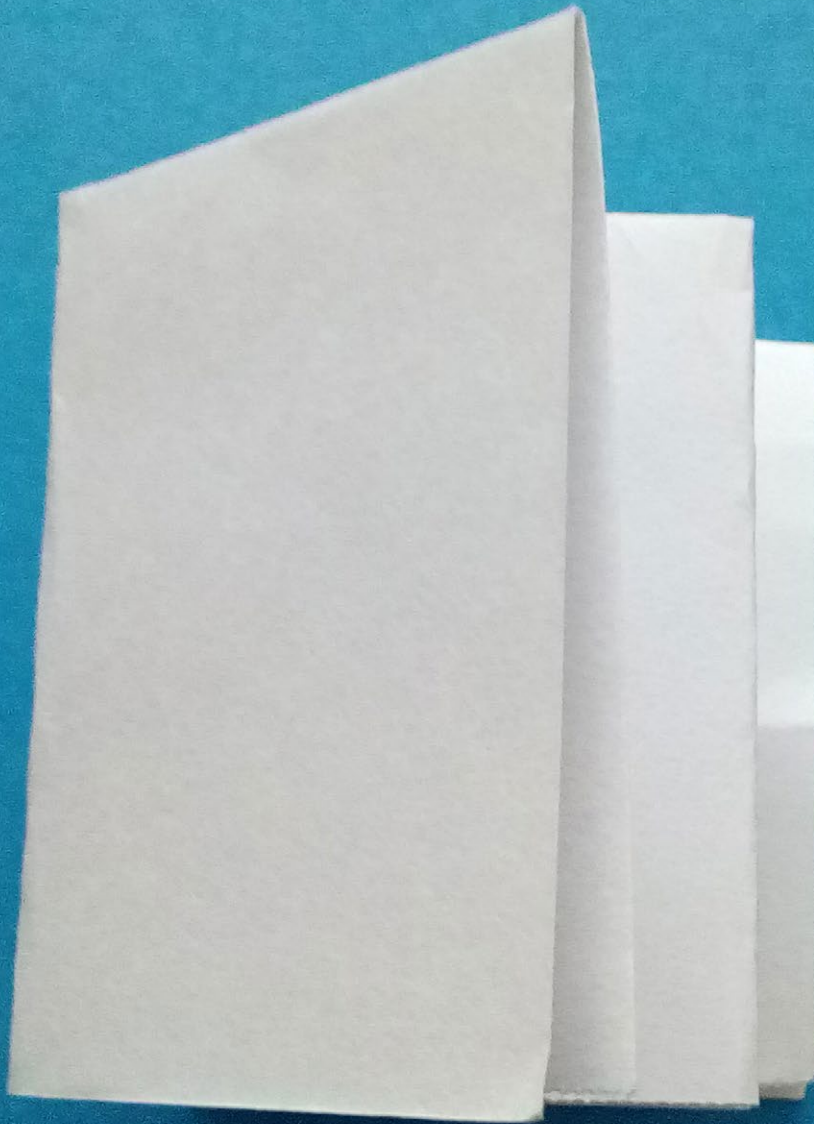
Step 3

Fold this in half, to bring the two shorter sides together.



Step 4

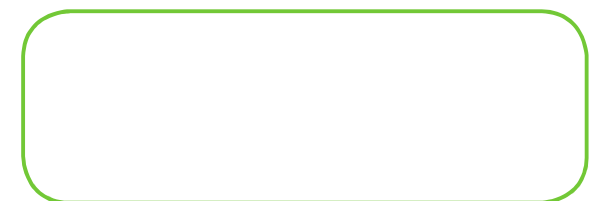
Find the halfway point on one side of the folded paper and fold this backwards.



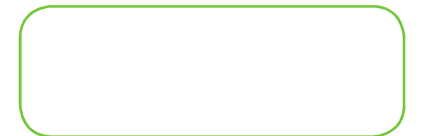
Step 5

Turn the paper over and do the same again with the other side.

Healthy Eating



Healthy Eating



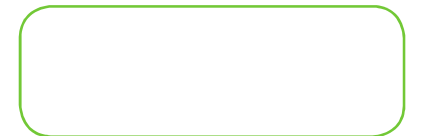
Handwriting practice area consisting of 20 columns of horizontal lines. Each column contains 15 lines, providing a grid for writing practice.

Healthy Eating



A large, empty rounded rectangular box with a green border, intended for a student to draw or write about healthy eating.

Healthy Eating



Healthy Eating 3 Times Tables and Division Facts Mosaic

Solve the calculations to reveal the hidden picture. Each answer has a special colour.

Red: 1 to 6

Blue: 7 to 12

Brown: 13 to 21

Green: 22 to 32

White: 33 to 36

$36 \div 3$	4×3	$24 \div 3$	3×3	5×3	$27 \div 3$	$21 \div 3$	8×3	4×3
$30 \div 3$	$27 \div 3$	4×3	$24 \div 3$	7×3	4×3	10×3	9×3	8×3
$27 \div 3$	3×3	$15 \div 3$	1×3	6×3	3×8	9×3	8×3	4×3
4×3	$12 \div 3$	12×3	$18 \div 3$	7×3	8×3	3×9	2×3	$36 \div 3$
1×3	11×3	$18 \div 3$	$15 \div 3$	$3 \div 3$	$9 \div 3$	1×3	$12 \div 3$	$9 \div 3$
$15 \div 3$	12×3	$15 \div 3$	2×3	$12 \div 3$	$3 \div 3$	$15 \div 3$	$18 \div 3$	$3 \div 3$
1×3	$18 \div 3$	$9 \div 3$	1×3	$15 \div 3$	$18 \div 3$	$3 \div 3$	$6 \div 3$	1×3
4×3	$6 \div 3$	1×3	$18 \div 3$	1×3	2×3	$15 \div 3$	1×3	3×3
$36 \div 3$	3×3	$9 \div 3$	2×3	$18 \div 3$	$12 \div 3$	$3 \div 3$	$36 \div 3$	$30 \div 3$
$27 \div 3$	$30 \div 3$	4×3	$6 \div 3$	$15 \div 3$	2×3	$24 \div 3$	$21 \div 3$	$33 \div 3$

Challenge: Use inverse operations to write the related calculations for these number facts. Explain how you calculated the inverse.

$$18 \div 3 = 6$$

$$27 \div 3 = 9$$

$$4 \times 3 = 12$$

Healthy Eating 3 Times Tables and Division Facts Mosaic **Answers**

Solve the calculations to reveal the hidden picture. Each answer has a special colour.

Red: 1 to 6

Blue: 7 to 12

Brown: 13 to 21

Green: 22 to 32

White: 33 to 36

$36 \div 3$	4×3	$24 \div 3$	3×3	5×3	$27 \div 3$	$21 \div 3$	8×3	4×3
$30 \div 3$	$27 \div 3$	4×3	$24 \div 3$	7×3	4×3	10×3	9×3	8×3
$27 \div 3$	3×3	$15 \div 3$	1×3	6×3	3×8	9×3	8×3	4×3
4×3	$12 \div 3$	12×3	$18 \div 3$	7×3	8×3	3×9	2×3	$36 \div 3$
1×3	11×3	$18 \div 3$	$15 \div 3$	$3 \div 3$	$9 \div 3$	1×3	$12 \div 3$	$9 \div 3$
$15 \div 3$	12×3	$15 \div 3$	2×3	$12 \div 3$	$3 \div 3$	$15 \div 3$	$18 \div 3$	$3 \div 3$
1×3	$18 \div 3$	$9 \div 3$	1×3	$15 \div 3$	$18 \div 3$	$3 \div 3$	$6 \div 3$	1×3
4×3	$6 \div 3$	1×3	$18 \div 3$	1×3	2×3	$15 \div 3$	1×3	3×3
$36 \div 3$	3×3	$9 \div 3$	2×3	$18 \div 3$	$12 \div 3$	$3 \div 3$	$36 \div 3$	$30 \div 3$
$27 \div 3$	$30 \div 3$	4×3	$6 \div 3$	$15 \div 3$	2×3	$24 \div 3$	$21 \div 3$	$33 \div 3$

Challenge: Use inverse operations to write the related calculations for these number facts. Explain how you calculated the inverse.

$$18 \div 3 = 6$$

$$6 \times 3 = 18 \text{ and } 3 \times 6 = 18$$

$$27 \div 3 = 9$$

$$9 \times 3 = 27 \text{ and } 3 \times 9 = 27$$

$$4 \times 3 = 12$$

$$12 \div 3 = 4 \text{ and } 12 \div 4 = 3$$

Healthy Eating 4 Times Tables and Division Facts Mosaic

Solve the calculations to reveal the hidden picture. Each answer has a special colour.

Red: 1 to 6

Blue: 7 to 12

Brown: 13 to 29

Green: 30 to 42

White: 43 to 48

2×4	$28 \div 4$	$44 \div 4$	8×4	9×4	$36 \div 4$	$44 \div 4$	3×4	$28 \div 4$
$36 \div 4$	10×4	8×4	10×4	$28 \div 4$	$48 \div 4$	$32 \div 4$	$28 \div 4$	$40 \div 4$
10×4	8×4	9×4	3×4	$48 \div 4$	$44 \div 4$	1×4	$12 \div 4$	2×4
8×4	$32 \div 4$	4×4	6×4	7×4	5×4	$24 \div 4$	$4 \div 4$	$20 \div 4$
$28 \div 4$	$40 \div 4$	7×4	2×4	$28 \div 4$	$20 \div 4$	12×4	$8 \div 4$	$24 \div 4$
2×4	1×4	6×4	$4 \div 4$	$40 \div 4$	$32 \div 4$	$16 \div 4$	$24 \div 4$	$44 \div 4$
$12 \div 4$	12×4	$20 \div 4$	$16 \div 4$	$8 \div 4$	2×4	$48 \div 4$	$28 \div 4$	$32 \div 4$
11×4	$4 \div 4$	$16 \div 4$	$24 \div 4$	1×4	$48 \div 4$	$28 \div 4$	$44 \div 4$	$32 \div 4$
$24 \div 4$	$8 \div 4$	$20 \div 4$	$12 \div 4$	$16 \div 4$	$28 \div 4$	$48 \div 4$	$36 \div 4$	3×4
3×4	$4 \div 4$	$16 \div 4$	1×4	2×4	$32 \div 4$	$40 \div 4$	$48 \div 4$	$28 \div 4$

Challenge: Use inverse operations to write the related calculations for these number facts. Explain how you calculated the inverse.

$$28 \div 4 = 7$$

$$48 \div 4 = 12$$

$$8 \times 4 = 32$$

Healthy Eating 4 Times Tables and Division Facts Mosaic **Answers**

Solve the calculations to reveal the hidden picture. Each answer has a special colour.

Red: 1 to 6 | **Blue:** 7 to 12 | **Brown:** 13 to 29 | **Green:** 30 to 42 | **White:** 43 to 48

2×4	$28 \div 4$	$44 \div 4$	8×4	9×4	$36 \div 4$	$44 \div 4$	3×4	$28 \div 4$
$36 \div 4$	10×4	8×4	10×4	$28 \div 4$	$48 \div 4$	$32 \div 4$	$28 \div 4$	$40 \div 4$
10×4	8×4	9×4	3×4	$48 \div 4$	$44 \div 4$	1×4	$12 \div 4$	2×4
8×4	$32 \div 4$	4×4	6×4	7×4	5×4	$24 \div 4$	$4 \div 4$	$20 \div 4$
$28 \div 4$	$40 \div 4$	7×4	2×4	$28 \div 4$	$20 \div 4$	12×4	$8 \div 4$	$24 \div 4$
2×4	1×4	6×4	$4 \div 4$	$40 \div 4$	$32 \div 4$	$16 \div 4$	$24 \div 4$	$44 \div 4$
$12 \div 4$	12×4	$20 \div 4$	$16 \div 4$	$8 \div 4$	2×4	$48 \div 4$	$28 \div 4$	$32 \div 4$
11×4	$4 \div 4$	$16 \div 4$	$24 \div 4$	1×4	$48 \div 4$	$28 \div 4$	$44 \div 4$	$32 \div 4$
$24 \div 4$	$8 \div 4$	$20 \div 4$	$12 \div 4$	$16 \div 4$	$28 \div 4$	$48 \div 4$	$36 \div 4$	3×4
3×4	$4 \div 4$	$16 \div 4$	1×4	2×4	$32 \div 4$	$40 \div 4$	$48 \div 4$	$28 \div 4$

Challenge: Use inverse operations to write the related calculations for these number facts. Explain how you calculated the inverse.

$$28 \div 4 = 7$$

$$48 \div 4 = 12$$

$$8 \times 4 = 32$$

$$7 \times 4 = 28 \text{ and } 4 \times 7 = 28$$

$$12 \times 4 = 48 \text{ and } 4 \times 12 = 48$$

$$32 \div 4 = 8 \text{ and } 32 \div 8 = 4$$

Healthy Eating 8 Times Tables and Division Facts Mosaic

Solve the calculations to reveal the hidden picture. Each answer has a special colour.

Blue:
1 to 6

Orange:
7 to 12

Brown:
13 to 50

Light green:
51 to 75

Dark green:
76 to 99

$16 \div 8$	$40 \div 8$	7×8	8×8	$24 \div 8$	$40 \div 8$	$8 \div 8$	$48 \div 8$	$32 \div 8$
$8 \div 8$	8×8	9×8	7×8	$48 \div 8$	$24 \div 8$	$32 \div 8$	$40 \div 8$	$16 \div 8$
$24 \div 8$	7×8	$48 \div 8$	$8 \div 8$	$32 \div 8$	$48 \div 8$	$16 \div 8$	$32 \div 8$	$48 \div 8$
$56 \div 8$	9×8	$64 \div 8$	$32 \div 8$	$24 \div 8$	$8 \div 8$	$40 \div 8$	$48 \div 8$	$32 \div 8$
$72 \div 8$	1×8	$80 \div 8$	$16 \div 8$	$40 \div 8$	$48 \div 8$	7×8	$24 \div 8$	$8 \div 8$
$88 \div 8$	$72 \div 8$	$56 \div 8$	$32 \div 8$	$48 \div 8$	9×8	12×8	8×8	$32 \div 8$
$56 \div 8$	$96 \div 8$	$64 \div 8$	2×8	7×8	12×8	8×8	11×8	7×8
$72 \div 8$	$80 \div 8$	$96 \div 8$	5×8	10×8	9×8	11×8	8×8	10×8
3×8	$56 \div 8$	6×8	3×8	5×8	3×8	7×8	3×8	5×8
5×8	$88 \div 8$	4×8	6×8	4×8	6×8	8×8	6×8	2×8

Challenge: Use inverse operations to write the related calculations for these number facts. Explain how you calculated the inverse.

$$24 \div 8 = 3$$

$$48 \div 8 = 6$$

$$9 \times 8 = 72$$

Healthy Eating 8 Times Tables and Division Facts Mosaic **Answers**

Solve the calculations to reveal the hidden picture. Each answer has a special colour.

Blue:
1 to 6

Orange:
7 to 12

Brown:
13 to 50

Light green:
51 to 75

Dark green:
76 to 99

$16 \div 8$	$40 \div 8$	7×8	8×8	$24 \div 8$	$40 \div 8$	$8 \div 8$	$48 \div 8$	$32 \div 8$
$8 \div 8$	8×8	9×8	7×8	$48 \div 8$	$24 \div 8$	$32 \div 8$	$40 \div 8$	$16 \div 8$
$24 \div 8$	7×8	$48 \div 8$	$8 \div 8$	$32 \div 8$	$48 \div 8$	$16 \div 8$	$32 \div 8$	$48 \div 8$
$56 \div 8$	9×8	$64 \div 8$	$32 \div 8$	$24 \div 8$	$8 \div 8$	$40 \div 8$	$48 \div 8$	$32 \div 8$
$72 \div 8$	1×8	$80 \div 8$	$16 \div 8$	$40 \div 8$	$48 \div 8$	7×8	$24 \div 8$	$8 \div 8$
$88 \div 8$	$72 \div 8$	$56 \div 8$	$32 \div 8$	$48 \div 8$	9×8	12×8	8×8	$32 \div 8$
$56 \div 8$	$96 \div 8$	$64 \div 8$	2×8	7×8	12×8	8×8	11×8	7×8
$72 \div 8$	$80 \div 8$	$96 \div 8$	5×8	10×8	9×8	11×8	8×8	10×8
3×8	$56 \div 8$	6×8	3×8	5×8	3×8	7×8	3×8	5×8
5×8	$88 \div 8$	4×8	6×8	4×8	6×8	8×8	6×8	2×8

Challenge: Use inverse operations to write the related calculations for these number facts. Explain how you calculated the inverse.

$$24 \div 8 = 3$$

$$48 \div 8 = 6$$

$$9 \times 8 = 72$$

$$3 \times 8 = 24 \text{ and } 8 \times 3 = 24$$

$$6 \times 8 = 48 \text{ and } 8 \times 6 = 48$$

$$72 \div 8 = 9 \text{ and } 72 \div 9 = 8$$

Healthy Eating 3, 4 and 8 Times Tables and Division Facts Mosaic

Solve the calculations to reveal the hidden picture. Each answer has a special colour.

Red: 1 to 6

Light blue: 7 to 30

Green: 31 to 60

Black: 61 to 99

$21 \div 3$	$72 \div 8$	2×4	3×8	6×3	7×4	$33 \div 3$	12×3	9×3
2×4	8×3	$27 \div 3$	$33 \div 3$	$56 \div 8$	$28 \div 4$	$80 \div 8$	$20 \div 4$	7×8
3×4	2×4	$64 \div 8$	$36 \div 4$	$27 \div 3$	$36 \div 3$	1×3	1×4	5×8
7×4	$28 \div 4$	10×3	7×4	9×3	$9 \div 3$	8×8	1×3	9×4
$80 \div 8$	6×4	$24 \div 3$	3×8	$15 \div 3$	$48 \div 8$	$20 \div 4$	$8 \div 4$	12×4
$30 \div 3$	$88 \div 8$	3×4	$32 \div 8$	$12 \div 4$	10×8	$15 \div 3$	$24 \div 4$	6×8
$64 \div 8$	9×3	$12 \div 3$	$40 \div 8$	2×3	$24 \div 8$	1×4	9×4	$24 \div 3$
7×4	$16 \div 4$	12×8	2×3	9×8	1×3	11×4	2×4	$64 \div 8$
8×4	$12 \div 4$	$24 \div 4$	$32 \div 8$	$18 \div 3$	6×8	7×4	$72 \div 8$	8×3
9×3	5×8	12×4	6×8	8×4	3×8	$36 \div 3$	$96 \div 8$	2×4

Challenge: Are these calculations true or false? Explain your reasoning.

$$5 \times 8 = 10 \times 4$$

$$64 \div 8 = 27 \div 3$$

Healthy Eating 3, 4 and 8 Times Tables and Division Facts Mosaic **Answers**

Solve the calculations to reveal the hidden picture. Each answer has a special colour.

Red: 1 to 6

Light blue: 7 to 30

Green: 31 to 60

Black: 61 to 99

$21 \div 3$	$72 \div 8$	2×4	3×8	6×3	7×4	$33 \div 3$	12×3	9×3
2×4	8×3	$27 \div 3$	$33 \div 3$	$56 \div 8$	$28 \div 4$	$80 \div 8$	$20 \div 4$	7×8
3×4	2×4	$64 \div 8$	$36 \div 4$	$27 \div 3$	$36 \div 3$	1×3	1×4	5×8
7×4	$28 \div 4$	10×3	7×4	9×3	$9 \div 3$	8×8	1×3	9×4
$80 \div 8$	6×4	$24 \div 3$	3×8	$15 \div 3$	$48 \div 8$	$20 \div 4$	$8 \div 4$	12×4
$30 \div 3$	$88 \div 8$	3×4	$32 \div 8$	$12 \div 4$	10×8	$15 \div 3$	$24 \div 4$	6×8
$64 \div 8$	9×3	$12 \div 3$	$40 \div 8$	2×3	$24 \div 8$	1×4	9×4	$24 \div 3$
7×4	$16 \div 4$	12×8	2×3	9×8	1×3	11×4	2×4	$64 \div 8$
8×4	$12 \div 4$	$24 \div 4$	$32 \div 8$	$18 \div 3$	6×8	7×4	$72 \div 8$	8×3
9×3	5×8	12×4	6×8	8×4	3×8	$36 \div 3$	$96 \div 8$	2×4

Challenge question: Are these calculations true or false? Explain your reasoning.

$$5 \times 8 = 10 \times 4$$

True, both equal 40.

$$64 \div 8 = 27 \div 3$$

False, $64 \div 8 = 8$ whereas $27 \div 3 = 9$.

Healthy Eating Mixed Multiplication and Division Facts Mosaic

Solve the calculations to reveal the hidden picture. Each answer has a special colour.

White: 1 to 5

Brown: 6 to 10

Blue: 11 to 60

Grey: 61 to 144

7×11	6×9	9×8	3×7	12×6	$77 \div 7$	6×3	12×9	$36 \div 3$
11×9	9×5	7×10	7×5	9×9	7×4	11×10	9×7	5×3
8×8	4×7	12×11	9×5	11×11	9×2	8×12	10×7	9×3
10×12	9×9	11×8	12×12	11×7	$121 \div 11$	12×7	6×12	$108 \div 9$
$48 \div 4$	3×9	9×8	6×6	4×9	8×4	9×11	11×12	6×4
7×6	5×8	3×3	$20 \div 10$	$24 \div 6$	$12 \div 4$	5×3	$32 \div 4$	5×5
$110 \div 10$	$8 \div 8$	$72 \div 8$	$40 \div 8$	$8 \div 4$	$15 \div 3$	$16 \div 8$	$56 \div 7$	$88 \div 8$
6×5	$35 \div 7$	$54 \div 6$	1×3	$15 \div 3$	$30 \div 6$	1×1	2×4	6×7
$16 \div 8$	1×5	$49 \div 7$	$16 \div 4$	$18 \div 2$	$32 \div 8$	$27 \div 9$	$32 \div 4$	$24 \div 8$
$12 \div 6$	$32 \div 8$	$63 \div 9$	$30 \div 10$	$15 \div 5$	$21 \div 7$	$20 \div 5$	$24 \div 3$	$15 \div 3$

Challenge: Are these calculations true or false? Explain your reasoning.

$$56 \div 8 = 36 \div 4$$

$$6 \times 4 = 8 \times 3$$

Healthy Eating Mixed Multiplication and Division Facts Mosaic **Answers**

Solve the calculations to reveal the hidden picture. Each answer has a special colour.

White: 1 to 5

Brown: 6 to 10

Blue: 11 to 60

Grey: 61 to 144

7×11	6×9	9×8	3×7	12×6	$77 \div 7$	6×3	12×9	$36 \div 3$
11×9	9×5	7×10	7×5	9×9	7×4	11×10	9×7	5×3
8×8	4×7	12×11	9×5	11×11	9×2	8×12	10×7	9×3
10×12	9×9	11×8	12×12	11×7	$121 \div 11$	12×7	6×12	$108 \div 9$
$48 \div 4$	3×9	9×8	6×6	4×9	8×4	9×11	11×12	6×4
7×6	5×8	3×3	$20 \div 10$	$24 \div 6$	$12 \div 4$	5×3	$32 \div 4$	5×5
$110 \div 10$	$8 \div 8$	$72 \div 8$	$40 \div 8$	$8 \div 4$	$15 \div 3$	$16 \div 8$	$56 \div 7$	$88 \div 8$
6×5	$35 \div 7$	$54 \div 6$	1×3	$15 \div 3$	$30 \div 6$	1×1	2×4	6×7
$16 \div 8$	1×5	$49 \div 7$	$16 \div 4$	$18 \div 2$	$32 \div 8$	$27 \div 9$	$32 \div 4$	$24 \div 8$
$12 \div 6$	$32 \div 8$	$63 \div 9$	$30 \div 10$	$15 \div 5$	$21 \div 7$	$20 \div 5$	$24 \div 3$	$15 \div 3$

Challenge question: Are these calculations true or false? Explain your reasoning.

$$56 \div 8 = 36 \div 4$$

$$6 \times 4 = 8 \times 3$$

False, as $56 \div 8 = 7$ whereas $36 \div 4 = 9$.

True, as both answers equal 24.

Healthy Eating Mixed Times Tables and Division Facts Mosaic

Solve the calculations to reveal the hidden picture. Each answer has a special colour.

Yellow: 1 to 5

Blue: 6 to 10

Black: 11 to 50

Brown: 51 to 60

Green: 61 to 144

$32 \div 4$	3×3	$40 \div 4$	$21 \div 3$	$40 \div 5$	6×3	$72 \div 8$	$30 \div 3$	$56 \div 8$
$56 \div 8$	$72 \div 9$	$110 \div 11$	$64 \div 8$	$56 \div 7$	8×7	$99 \div 9$	$70 \div 10$	$36 \div 4$
2×3	$28 \div 4$	$36 \div 4$	$72 \div 9$	4×9	$20 \div 5$	$24 \div 6$	3×7	$24 \div 3$
$30 \div 5$	$48 \div 6$	$72 \div 8$	$28 \div 4$	$44 \div 4$	$40 \div 8$	$8 \div 4$	$25 \div 5$	7×7
$24 \div 4$	$27 \div 3$	$56 \div 8$	$81 \div 9$	7×3	1×2	$15 \div 5$	$18 \div 6$	$36 \div 3$
$64 \div 8$	$36 \div 6$	4×11	$99 \div 9$	$36 \div 9$	$14 \div 7$	$8 \div 8$	$16 \div 8$	$96 \div 8$
$110 \div 10$	4×9	$36 \div 9$	$12 \div 4$	1×4	$20 \div 5$	1×4	5×9	12×8
9×3	$30 \div 6$	$15 \div 3$	$22 \div 11$	$16 \div 8$	$12 \div 3$	$27 \div 9$	7×6	9×8
8×8	6×4	5×5	$48 \div 12$	$30 \div 10$	$15 \div 5$	6×8	9×9	11×8
11×11	12×11	2×9	7×4	$121 \div 11$	3×9	9×12	12×8	7×11

Challenge question: Are these calculations true or false? Explain your reasoning.

$$5 \times 8 < 12 \times 4$$

$$72 \div 8 > 28 \div 4$$

Healthy Eating Mixed Times Tables and Division Facts Mosaic **Answers**

Solve the calculations to reveal the hidden picture. Each answer has a special colour.

Yellow: 1 to 5

Blue: 6 to 10

Black: 11 to 50

Brown: 51 to 60

Green: 61 to 144

$32 \div 4$	3×3	$40 \div 4$	$21 \div 3$	$40 \div 5$	6×3	$72 \div 8$	$30 \div 3$	$56 \div 8$
$56 \div 8$	$72 \div 9$	$110 \div 11$	$64 \div 8$	$56 \div 7$	8×7	$99 \div 9$	$70 \div 10$	$36 \div 4$
2×3	$28 \div 4$	$36 \div 4$	$72 \div 9$	4×9	$20 \div 5$	$24 \div 6$	3×7	$24 \div 3$
$30 \div 5$	$48 \div 6$	$72 \div 8$	$28 \div 4$	$44 \div 4$	$40 \div 8$	$8 \div 4$	$25 \div 5$	7×7
$24 \div 4$	$27 \div 3$	$56 \div 8$	$81 \div 9$	7×3	1×2	$15 \div 5$	$18 \div 6$	$36 \div 3$
$64 \div 8$	$36 \div 6$	4×11	$99 \div 9$	$36 \div 9$	$14 \div 7$	$8 \div 8$	$16 \div 8$	$96 \div 8$
$110 \div 10$	4×9	$36 \div 9$	$12 \div 4$	1×4	$20 \div 5$	1×4	5×9	12×8
9×3	$30 \div 6$	$15 \div 3$	$22 \div 11$	$16 \div 8$	$12 \div 3$	$27 \div 9$	7×6	9×8
8×8	6×4	5×5	$48 \div 12$	$30 \div 10$	$15 \div 5$	6×8	9×9	11×8
11×11	12×11	2×9	7×4	$121 \div 11$	3×9	9×12	12×8	7×11


Challenge question: Are these calculations true or false? Explain your reasoning.

$$5 \times 8 < 12 \times 4$$

True, as $5 \times 8 = 40$ and $12 \times 4 = 48$, which is greater.

$$72 \div 8 > 28 \div 4$$

True, as $72 \div 8 = 9$ and $28 \div 4 = 7$, which is less than 9.



Healthy Eating Quiz

1. Which vitamin can you get from sunshine?



Vitamin A



Vitamin C



Vitamin D

Next question

2. What is calcium good for?



Building muscles



Strong bones and teeth



Eyesight

Next question

3. Which of these foods are called 'pulses'?



Milk and cheese



Fruit and vegetables



Beans and lentils

Next question

4. How much exercise should children do each day?



60 minutes



120 minutes



30 minutes

Next question

5. What is the name of someone who eats no meat but does eat fish and dairy products?



A vegan



A pescatarian



A vegetarian

Next question

6. Which of these best describes 'fibre'?



It helps your body with growth and repair.



It's what the body needs for healthy blood.



It helps keep the gut healthy but is not digested by the body.

Next question

7. Which of these is not a dairy product?



Yoghurt



Cream



Soya milk

Next question

8. What is the most popular fruit import to the UK?



Grapes



Bananas



Apples

Next question

9. What does vitamin A help with?



Skin



Teeth



Eyes

Next question

10. The group of food that includes chicken and turkey is called what?



Pulses



Poultry



Red meat

Next question

11. Which of these drinks should you limit because of sugars?



Fruit juice



Water



Milk

Next question

12. A vegan...



...can eat fish and nuts.



...eats no fish, meat or dairy products.



...has the same diet as a vegetarian.

Next question

13. Which of these foods give you protein?



Butter



Salmon



Crisps



Mexican Bean Burger Recipe

Bean Burgers are a typical Mexican dish. They are healthy and don't have as much fat in them as burgers made from meat. They are packed with goodness and really yummy!



Ingredients

Bean Burger:

2 400g cans of kidney beans (rinsed and drained)

100g of breadcrumbs

2 tsp of **mild** chilli powder

Coriander (chopped leaves)

1 egg

200g of fresh salsa

150ml of low-fat natural yoghurt

Juice of half a lime

Optional: salt and pepper

Served with:

Six wholemeal burger buns

Your choice of salad, such as lettuce and tomato

Equipment

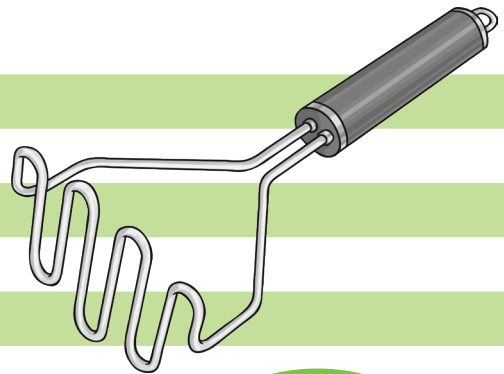
2 large bowls

A potato masher

A fork

A baking tray

A grill (to be used with help from an adult)



Hot! Hot! Hot!

Did You Know...?

Mexican food is often fiery with lots of spicy chillies!



Nothing New!

Did You Know...?

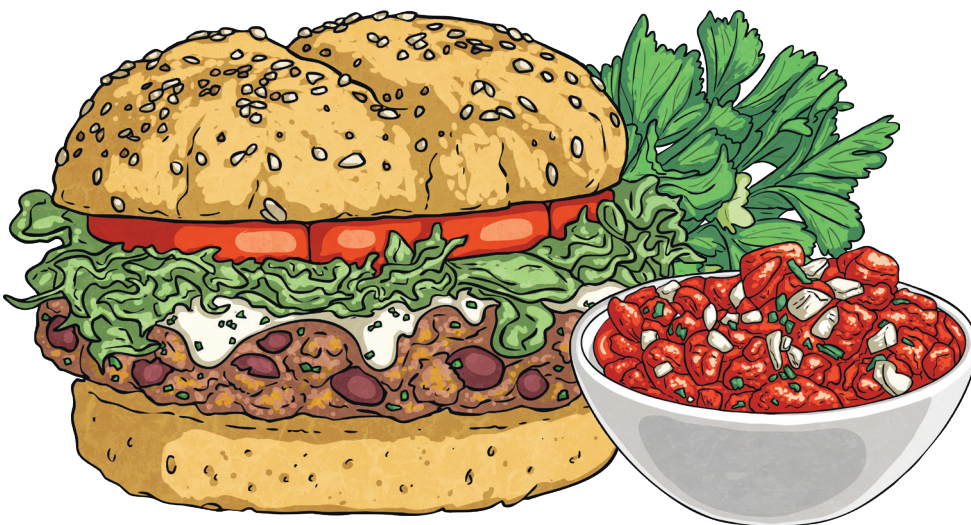
Mexican food dates back 9,000 years to the Maya people!

Method

1. Place the kidney beans into a large bowl and mash them with a potato masher.
2. Tip the breadcrumbs, chilli powder, egg, salsa and half of the coriander leaves into the bowl with the mashed kidney beans.
3. Add salt and pepper if you like, then mix everything together using a fork.
4. Now, wet your hands. Use your fingers to shape the mixture into six burgers.
5. Slide the burgers onto a non-stick baking tray.
6. With an adult's help, turn on the grill to a medium heat.
7. Grill the burgers for 4-5 minutes on each side.
8. Once cooked, place the Bean Burgers onto buns and add the sauce you have made.
9. Serve with salad.
10. Time to eat! Enjoy your delicious Mexican Bean Burger!

Mexican Bean Burger Sauce

While the burgers are cooking, mix the remaining coriander leaves, yoghurt and lime juice together in a separate bowl.



Questions

1. What are Mexican Bean Burgers packed with? Tick **one**.

- fat
- meat
- goodness
- badness

2. What makes Mexican food fiery sometimes?

3. Only two of the following ingredients are correct. Tick the **two** that are correct.

- 6 400g cans of baked beans (rinsed and drained)
- 100g of breadcrumbs
- 2 tsp of mild chilli powder
- 4 eggs

4. Number these steps to show the order that they should happen in. The first one has been done for you.

- With an adult's help, turn on the grill.
- Use your fingers to shape the mixture into six burgers.
- 1 Place the kidney beans into a large bowl.
- Add salt and pepper if you like.
- Enjoy your delicious Mexican Bean Burger!

5. What should you do while the burgers are cooking?

6. Draw a line to join the food with the amount needed in the recipe.

lime		200g
fresh salsa		150ml
low-fat yoghurt		juice of half

7. Which part of the instructions do you think you would enjoy the most? Explain your answer.

Answers

1. What are Mexican Bean Burgers packed with? Tick **one**.

- fat
- meat
- goodness**
- badness

2. What makes Mexican food fiery sometimes?

Mexican food is sometimes fiery because it uses spicy chillies.

3. Only two of the following ingredients are correct. Tick the **two** that are correct.

- 6 400g cans of baked beans (rinsed and drained)
- 100g of breadcrumbs**
- 2 tsp of mild chilli powder**
- 4 eggs

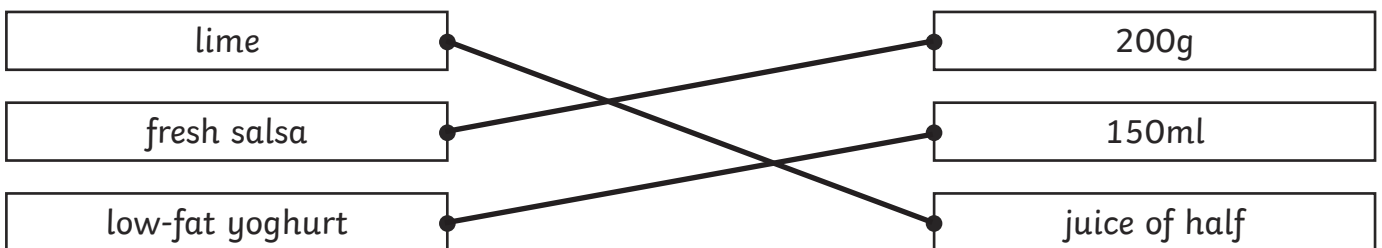
4. Number these steps to show the order that they should happen in. The first one has been done for you.

- 4** With an adult's help, turn on the grill.
- 3** Use your fingers to shape the mixture into six burgers.
- 1** Place the kidney beans into a large bowl.
- 2** Add salt and pepper if you like.
- 5** Enjoy your delicious Mexican Bean Burger!

5. What should you do while the burgers are cooking?

Mix the remaining coriander leaves, yoghurt and lime juice together in a separate bowl.

6. Draw a line to join the food with the amount needed in the recipe.



7. Which part of the instructions do you think you would enjoy the most? Explain your answer.

Pupils' own responses, such as: I think I would enjoy shaping the mixture because it would be fun to stick your hands in and get messy.

Mexican Bean Burger Recipe

Mexican cooking dates back to the Maya people who first lived in Mexico around 9,000 years ago. They ate some of the food we eat today but things have changed over time. Other foods have been added throughout the centuries, such as garlic and cheese, to create what we know as Mexican food today.



Bean Burgers are a typical Mexican dish. They are healthy and don't have as much fat in them as burgers which are made from meat. They are packed with goodness and mouth-wateringly yummy!

Here's what you'll need:

Ingredients

Bean Burger:

2 400g cans of kidney beans (rinsed and drained)

100g of breadcrumbs

2 tsp of **mild** chilli powder

Coriander (chopped leaves)

1 egg

200g of fresh salsa

150ml of low-fat natural yoghurt

Juice of half a lime

Optional: salt and pepper

Served with:

Six wholemeal burger buns

Your choice of salad, such as lettuce and tomato

Equipment

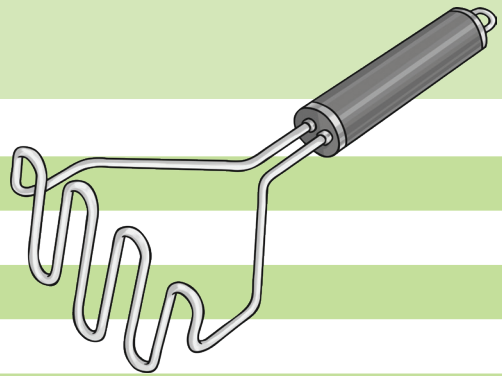
2 large bowls

A potato masher

A fork

A baking tray

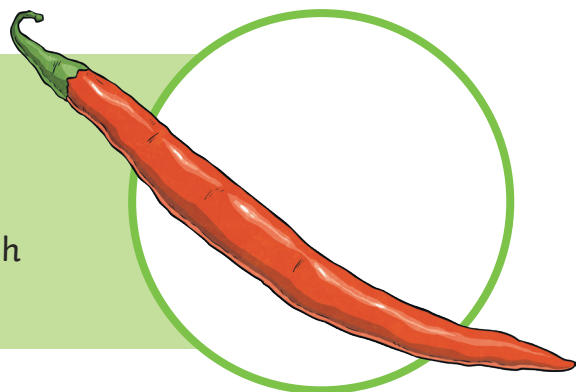
A grill (to be used with help from an adult)



Hot! Hot! Hot!

Did You Know...?

Mexican food is known for its fresh and sometimes fiery taste.



Mexican Bean Burger Recipe

Method

1. Place the kidney beans into a large bowl and mash them with a potato masher.
2. Tip the breadcrumbs, chilli powder and half of the coriander leaves into the bowl with the mashed kidney beans.
3. Next, add the egg and salsa.
4. Sprinkle in a pinch of salt and pepper (optional) and mix everything together using a fork.
5. Now, wet your hands. Using your fingers, divide the mixture into six parts and shape them into burgers.
6. Slide the burgers onto a non-stick baking tray.
7. With an adult's help, turn on the grill to a medium heat.
8. Grill the burgers for approximately 4-5 minutes on each side.
9. Once cooked, place the Bean Burgers into their buns and add the sauce.
10. Serve with salad of your choice.
11. Time to eat! Enjoy your Mexican Bean Burger!

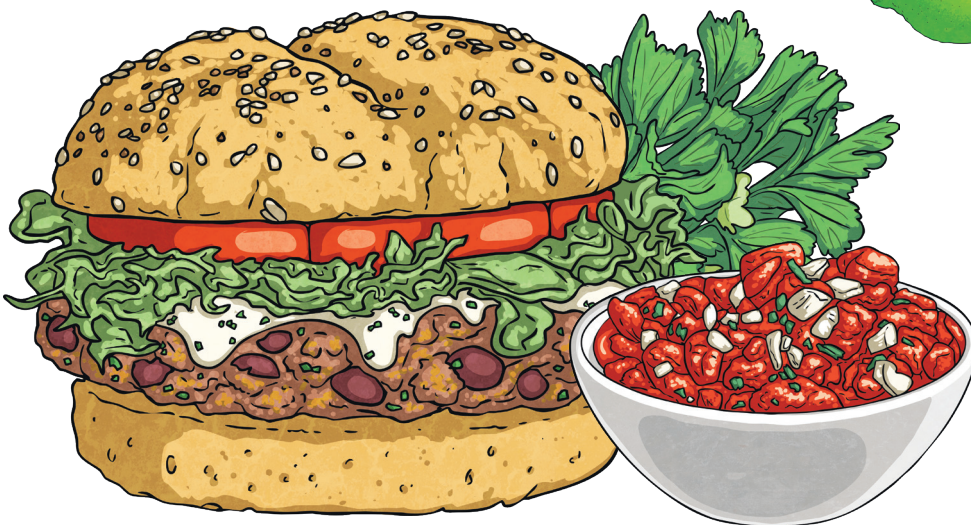
Nothing New!

Did You Know...?

The Maya people used many foods still used in Mexican cooking today, such as squash, corn, beans and chilli peppers.

Mexican Bean Burger Sauce

While the burgers are under the grill, mix the remaining coriander leaves, yoghurt and lime juice together in a separate bowl.



Questions

1. According to the text, write **one** difference between Bean Burgers and regular meat burgers.

2. Which of these foods did the Maya people eat? Tick **two**.

- burgers
- corn
- cheese
- beans

3. Which of these ingredients do you need two teaspoons of for this recipe? Tick **one**.

- kidney beans
- breadcrumbs
- mild chilli powder
- salsa

4. Number these steps to show the order that they appear in the recipe. The first one has been done for you.

- Sprinkle in a pinch of salt and pepper (optional).
- Slide the burgers onto a non-stick baking tray.
- Serve with salad of your choice.
- With an adult's help, turn on the grill to a medium heat.
- 1 Mash the kidney beans with a potato masher.

5. What important thing must you do when turning on the grill? Explain why this is important.

6. Which imperative verbs are used in the recipe? Tick **three**.

- divide
- half
- sprinkle
- wet

7. Explain why you think you would need to wet your hands before dividing the mixture into burgers.

8. What should you do while the burgers are under the grill? In your answer, explain why this is a good time to do it.

Answers

1. According to the text, write **one** difference between Bean Burgers and regular meat burgers.

Pupil's own responses, such as: Bean Burgers are healthy and don't have as much fat in them as burgers made from meat.

2. Which of these foods did the Maya people eat? Tick **two**.

- burgers
 corn
 cheese
 beans

3. Which of these ingredients do you need two teaspoons of for this recipe? Tick **one**.

- kidney beans
 breadcrumbs
 mild chilli powder
 salsa

4. Number these steps to show the order that they appear in the recipe. The first one has been done for you.

- 2** Sprinkle in a pinch of salt and pepper (optional).
3 Slide the burgers onto a non-stick baking tray.
5 Serve with salad of your choice.
4 With an adult's help, turn on the grill to a medium heat.
1 Mash the kidney beans with a potato masher.

5. What important thing must you do when turning on the grill? Explain why this is important.

Pupils' own response, such as: You must get an adult's help when turning on the grill. This is because using gas or electric cookers can be dangerous and you can get burnt.

6. Which imperative verbs are used in the recipe? Tick **three**.

- divide**
 half
 sprinkle
 wet

7. Explain why you think you would need to wet your hands before dividing the mixture into burgers.

Pupils' own responses, such as: I think wetting your hands would make the mixture easier to divide as it would help to separate it.

8. What should you do while the burgers are under the grill? In your answer, explain why this is a good time to do it.

Pupils' own response, such as: You must mix the remaining coriander leaves, yoghurt and lime juice together in a separate bowl to make the sauce. Doing this now is a good idea as you have time while the burgers are cooking.

Mexican Bean Burger Recipe

Mexican cooking is steeped in history and dates back some 9,000 years to the Maya civilisation. Over time, it has been influenced by countries from around the world, especially European nations such as Spain.

Today, Mexican food is known for its variety and richness in flavour, from tangy limes to spicy chillies!



Bean Burgers are a typical Mexican dish. They are a healthy alternative to burgers made from meat and are super-easy to make. Bean Burgers are naturally low in fat, packed with protein and mouth-wateringly delicious!

Here's what you'll need:

Ingredients

Bean Burger:

2 400g cans of kidney beans (rinsed and drained)

100g of breadcrumbs

2 tsp of **mild** chilli powder

Coriander (chopped leaves)

1 egg

200g of fresh salsa

150ml of low-fat natural yoghurt

Juice of half a lime

Optional: salt and pepper

Served with:

Six wholemeal burger buns

Avocado, sliced

Red onion, sliced

Salad, such as lettuce and tomato

Equipment

2 large bowls

A potato masher

A fork

A baking tray

A grill (to be used with help from an adult)

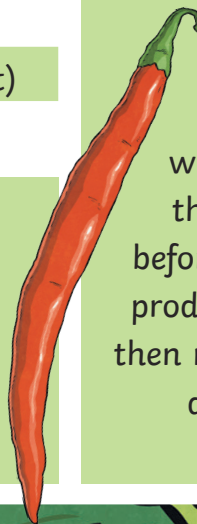
A kitchen utensil, such as a fish slice

Nothing New! Did You Know...?

The Maya people used many foods still used in Mexican cooking today, such as squash, beans, maize and chilli peppers.

Spanish Influence Did You Know...?

When Spain invaded the Aztecs of Mexico in the 16th century, they brought with them lots of ingredients that Mexico had never seen before. Garlic, spices and dairy products, such as cheese, were then merged into what we know as Mexican food today.



Mexican Bean Burger Recipe

Method

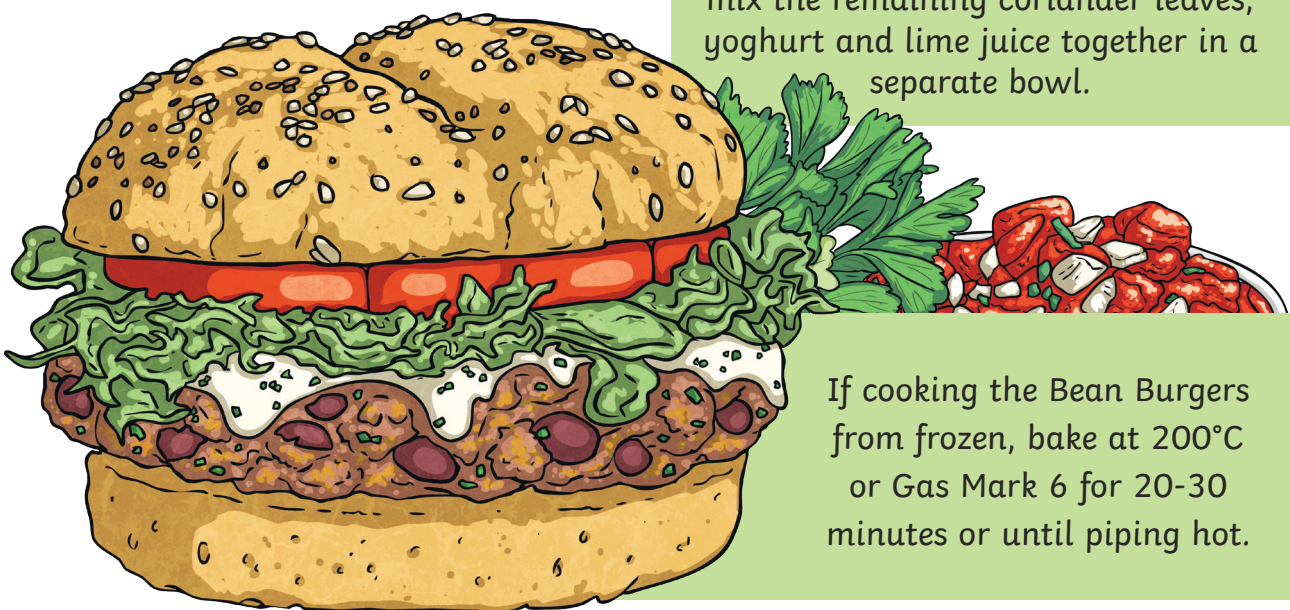
1. Place the kidney beans into a large bowl and mash them with a potato masher.
2. Tip the breadcrumbs, chilli powder and half of the coriander leaves into the bowl containing the mashed kidney beans.
3. Next, add the egg and salsa.
4. Sprinkle a pinch of salt and pepper (optional) and mix everything together using a fork.
5. Once the ingredients are blended, wet your hands and prepare to get messy! Using your fingers, divide the mixture into six (roughly equal) parts and mould them into burger shapes.
6. If you wish to, you can now freeze the burgers to use at another time.

Otherwise, slide the burgers onto a non-stick baking tray.

7. With an adult's help, turn on the grill to a medium heat.
8. Grill the burgers for approximately 4-5 minutes.
9. Using a utensil such as a fish slice, flip the burgers over and cook the other side for another 4-5 minutes or until golden and crisp.
10. Once cooked, place the Bean Burgers into their buns and add a generous dollop of sauce.
11. Serve with sliced avocado, onions and salad.
12. Time to devour! Enjoy your scrumptious Mexican Bean Burger!

Mexican Bean Burger Sauce

While the burgers are under the grill, mix the remaining coriander leaves, yoghurt and lime juice together in a separate bowl.



If cooking the Bean Burgers from frozen, bake at 200°C or Gas Mark 6 for 20-30 minutes or until piping hot.

Questions

1. Tick **two** statements that are true. According to the text, Mexican cooking...

- goes back 10,000 years.
- has been influenced by Spain.
- had garlic and spices added to it in the 16th century.
- is known for its dullness in flavour.

2. Find and copy **two** adjectives used to describe the Mexican Bean Burgers.

- 1. _____
- 2. _____

3. Find and copy **one** fact and **one** opinion from the description.

Fact: _____

Opinion: _____

4. **Garlic, spices and dairy products, such as cheese, were then merged into what we know as Mexican food today.**

What similar word or phrase could the writer have used instead of **merged**?

5. 2 tsp of **mild** chilli powder

Why do you think the word **mild** is written in bold in the recipe?

6. **Once the ingredients are all blended, wet your hands and prepare to get messy!**

Explain what you think it will be like to carry out this part of the recipe.

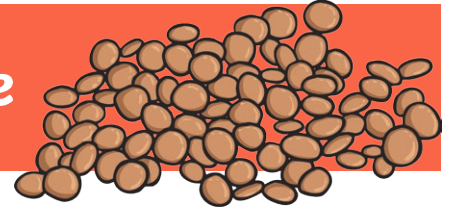
7. Which word from the text describes the dollop of sauce added to the burgers? Tick **one**.
- delicious
 - generous
 - mouth-watering
 - scrumptious
8. If you made the Mexican Bean Burger, do you think you would enjoy eating it? Explain your answer below and include any changes to the recipe you might make.

Answers

- Tick **two** statements that are true. According to the text, Mexican cooking...
 - goes back 10,000 years.
 - has been influenced by Spain.**
 - had garlic and spices added to it in the 16th century.**
 - is known for its dullness in flavour.
- Find and copy **two** adjectives used to describe the Mexican Bean Burgers.
Accept any two of the following: healthy; super-easy; delicious; scrumptious.
- Find and copy **one** fact and **one** opinion from the description.
Accept any one of the following answers as a fact: Mexican dish; healthy alternative to burgers made from meat; naturally low in fat; packed with protein.
Accept any one of the following answers as an opinion: super-easy to make; mouth-wateringly delicious.
- Garlic, spices and dairy products, such as cheese, were then merged into what we know as Mexican food today.**
 What similar word or phrase could the writer have used instead of **merged**?
Pupils' own responses, such as: mixed; infused; put; combined.
- 2 tsp of **mild** chilli powder
 Why do you think the word **mild** is written in bold in the recipe?
Pupils' own responses, such as: The word mild is written in bold because it is stressing that it has to be the mild type. It is a warning not to get the hot chilli powder.
- Once the ingredients are all blended, wet your hands and prepare to get messy!**
 Explain what you think it will be like to carry out this part of the recipe.
Pupils' own responses (positive or negative) that show understanding of the step and pupils' own opinion, such as: It will be horrible as I hate getting my hands goeey. The mixture might stick to my fingers as well but it might be fun to shape the burgers.
- Which word from the text describes the dollop of sauce added to the burgers? Tick **one**.
 - delicious
 - generous**
 - mouth-watering
 - scrumptious
- If you made the Mexican Bean Burger, do you think you would enjoy eating it? Explain your answer below and include any changes to the recipe you might make.
Pupils' own responses, such as: I think I'd love the Bean Burger, especially the sauce as I think the yoghurt and lime will make it zingy. I might leave out the avocado though as I don't like them. I also might add tomato ketchup!



Moroccan Vegetable Tagine Recipe



Moroccan food is very varied due to the country's links with many other nations and cultures throughout their history: there are European, Asian and North African influences, which all add something different to the flavours of Moroccan cuisine.

Spices are used widely across Moroccan cooking. Saffron, mint and lemons are grown in Morocco whereas many other spices are bought from abroad, including:

- cinnamon;
- cumin;
- turmeric;
- ginger;
- paprika.

Two popular spice mixes are:

- Harissa – a fiery paste of garlic, chillies, olive oil and salt;
- Ras el Hanout – a dried spice mix with between 12 and 100 spices. Each cook creates their own secret recipe!

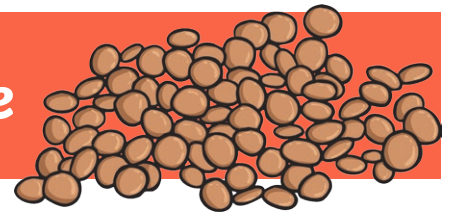
Moroccan families share food at a relaxed pace for a sociable time. Mint tea is shared after most meals. It is usually served very sweet with sugar added.

The Tagine is a traditional Moroccan meal made in a pottery dish, also known as a tagine. This slow-cooked meal will often be served with couscous, which is like a very fine pasta that becomes light and fluffy when cooked.

This gluten-free vegetable tagine is packed with healthy ingredients like lentils and chickpeas.



Moroccan Vegetable Tagine Recipe



Ingredients

- 1 tbsp olive oil
- 1 finely sliced onion
- 2 thickly sliced leeks
- 2 finely sliced garlic cloves
- 2 tsp ground coriander
- 2 tsp ground cumin
- $\frac{1}{2}$ tsp dried chilli flakes
- $\frac{1}{4}$ tsp ground cinnamon
- 400g can of chopped tomatoes
- 1 red pepper cut into chunks
- 1 yellow pepper cut into chunks
- 400g can of chickpeas
- 100g dried split red lentils
- 375g sweet potatoes cut into chunks
- juice of 1 large orange, plus peel thickly sliced
- 500g toasted, chopped mixed nuts (optional)
- 400ml water
- small bunch chopped coriander
- natural bio-yoghurt (optional)

Did You Know...?

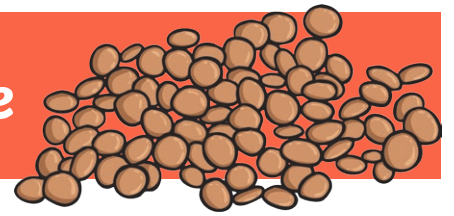
For some dishes, Moroccans eat with their hands using bread as a utensil.



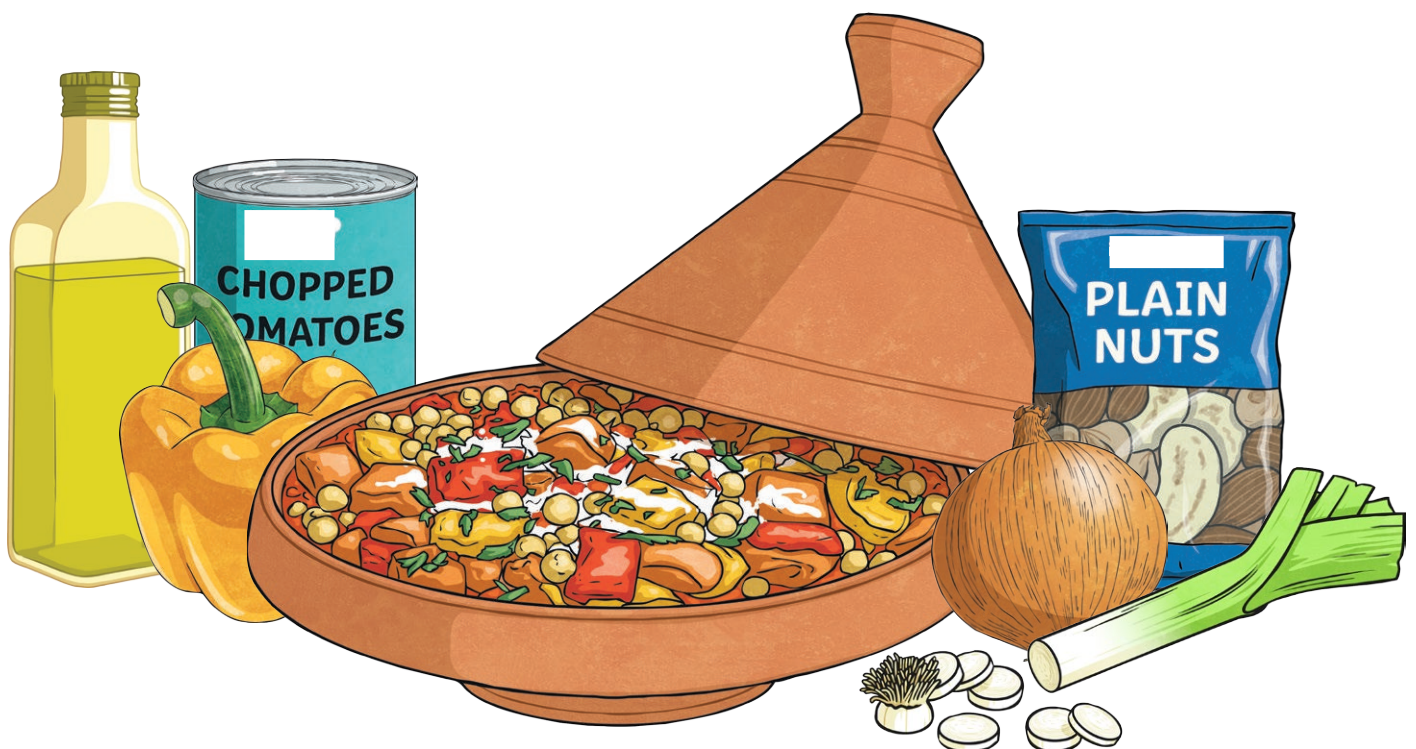
Method

1. Preheat the oven to 190°C/170°C Fan/Gas 5.
2. Use a sharp knife to carefully chop the vegetables. Make sure you have an adult to supervise you.
3. Heat the oil in a large saucepan and gently fry the onion and leeks for 10-15 mins until soft, stirring occasionally.
4. Add the garlic and cook for 2 mins more.
5. Stir in the ground coriander, cumin, chilli and cinnamon. Cook for 2 mins.

Moroccan Vegetable Tagine Recipe



6. Season with ground black pepper.
7. Add the chopped tomatoes, peppers, chickpeas, lentils, orange peel and juice, sweet potatoes and half the nuts.
8. Cover and transfer to the oven for 15 minutes.
9. Add water and stir well before re-covering and returning to the oven for up to 30 minutes more. The tagine should be thick and the potatoes soft but not breaking apart.
10. Remove the pan from the oven carefully (ask an adult to help you) and ladle the tagine into bowls. Scatter with coriander and the remaining nuts. Top with yogurt, if using.
11. You could also serve this dish with freshly cooked couscous.



This dish is suitable for freezing.

To freeze, allow to cool completely before putting into a freezer-proof container. It will keep in the freezer for up to 2 months. To use, defrost overnight in the fridge before heating well.

Questions

1. What is Moroccan vegetable tagine packed with? Tick one.

- gluten
 gluten-free
 healthy ingredients
 unhealthy ingredients

2. Number these steps to show the order they should happen in.

	Ladle the tagine into bowls.
	Cover and transfer to the oven.
	Preheat the oven.
	Gently fry the onion and leeks.
	Remove the pan from the oven.

3. Which three spices are grown in Morocco?

- _____
- _____
- _____

4. Fill in the missing words in this sentence:

Ras el Hanout is a _____ spice mix with between _____ spices and each cook creates their own _____ recipe!

5. Find and copy a word or phrase which tells you that Moroccan meals are eaten slowly.

Questions

6. Why does step 10 tell you to **ask an adult to help you**?

7. Which part of the recipe would you enjoy making the most? Explain your answer.

8. Do you think you would enjoy eating this meal? Explain your answer and any changes you would make.

Answers

1. What is Moroccan vegetable tagine packed with? Tick one.

- gluten
 gluten-free
 healthy ingredients
 unhealthy ingredients

2. Number these steps to show the order they should happen in.

5	Ladle the tagine into bowls.
3	Cover and transfer to the oven.
1	Preheat the oven.
2	Gently fry the onion and leeks.
4	Remove the pan from the oven.

3. Which three spices are grown in Morocco?

saffron; mint; lemons

4. Fill in the missing words in this sentence:

Ras el Hanout is a **dried** spice mix with between **12 and 100** spices and each cook creates their own **secret** recipe!

5. Find and copy a word or phrase which tells you that Moroccan meals are eaten slowly.

(share food at a) relaxed pace

6. Why does step 10 tell you to **ask an adult to help you**?

Pupils' own responses, such as: It can be difficult taking something hot and heavy out of any oven. It could really hurt you if you dropped it so it is better to ask an adult to help.

Answers

7. Which part of the recipe would you enjoy making the most? Explain your answer.

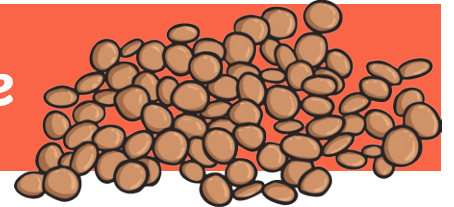
Pupils' own responses, such as: I would enjoy frying the vegetables and spices because I think it would smell amazing!

8. Do you think you would enjoy eating this meal? Explain your answer and any changes you would make.

Pupils' own responses, such as: I would enjoy this meal but I would probably leave out the chilli flakes because I don't like things to be too hot and spicy. I would definitely eat it with couscous and yoghurt because I think these would make it more of a meal.



Moroccan Vegetable Tagine Recipe



Moroccan food is very **diverse** due to the country's links with many other nations and cultures throughout their history. There are Mediterranean (South European), Arab (West Asian), Berber (North African) and Moorish (North African) influences, which all add something unique to the flavours of Moroccan cuisine.

Spices are used widely across Moroccan cooking; saffron, mint and lemons are grown in Morocco whereas many other spices are **imported** including, cinnamon, cumin, turmeric, ginger and paprika. Two popular spice mixes are:

- Harissa – a fiery paste of garlic, chillies, olive oil and salt.
- Ras el Hanout – a dried spice mix combining between 12 to 100 spices, with each and every cook creating their own secret blend!



Moroccan mealtimes are very sociable, with food shared at a relaxed pace by the family. Mint tea is shared after most meals – it is usually served very sweet, with sugar chipped off a **sugarloaf**.

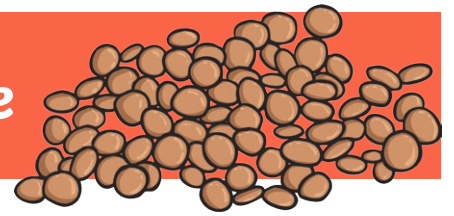
The Tagine is a traditional Moroccan meal – this slow-cooked stew is made in an **earthenware** dish, also known as a tagine. This meal will often be served with couscous, which is a combination of fine and superfine semolina flour rubbed together that becomes light and fluffy when steamed.

This **gluten-free** vegetable tagine, made simply in one pot, is packed with healthy ingredients like lentils that are full of **iron** and chickpeas which contain plenty of **fibre**.

Here's what you'll need:



Moroccan Vegetable Tagine Recipe



Ingredients

- 1 tbsp olive oil
- 1 medium onion, peeled and finely sliced
- 2 thin leeks, trimmed and cut into thick slices
- 2 large garlic cloves, peeled and finely sliced
- 2 tsp ground coriander
- 2 tsp ground cumin
- $\frac{1}{2}$ tsp dried chilli flakes
- $\frac{1}{4}$ tsp ground cinnamon
- 400g can of chopped tomatoes
- 1 red pepper, deseeded and cut into chunks
- 1 yellow pepper, deseeded and cut into chunks
- 400g can of chickpeas, drained and rinsed
- 100g dried split red lentils
- 375g sweet potatoes, peeled and cut into chunks
- juice of 1 large orange, plus peel thickly sliced
- 500g mixed nuts, such as brazils, hazelnuts, pecans and walnuts, toasted and roughly chopped (optional)
- 400ml water
- small bunch of coriander, chopped
- natural bio-yoghurt (optional)

Did You Know...?

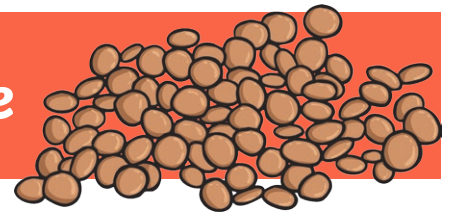
Depending on the dish, Moroccans either eat with a fork, knife and spoon or with their hands – they will use bread as a utensil.



Method

1. Preheat the oven to 190°C/170°C Fan/Gas 5.
2. Using a sharp knife, carefully chop all the ingredients. Make sure you have an adult to supervise you.
3. Heat the oil in a large flameproof casserole or saucepan and gently fry the onion and leeks for 10-15 mins until well-softened, stirring occasionally.
4. Add the garlic and cook for 2 mins more.
5. Stir in the ground coriander, cumin, chilli and cinnamon. Cook for 2 mins, stirring

Moroccan Vegetable Tagine Recipe



occasionally.

6. Season with plenty of ground black pepper.
7. Add the chopped tomatoes, peppers, chickpeas, lentils, orange peel and juice, sweet potatoes and half the nuts.
8. Cover and transfer to the oven for 15 minutes.
9. Add water and stir well before re-covering and returning to the oven for up to 30 minutes more. The tagine is cooked when it is thick and the potatoes are soft but not breaking apart.
10. Remove the pan from the oven carefully (with an adult's help) and ladle the tagine into bowls. Scatter with coriander and the remaining nuts and top with yogurt, if using.
11. You could also serve this dish with freshly cooked couscous.

Glossary

cuisine: A style of cooking from a particular country.

diverse: Showing a great deal of variety.

earthenware: Clay pottery that is glazed to contain liquids.

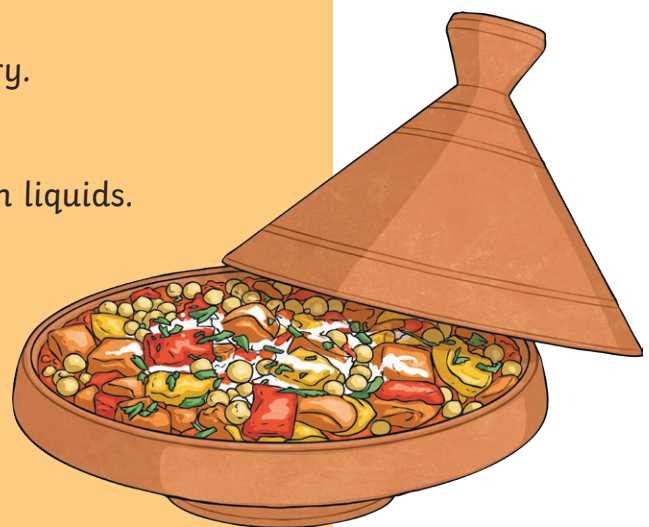
fibre: Dietary material essential to humans.

gluten-free: A food not containing gluten.

imported: Bought from abroad.

iron: A mineral essential to humans.

← **sugarloaf:** A moulded cone of sugar.



This dish is suitable for freezing; in fact, freezing will strengthen its flavours. To freeze, allow to cool completely before ladling into a freezer-proof container. It will keep in the freezer for up to 2 months. To use, defrost overnight in the fridge before heating well in a suitable container.

Questions

1. Which of these cultures has not influenced Moroccan food? Tick one.

- Berber
- Moorish
- Arab
- American

2. Only two of the following ingredients are correct. Tick the **two** which are correct.

- $\frac{1}{4}$ tsp ground coriander
- 400g can of chopped tomatoes
- 1 tbsp olive oil
- 375g mixed nuts

3. What is a **sugarloaf**?

4. Give two meanings of **tagine**.

- _____
- _____

5. Find and copy two different ways that Moroccan people eat their meals.

- _____
- _____

6. Why is Moroccan food so diverse?

Questions

7. Do you think you would like mint tea? Explain your answer.

8. Which of the ingredients in this recipe do you think are the most important? Explain your answer.

9. Why do you think that cooks keep their ras el hanout blends a secret?

Answers

1. Which of these cultures has not influenced Moroccan food? Tick one.

- Berber
- Moorish
- Arab
- American**

2. Only two of the following ingredients are correct. Tick the **two** which are correct.

- $\frac{1}{4}$ tsp ground coriander
- 400g can of chopped tomatoes**
- 1 tbsp olive oil**
- 375g mixed nuts

3. What is a **sugarloaf**?

A moulded cone of sugar.

4. Give two meanings of **tagine**.

traditional Moroccan meal; earthenware dish.

5. Find and copy two different ways that Moroccan people eat their meals.

Moroccan people eat with a fork, knife and spoon or with their hands using bread as a utensil.

6. Why is Moroccan food so diverse?

Pupils' own responses, such as: Throughout their history, they have been linked with many other cultures, which have all influenced Moroccan food.

Answers

7. Do you think you would like mint tea? Explain your answer.

Pupils' own responses, such as: I think I would like mint tea because I like spearmint sweets and I like sugary things so would enjoy the sweetness.

8. Which of the ingredients in this recipe do you think are the most important? Explain your answer.

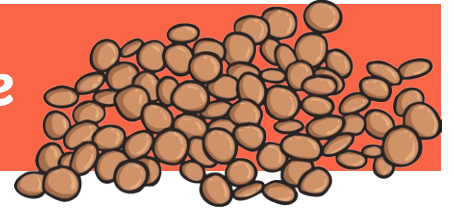
Pupils' own responses, such as: I think that the spices are the most important because they give this meal the Moroccan flavours. Without the spices, it could be a vegetable stew from anywhere!

9. Why do you think that cooks keep their ras el hanout blends a secret?

Pupils' own responses, such as: They like to keep the blend a secret so that their meals are unique.



Moroccan Vegetable Tagine Recipe



Moroccan food is very diverse (showing a great deal of variety) due to the country's links with many other nations and cultures throughout their history: there are Mediterranean (South European), Arab (West Asian), Berber (North African) and Moorish (North African) influences, which all add something unique to the flavours of Moroccan cuisine (the style of food particular to a country).

Used widely across Moroccan cooking, spices add distinct flavours; saffron, mint and lemons are home-grown in Morocco whereas many other spices are imported (bought from other countries), including cinnamon, cumin, turmeric, ginger, coriander and paprika. Two popular spice mixes are: harissa, which is a fiery paste of garlic, chillies, olive oil and salt, and ras el hanout, which is a dried spice mix combining between 12 to 100 spices – each and every cook creates their own secret blend!

Moroccan mealtimes are usually very sociable occasions, with a variety of food shared at a relaxed pace by family and friends. Mint tea is seen as an important part of all meals and is shared at the end – it is usually served very sweet, with sugar chipped off a sugarloaf (a moulded cone of sugar). The art of pouring the tea into the tea glass, from a height to create a froth called a crown, is as important as the flavour of the spearmint-infused gunpowder tea itself!



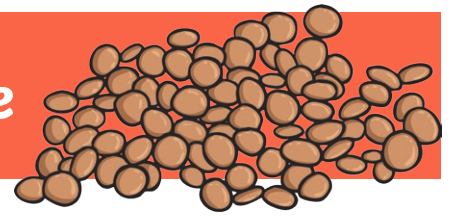
The Tagine is a traditional Moroccan stew which is slow-cooked in an earthenware dish, also known as a tagine. This meal will often be served with couscous, which is a combination of fine and superfine semolina flour rubbed together that becomes light and fluffy when steamed.

This gluten-free vegetable tagine, made simply in one pot, is packed with healthy ingredients like iron-rich lentils and fibre-full chickpeas.

Here's what you'll need:



Moroccan Vegetable Tagine Recipe



Ingredients

- 1 tbsp olive oil
- 1 medium onion, peeled and finely sliced
- 2 thin leeks, trimmed and cut into thick slices
- 2 large garlic cloves, peeled and finely sliced
- 2 tsp ground coriander
- 2 tsp ground cumin
- $\frac{1}{2}$ tsp dried chilli flakes
- $\frac{1}{4}$ tsp ground cinnamon
- 400g can of chopped tomatoes
- 1 red pepper, deseeded and cut into chunks
- 1 yellow pepper, deseeded and cut into chunks
- 400g can of chickpeas, drained and rinsed
- 100g dried split red lentils
- 375g sweet potatoes, peeled and cut into chunks
- juice of 1 large orange, plus peel thickly sliced
- 500g mixed nuts, such as brazils, hazelnuts, pecans and walnuts, toasted and roughly chopped (optional)
- 400ml water
- small bunch coriander, chopped, to serve
- natural bio-yoghurt, to serve (optional)

Did You Know...?

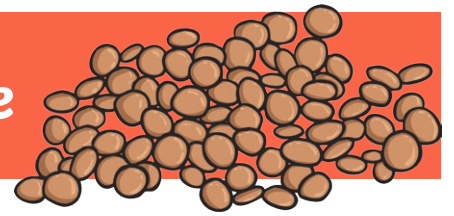
Depending on the dish being served, Moroccans might eat with their hands, using bread as a utensil, or they will use cutlery.



Method

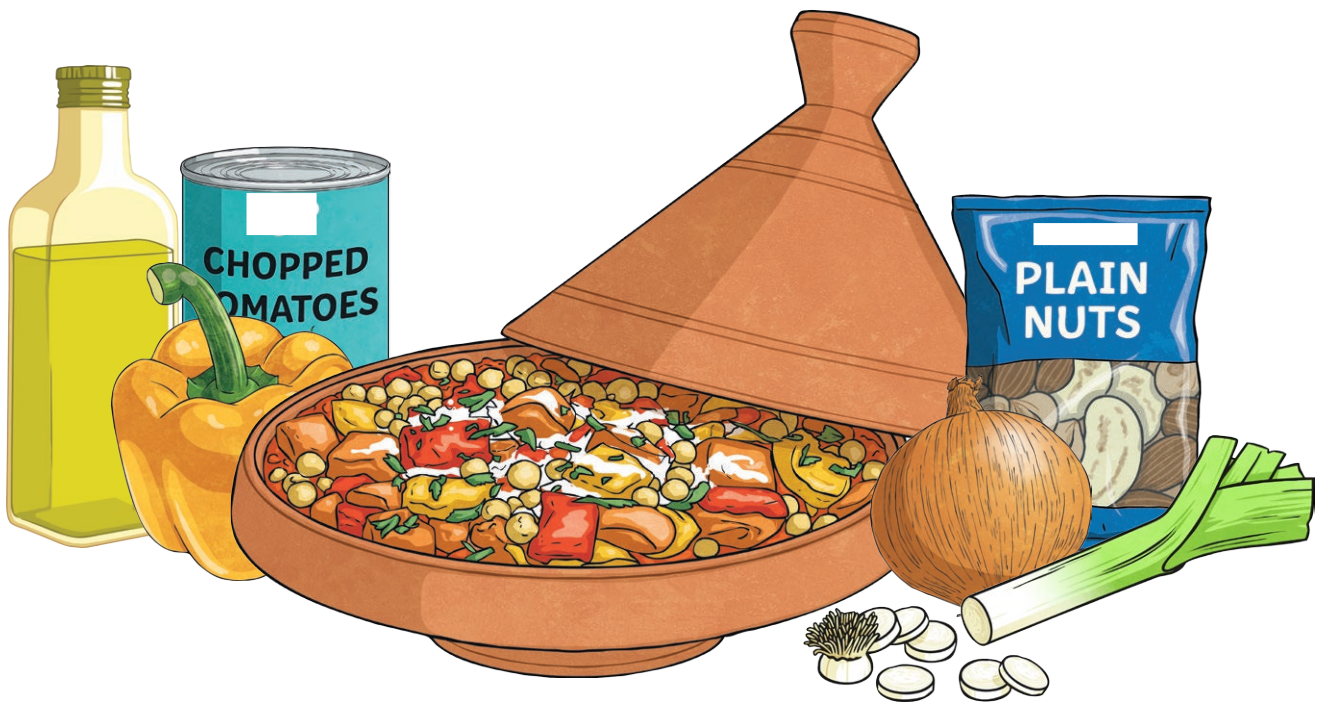
1. Preheat the oven to 190°C/170°C Fan/Gas 5.
2. Carefully using a sharp knife, chop and prepare all the ingredients. Make sure you have an adult to supervise you.
3. Heat the oil in a large flameproof casserole or saucepan; gently fry the onion and leeks for 10-15 mins until well-softened, stirring occasionally.
4. Add the garlic and cook for 2 mins more, stirring occasionally.
5. Stir in the ground coriander, cumin, chilli and cinnamon. Cook for a further 2 mins,

Moroccan Vegetable Tagine Recipe



stirring occasionally.

6. Season with plenty of ground black pepper.
7. Add the remaining ingredients, saving half the nuts to serve.
8. Cover and transfer to the oven for 15 minutes. At this point, if you have a tagine, move the contents of your saucepan into it.
9. Add water and stir well before re-covering and returning to the oven for up to 30 minutes more, when the tagine is thick and the potatoes are soft but not breaking apart.
10. Remove the pan from the oven carefully (with adult supervision), ladle the tagine into bowls and scatter with coriander and the remaining nuts; top with yogurt, if using.
11. You could also serve this dish with freshly cooked couscous to add to the authenticity.



This dish is suitable for freezing; in fact, freezing will intensify the spicy flavours. To freeze, allow to cool completely before ladling into a freezer-proof container. It will keep in the freezer for up to 2 months. To use, thaw overnight in the fridge before heating in the microwave or oven in a suitable container, until hot throughout.

Questions

1. There are two popular spice mixes which are...? Tick **two**.

- Berber
- Harissa
- Moorish
- Ras el Hanout

2. Which of the following does **not** describe the Moroccan vegetable tagine? Tick one

- gluten-free
- healthy
- unhealthy
- traditional

3. Find two nouns in the second paragraph which are synonyms of each other and could be used as verbs?

4. Name and describe two of the main healthy ingredients in the dish.

- _____
- _____

5. Find and copy a phrase from the recipe which shows that it is important to ask for help from a grown-up.

Questions

6. Why do you think that many spices are imported from other countries? Give two reasons.

7. Summarise the information about mint tea in 30 words or less.

8. Why is it important to carry out step 2 **carefully**?

9. Why do you think that Morocco has links with so many other cultures throughout their history?

10. Would your family enjoy this meal if you cooked it for them? Explain your answer.

Answers

1. There are two popular spice mixes which are...? Tick **two**.

- Berber
- Harissa**
- Moorish
- Ras el Hanout**

2. Which of the following does **not** describe the Moroccan vegetable tagine? Tick one

- gluten-free
- healthy
- unhealthy**
- traditional

3. Find two nouns in the second paragraph which are synonyms of each other and could be used as verbs?

mix; blend

4. Name and describe two of the main healthy ingredients in the dish.

iron-rich lentils; fibre-full chickpeas

5. Find and copy a phrase from the recipe which shows that it is important to ask for help from a grown-up.

with adult supervision

6. Why do you think that many spices are imported from other countries? Give two reasons.

Pupils' own responses, such as: Not all spices will grow in Morocco and, due to their history,

Answers

they want a wide variety of spices for their cooking so they buy them from the countries where they grow.

7. Summarise the information about mint tea in 30 words or less.

Pupils' own responses, such as: Sugary mint tea, shared at the end of meals, is important; the art of pouring it (from high up to create a frothy crown in the tea glass) is as important as the flavour of the spearmint-infused gunpowder tea.

8. Why is it important to carry out step 2 **carefully**?

Pupils' own responses, such as: When using sharp knives, we need to be careful to avoid cutting ourselves.

9. Why do you think that Morocco has links with so many other cultures throughout their history?

Pupils' own responses, such as: Morocco is in Northern Africa so is accessible to many other countries, including Spain, other North African countries and some Middle Eastern countries; these countries might have invaded Morocco or come to trade so brought their foods with them.

10. Would your family enjoy this meal if you cooked it for them? Explain your answer.

Pupils' own responses, such as: My parents would enjoy this meal because they like spicy food and trying foods from other cultures; my younger sister might not like it because she is not keen on chickpeas and lentils – she would eat the couscous though!

The Mystery of the Brilliant Breakfast

Amelia and Osman have been busy in their lab researching the best breakfast to eat at the beginning of each day. After weeks of testing, they thought they had found the perfect breakfast.

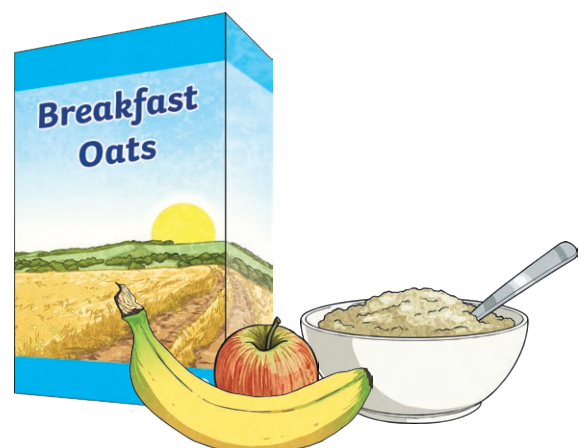
Unfortunately, members of a rival science team have stolen their work! The sneaky suspects have left a series of clues for Osman and Amelia to solve in order to get their results back!

Can you help Amelia and Osman solve the problems and find the clues to discover the brilliant breakfast?



The Mystery of the Brilliant Breakfast

Breakfast	Packaging	Fibre Content	Sugar Content	Serving Weight or Capacity
Cornflakes	Box	Medium	Medium	30g
Orange Juice	Carton	Low	High	122ml
Rice Snaps	Box	Medium	Medium	30g
Milk	Bottle	Low	Medium	125ml
Chocolate Rice Snaps	Box	Low	High	30g
Toast	Bag	Medium	Low	80g
Banana	Bag	High	Medium	120g
Honey Cornflakes	Box	Medium	High	30g
Peanut Butter	Jar	Medium	Low	15g
Frosted Flakes	Box	Medium	High	30g
Jam	Jar	Low	High	15g
Bran Flakes	Box	High	Medium	30g
Chocolate Spread	Jar	Low	High	15g
Porridge Oats	Box	High	Low	30g
Blueberries	Carton	Medium	Medium	75g
Muesli	Box	Medium	Medium	30g
Apple	Bag	Medium	Medium	55g



The Mystery of the Brilliant Breakfast

Clue 1

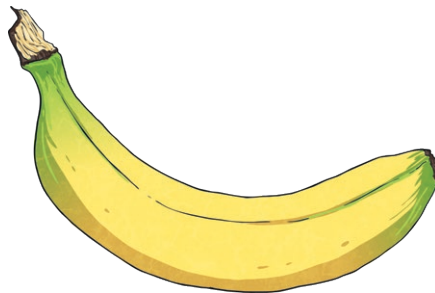
Check these maths calculations. If a calculation is right, put a tick. If it is wrong, put a cross.

Count the number of ticks and crosses.

If there are more ticks than crosses, the snack isn't low in fibre.

If there are more crosses than ticks, the snack is low in fibre.

	Right ✓	Wrong ✗
$3 + (12 \times 6) = 90$		
35% of 28 = 9.8		
$926 \times 14 = 12\ 864$		
$\frac{3}{4}$ of 140 is 105		
$9107 - 5432 = 3635$		
$\pounds 29.40 \div 5 = \pounds 5.83$		
$0.7 \times 5 = 3.5$		
$\frac{9}{10}$ of 21 = 18.9		
$11 \times 11 = 250 - 129$		
Total		



Clue 1: _____

The Mystery of the Brilliant Breakfast

Clue 2

Identify how many of these fractions, percentages and calculations are equivalent to 0.6 to discover a clue about the serving weight of the brilliant breakfast.

$\frac{3}{5}$	$\frac{24}{40}$	60%	$\frac{1}{5} \times 4$	$\frac{9}{15}$	$\frac{35}{60}$
$\frac{5}{11}$	$\frac{6}{8}$	0.06×100	$\frac{2}{12}$	$\frac{50}{100}$	$\frac{45}{75}$
$\frac{30}{50}$	$\frac{55}{100}$	$\frac{42}{70}$	$\frac{12}{20}$	$\frac{1}{5} \times 3$	$\frac{200}{500}$
0.006×10	$\frac{21}{33}$	$\frac{30}{40}$	$\frac{1}{10} \times 6$	$\frac{25}{40}$	$\frac{54}{90}$
30%	0.06×10	$\frac{120}{200}$	$\frac{12}{30}$	$\frac{48}{80}$	$\frac{18}{30}$
$\frac{36}{60}$	$\frac{16}{30}$	$\frac{15}{25}$	$\frac{30}{60}$	$\frac{50}{90}$	$\frac{18}{3}$

Equivalent to 0.6	Clue
< 15	The breakfast has a serving weight of 50g or more.
> 15	The breakfast has a serving weight of less than 50g.

Clue 2: _____

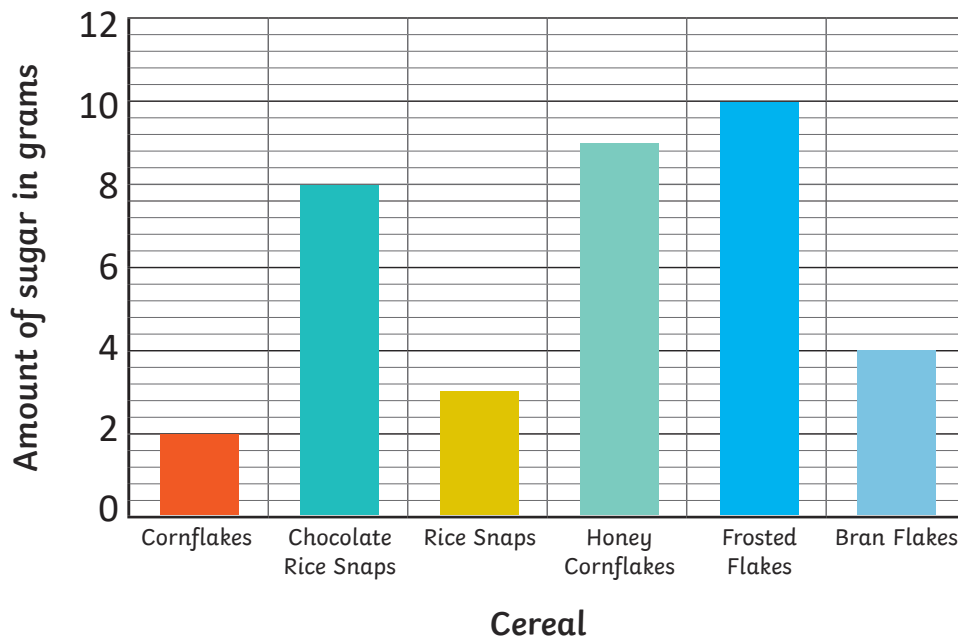
The Mystery of the Brilliant Breakfast

Clue 3

Answer the questions about the bar chart and colour in the boxes with the correct answers.

Use the words in the boxes to work out the next clue.

A Bar Chart to Show the Amount of Sugar in a 30g Serving of Cereal



9g a	5g packaging	8g breakfast	7g is
2g the	30g bar	20g box	40g drink

1. How many grams of sugar are there in a serving of chocolate rice snaps?
2. How many grams of sugar are there in a serving of cornflakes?
3. How many more grams of sugar is there in a serving of honey cornflakes than bran flakes?
4. How many grams of sugar is there in a 60g serving of frosted flakes?
5. How many fewer grams of sugar is there in a serving of rice snaps than frosted flakes?
6. How many grams of sugar is there in a 90g serving of rice snaps?

Clue 3: _____

The Mystery of the Brilliant Breakfast

Clue 4

Sort the numbers into the correct boxes. Some numbers will belong in more than one box. The box with the most numbers will give you a clue about the breakfast's content.

1

2

3

8

9

11

16

17

27

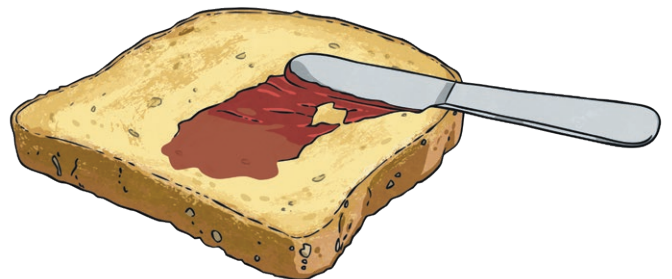
36

43

59

64

Square Numbers	Cube Numbers	Prime numbers
Medium amount of sugar	Medium amount of fibre	High amount of fibre



Clue 4: The breakfast has a _____.

The Mystery of the Brilliant Breakfast

Clue 5

Solve the maths calculations to crack the code and solve the final clue.

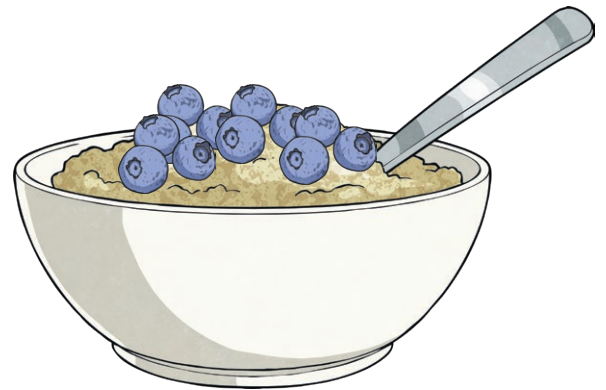
a	b	c	d	e	f	g	h	i	j	k	l	m
26	25	24	23	22	21	20	19	18	17	16	15	14

n	o	p	q	r	s	t	u	v	w	x	y	z
13	12	11	10	9	8	7	6	5	4	3	2	1

	Answer	Letter
0.8×10		
$\frac{1}{12}$ of 72		
$200 \div 10$		
0.026×1000		
$\frac{1}{3}$ of 27		

	Answer	Letter
$\frac{1}{2}$ of 30		
$120 \div 10$		
$\frac{1}{5}$ of 20		

	Answer	Letter
$\frac{1}{3}$ of 54		
$8000 \div 1000$		



Clue 5: _____.

The brilliant breakfast is: _____.

The Mystery of the Brilliant Breakfast

Answers

Clue 1

If there are more ticks than crosses, the snack is high in fibre.

If there are more crosses than ticks, the snack is low in fibre.

	Right ✓	Wrong ✕
$3 + (12 \times 6) = 90$		✕
35% of 28 = 9.8	✓	
$926 \times 14 = 12\ 864$		✕
$\frac{3}{4}$ of 140 is 105	✓	
$9107 - 5432 = 3635$		✕
$\text{£}29.40 \div 5 = \text{£}5.83$		✕
$0.7 \times 5 = 3.5$	✓	
$\frac{9}{10}$ of 21 = 18.9	✓	
$11 \times 11 = 250 - 129$	✓	
Total	5	4

Clue 1: **The snack isn't low in fibre.**

Clue 2

How many of these fractions are equivalent to 0.6?

$\frac{3}{5}$	$\frac{24}{40}$	60%	$\frac{1}{5} \times 4$	$\frac{9}{15}$	$\frac{35}{60}$
$\frac{5}{11}$	$\frac{6}{8}$	0.06×100	$\frac{2}{12}$	$\frac{50}{100}$	$\frac{45}{75}$
$\frac{30}{50}$	$\frac{55}{100}$	$\frac{42}{70}$	$\frac{12}{20}$	$\frac{1}{5} \times 3$	$\frac{200}{500}$
0.006×10	$\frac{21}{33}$	$\frac{30}{40}$	$\frac{1}{10} \times 6$	$\frac{25}{40}$	$\frac{54}{90}$
30%	0.06×10	$\frac{120}{200}$	$\frac{12}{30}$	$\frac{48}{80}$	$\frac{18}{30}$
$\frac{36}{60}$	$\frac{16}{30}$	$\frac{15}{25}$	$\frac{30}{60}$	$\frac{50}{90}$	$\frac{18}{3}$

Clue 2: **The breakfast has a serving weight of less than 50g.**

Clue 3

Answer the questions about the bar chart and colour in the boxes with the correct answers.

Use the words to work out the next clue.

9g a	5g packaging	8g breakfast	7g is
2g the	30g bar	20g box	40g drink

Clue 3: **The breakfast packaging is a box.**

1. How many grams of sugar are there in a serving of chocolate rice snaps? **8g**
2. How many grams of sugar are there in a serving of cornflakes? **2g**
3. How many more grams of sugar is there in a serving of honey cornflakes than bran flakes? **5g**
4. How many grams of sugar is there in a 60g serving of frosted flakes? **20g**
5. How many fewer grams of sugar is there in a serving of rice snaps than frosted flakes? **7g**
6. How many grams of sugar is there in a 90g serving of rice snaps? **9g**

Clue 4

Sort the numbers into the correct box. Some numbers will belong in more than one box.

The box with the most numbers will give you a clue about the calorie content in a 100g portion of the super snack.

Square Numbers	Cube Numbers	Prime numbers
1, 9, 16, 36, 64	1, 8, 27, 64	2, 3, 11, 17, 43, 59
Medium amount of sugar	Medium amount of fibre	High amount of fibre

Clue 4: The breakfast has a **high amount of fibre.**

Clue 5

Solve the maths calculations to crack the code and solve the final clue.

a	b	c	d	e	f	g	h	i	j	k	l	m
26	25	24	23	22	21	20	19	18	17	16	15	14

n	o	p	q	r	s	t	u	v	w	x	y	z
13	12	11	10	9	8	7	6	5	4	3	2	1

	Answer	Letter
0.8×10	8	s
$\frac{1}{12}$ of 72	6	u
$200 \div 10$	20	g
0.026×1000	26	a
$\frac{1}{3}$ of 27	9	r

	Answer	Letter
$\frac{1}{12}$ of 30	15	l
$120 \div 10$	12	o
$\frac{1}{5}$ of 20	4	w

	Answer	Letter
$\frac{1}{3}$ of 54	18	i
$8000 \div 1000$	8	s

Clue 5: **The breakfast is low in sugar.**

The brilliant breakfast is: **Porridge Oats**