


Morning Starters: Spring 1 - Food for Thought

Word Challenge

Write the food portion sizes (below) in a list from smallest to largest.

modest	bite-sized	average	jumbo
king-sized	enormous	generous	minuscule

Grammar Challenge

Click text to edit 

because	whenever	while	after
unless	before	though	until

Rewrite the two sentences below as a single sentence, using the 'best' conjunction from the list above.

The child ate an enormous portion of chips. His stomach felt uncomfortably full and heavy.

Did You Know?

Over the years, food portion sizes have increased, partly due to marketing and fast-food culture. Larger portions can lead to overeating, making it easier to gain weight and face health issues. Choosing sensible portion sizes is not only good for our health, but it is good for the planet. This is because food waste contributes to climate change, pollutes the environment and wastes resources.



Credit: BBC NEWS WORLD SERVICE

Number Challenge

If a single chip has 10 calories, around how many calories are there in this plate of chips?



Critical Thinking

What could your school do to reduce food waste?