# Using IT in... food

## Which foods have the most energy and fibre?

You can answer many questions using the nutrition information panels or food: which food has the ■ sugar? Which has the leas Which has the most protein and the least sugar? The children can use their recording skills to enter nutrition information into a **database program**. And as they analyse the data they will learn about the key ingredients in food. Using the program they can sort the foods to find which has the most of each ingredient, they can search for those foods with protein more than... and sugar less than... If you restrict the foods to cereals or spreads, you'll have a set of data to make some useful comparisons.
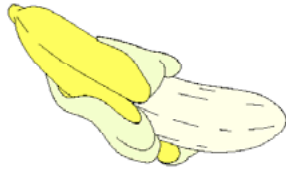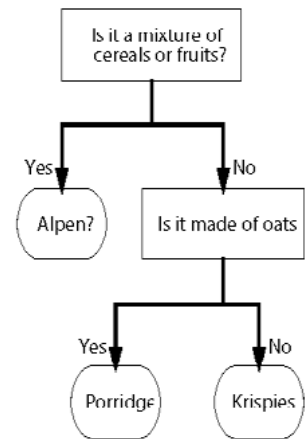
Breakfast cereals							
Cereal	Energy	Protein	Carbo	(Sugar)	Fat	Fibre	Sodium
Puffed wheat	1370	15.3	62.4	0.3	1.3	5.6	0.004
Honey Nut	1626	6.1	18.3	33.3	5.2	4.6	0.6
Chocohoops	1832	6.1	74	27.4	12.7	2.8	0.3

IT: Handling information
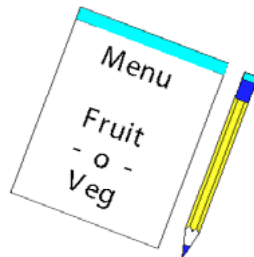
How much of a banana is edible?

Different size bananas provide different amounts of edible banana and you can do an interesting 'scientific analysis' exercise to practise some maths. You will need a couple of different brands of bananas and weigh the fruit before and after peeling. You enter the results into a **spreadsheet** program and use it to calculate the amount of edible fruit. You can get the program to draw a bar graph to compare the bananas: which brand has the most flesh? You could take cost into account too - and use the spreadsheet to calculate how much flesh you get for your money.

Similarly, you might compare brands of pop corn - they give different amounts of popped corn when you cook them. Here you can measure the weight of corn you use, how much gets popped and how much it costs. Using a **spreadsheet** you can prepare a Which? report to point to the best brand.

	A	B	C	D	E	F
1	Bananas					
2	Brand	Weight	Cost	Whole weight	Peeled weight	Cost of banana
3		g	£	g	g	£
4	Canaries					
5	M&S					

IT: Handling information

Can you design a balanced diet?

You can get the children to design a balanced diet - putting them in the role of dietician in a hospital. You tell them that each meal must have some fruit, some starchy food and some protein and then they can use the **word processor** to design a meal. They can offer their meal for discussion - and when they are happy with it, they can turn it into an attractive menu card.

IT: Communicating