

Let's Investigate! The cereal box



Breakfast is the most important meal of the day.

A variety of breakfast cereals are enjoyed every day by children all over the countries however not every breakfast bowl is as healthy as it seems.

Today with plenty of time to take our breakfast we might also have time to investigate our cereal box.

1.	How many types of cereals does your family buy?				
2.	What is its/their cost? <table border="0" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 33%; border: none;">Name of Cereal</td> <td style="width: 33%; border: none;">Mass (Weight)</td> <td style="width: 33%; border: none;">Price</td> </tr> </table>		Name of Cereal	Mass (Weight)	Price
Name of Cereal	Mass (Weight)	Price			
3.	Which is the cheapest? Hint: Consider mass of package when comparing prices.				
4.	Round each price to the nearest euro				

Choose your favourite cereal and investigate.

5. The ‘Ingredient List’ tells you each ingredient in the food product by its name.

They are listed in descending order with the ingredients used in the greatest amount first.

List the two main ingredients in your cereal.

a) \_\_\_\_\_

b) \_\_\_\_\_

6a. How much is one **suggested serving**?  
(find this information on the packaging)

Hint: Do not forget the unit of quantity e.g. kg/g



b. Weigh your serving.

Weigh the suggested serving.

Do you usually take less or more than the suggested serving?

c. Describe (in writing or drawing) your actual serving in fraction or decimal.

e.g. Suggested serving is 40g.

My actual serving is 20g.

Therefore, I take  $\frac{1}{2}$  the suggested serving.

d. From the Nutritional Information on the packaging, calculate these amounts in your actual serving.

i) fats

ii) sugars

iii) fibres

## Important Information

- The recommended daily intake of **fat** for children aged 7 to 10, is approximately between 67.7grams (g) to 76.6 grams (g).
- Children aged 7 to 10 should have no more than 24 grams (g) of **sugars** a day.
- A 10-year old should get 15–20 grams (g) of **fibre** a day.

How does your cereal compare with this information?

7a. How many servings does the pack you buy contain?

Find info on packaging.

b. i) Keep a note of who eats cereal at home.

According to the suggested serving information, how many days should the cereal last?

ii) In reality, does it last less or more and why?



€2.10/kg



€2.48/kg

8a. Many people also eat fruit for breakfast.

How much will you spend in a month if you eat a banana every day?

b. How much will you spend in a month if you eat an apple every day?

