

Let's Investigate! The cereal box



Breakfast is the most important meal of the day.

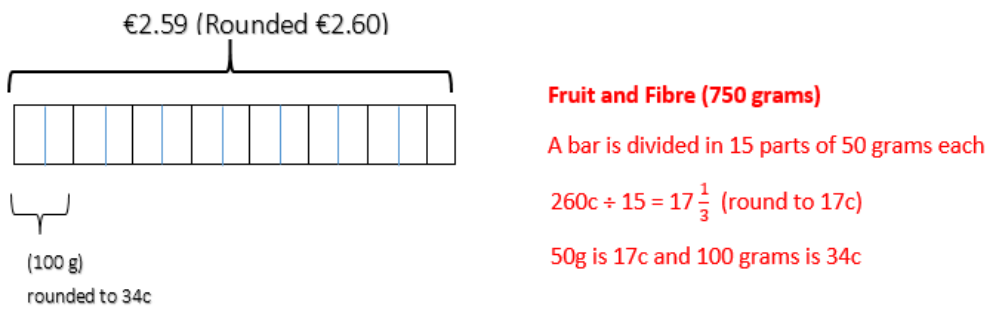
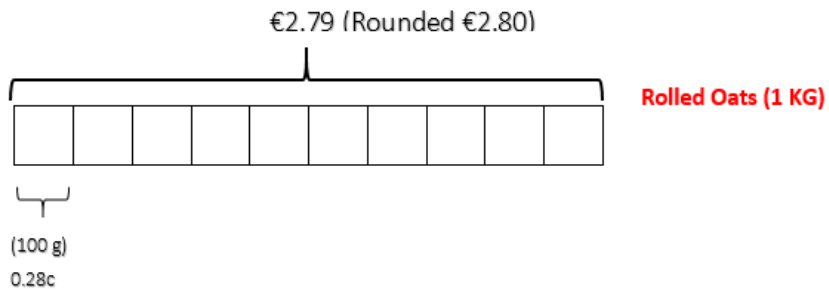
A variety of breakfast cereals are enjoyed every day by children all over the countries however not every breakfast bowl is as healthy as it seems.

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?	Various answers									
2.	<p>What is its/their cost?</p> <table border="1" data-bbox="288 1227 1396 1422"> <thead> <tr> <th data-bbox="288 1227 694 1272">Name of Cereal</th> <th data-bbox="694 1227 1074 1272">Mass (Weight)</th> <th data-bbox="1074 1227 1396 1272">Price</th> </tr> </thead> <tbody> <tr> <td data-bbox="288 1288 694 1373">e.g. Rolled Oats</td> <td data-bbox="694 1288 1074 1373">1 kg</td> <td data-bbox="1074 1288 1396 1373">€2.79</td> </tr> <tr> <td data-bbox="288 1373 694 1422">Fruit and Fibre</td> <td data-bbox="694 1373 1074 1422">750 g (0.75 kg)</td> <td data-bbox="1074 1373 1396 1422">€2.59</td> </tr> </tbody> </table>		Name of Cereal	Mass (Weight)	Price	e.g. Rolled Oats	1 kg	€2.79	Fruit and Fibre	750 g (0.75 kg)	€2.59
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3. Which is the cheapest?

Hint: Consider mass of package when comparing prices.



Answer Fruit and Fibre is €3.40 per 1 KG

Therefore, the Rolled Oats is cheaper

4. Round each price to the nearest euro

Quaker Rolled Oats €3/kg

Fruit and Fibre €3/kg

Choose your favourite cereal and investigate.

E.g. Rolled Oats

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) **Rolled Oats (100%)**
- b) **(in this cereal there are no other ingredients)**

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

40 g

b. Weigh your serving.
Weigh the suggested serving.
Do you usually take less or more than the suggested serving?

My actual serving is 20 g
I take less than the suggested serving.

Folic Acid, Vitamin B12.
For allergens see ingredients highlighted in bold.

15 Delicious 40g Servings!

This pack is sold by weight not volume, settling of contents may occur during transit.

OUR NUTRITIONAL INFORMATION

○ Typical value per 100g ○ Per 40g serving

	Typical value per 100g	Per 40g serving
ENERGY	1540 kJ 364 kcal	616 kJ 146 kcal
FAT	2 g	0.8 g
of which saturates	0.6 g	0.2 g
CARBOHYDRATE	72 g	29 g
of which sugars	17 g	6.8 g
FIBRE	9 g	3.6 g
PROTEIN	10 g	4 g
SALT	0.03 g	0.01 g
VITAMINS:		
	(% NRV)	(% NRV)
THIAMIN (B ₁)	0.69 mg (63)	0.28 mg (25)
RIBOFLAVIN (B ₂)	0.88 mg (63)	0.35 mg (25)

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

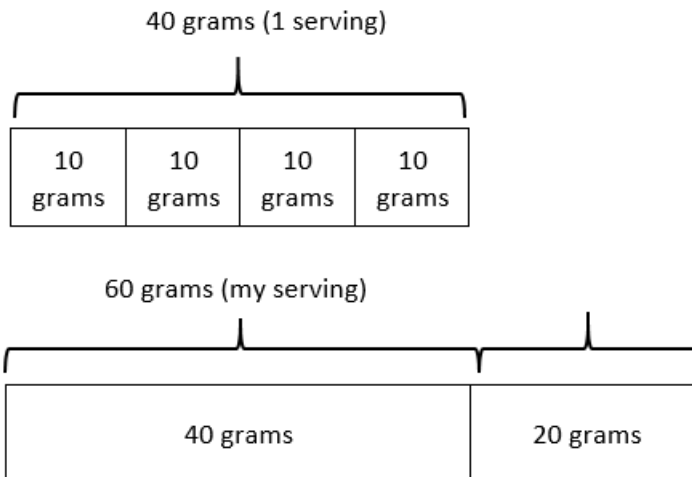
e.g. Suggested serving is 40 g.

My actual serving is 20 g.

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

(2nd example)

I weighed my serving and it is 60 g.



My serving is $1\frac{1}{2}$ the suggested serving.

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

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

i) fats

fat per serving is 3.2 grams

if I take $\frac{1}{2}$ a serving there is 1.6 grams of fat

if I take $1\frac{1}{2}$ serving there is 4.8 grams of fat

ii) sugars

sugars per serving is 0.4 grams

if I take $\frac{1}{2}$ a serving there is 0.2 grams of sugar

if I take $1\frac{1}{2}$ servings there is 0.8 grams of sugar

iii) fibres

fibre per serving is 3.6 grams

if I take $\frac{1}{2}$ a serving there is 1.8 grams of fibre

if I take $1\frac{1}{2}$ servings there is 5.4 grams of fibre

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?

The Oats are low in fats and sugars therefore I have not reached the limit of fat, sugar and fibre intake.

With $\frac{1}{2}$ serving I have 1.6 grams of fat out of 67.7 grams.

With $\frac{1}{2}$ serving I have 0.2 grams of sugar out of 24 grams.

With $\frac{1}{2}$ serving I have 5.4 grams of fibre out of 15 grams.

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

Find info on packaging.

My packet contains 25 servings

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

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

Both my sister and I eat Oats in the morning.

Therefore this packet should last

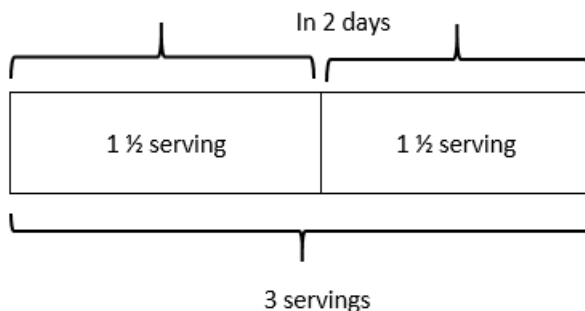
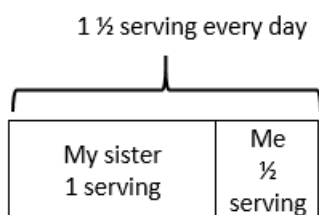
$25 \text{ serving} \div 2 = 12 \frac{1}{2} \text{ days}$

12 days and we need to open another packet on the 13th day.

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

I take $\frac{1}{2}$ a serving and my sister has 1 serving.

Each day we eat $1 \frac{1}{2}$ servings.



In 2 days, we eat 3 servings altogether.

Therefore, it lasts us 16 days and on the 17th day we need to open another packet.



€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?

There are approximately $\frac{7}{8}$ bananas in 1 kg.

$$€2.10 \div 8 = 26c \text{ each}$$

$$26c \times 30 = 780c$$

$$= €7.80$$

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

There are approximately 6 apples in 1 kg.

$$€2.48 \div 6 = 41c \text{ each}$$

$$41c \times 30 = 1230c$$

$$= €12.30$$

