

# TECHNOLOGY PROJECT

## FINDING THE FOOD GROUPS

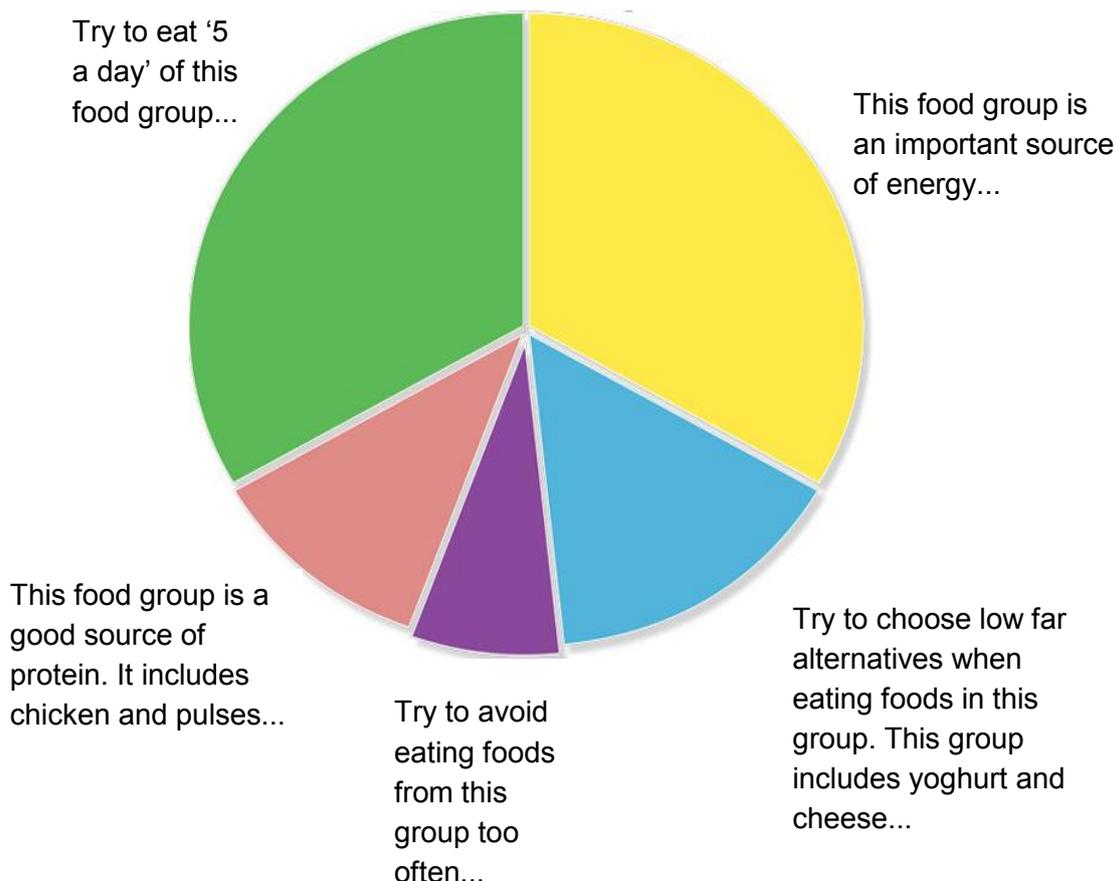
The food we eat can be divided into **five food groups**.

To keep healthy we should follow a balanced diet, this means eating a variety of different types of food in the right proportions.

The **Eatwell Plate** is divided into five food groups. We should eat more of the largest groups and less of the smaller ones.

**Easy:** Label each section of the **Eatwell Plate** with one of these labels:

- Bread, Rice, Potatoes, Pasta and other starchy foods
- Fruit and Vegetables
- Meat, Fish, Eggs, Beans and other non-dairy sources of protein
- Milks and dairy foods
- Foods and drinks high in fat and/or sugar



**Medium:** Think what you have had to eat in the last 3 days. Separate the different food you have had into the 5 categories. Have you had a balanced diet? Why/Why not?

**Stretch:** Design a meal plan for Breakfast, Lunch and Dinner, ensuring you have a balanced diet.

## STRUCTURES

Most tall buildings such as skyscrapers and structures that need to support weight all follow a similar set of rules so they do not collapse. Below are some examples:



**Easy:** Carry out some research into what makes a structure strong.

Think about: Size

Shapes

Materials

Try and find some more examples and label what parts of the structure makes it strong.

**Medium:** Using 10 sheets of paper and a maximum of 60cm of sticky tape, make the tallest tower you can.

Take a photo of it and tell me how tall it was.

**Stretch:** Again using the same amount of material as above, use what you found out in your research to make a bridge. The bridge should span a gap of 20cm.

See how much weight your bridge can support. You can use anything such as toy cars, chocolate bars etc. to put as much weight on as you can.

Take a photo and say how much weight it supported before collapsing.