



Food for pilots teacher notes

Key Stage 1

Science:

- living things need food and water

Overview of the activities

In this activity, children look at different types of food and suggest which ones would be good for pilots and passengers on a flight.

1. Food types
Card-matching exercise to link food types with their properties.
2. Design-a-meal
Children use the food cards to design meals for a pilot.

NOTE: a suitable risk assessment must be performed before carrying out any practical activity.

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Science background notes for teachers

Food types and their properties:

Sugary foods contain simple sugars (glucose and sucrose) which are a source of instant energy. For example, sweets, sugary drinks, cakes.

Starchy foods contain complex sugars (starch) and are good for energy that is released over a long period of time. For example, potato, pasta, rice.

Fatty foods contain lots of stored energy. For example, oils, butter, fried food.

Protein-containing foods are necessary for healthy growth, development and repair. For example, meat and fish.

Minerals and vitamins are needed for healthy growth. For example in vegetables and fruits.

Fibre is not digestible and helps to provide bulk to the food as it passes through the digestive system. This helps to prevent constipation. For example, vegetables, bran.

Water is needed to stop the body becoming dehydrated. Especially in young children and the elderly, prolonged dehydration can be fatal.

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Activity 1: Food types

Card sort activity in which children match the pictures with the names and types of food.

Preparation

- Print and cut cards for card-sort activity

The images for the card sort can be found following this activity.

Activity Notes

Introduce the general topic of food and have children describe in pairs the food they have had that day.

Go onto the idea of different types of food and having a balance in a healthy diet.

Have children work in groups to complete the card sort activity. The cards can be cut in a variety of ways:

- Picture, name and description all separated and children match all three.
- Picture separate with name and description together. Children match the name and also see the attached description.
- Picture and name together, with the description separate. This method could be used to encourage children to do their own research into the different types of food.

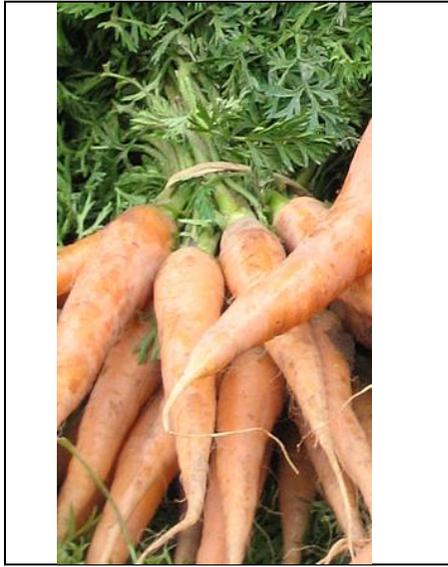
Extension

Have children describe their favourite meal and say why they like that food so much.

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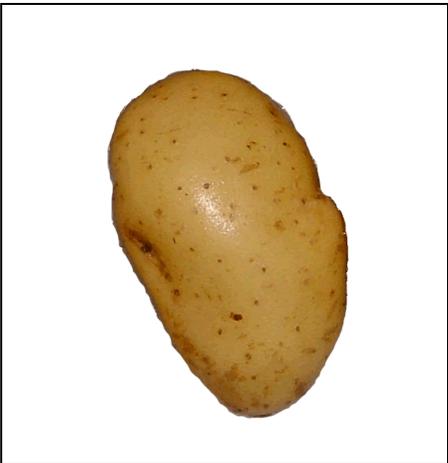


			
Banana	Apple	Carrot	Pea
Fruit keeps you healthy.	Fruit keeps you healthy.	Vegetables help you grow strong bones.	Vegetables help you grow strong bones.

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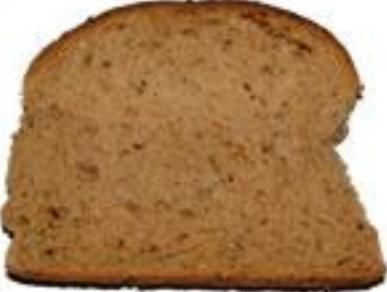


			
Meat	Potato	Fish	Spaghetti
Meat helps you grow healthy muscles.	Potatoes give you energy all day	Fish helps you grow healthy muscles.	Spaghetti gives you energy all day

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Bread	Beefburger	Sweets	Cakes
Bread helps give you energy all day.	Meat and a lot of fat.	Sugar for energy. Bad for your teeth.	Sugar for energy. Bad for your teeth.

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Activity 2: Food for pilots

Children use the cards to design a meal for an airline pilot.

Preparation

- Print and cut cards from previous card-sort activity
- Stimulus sheet attached below

Activity Notes

Discuss with children the type of food an airline pilot should have. Link to the types of activities the pilot will do during the flight. Also, what will they need to be generally healthy?

For example:

- Will need to have enough energy to be able to work for the whole flight. So they will need some sort of carbohydrate (potato or pasta).
- Stay healthy so fruit and vegetables would be useful.
- Be healthy and have healthy muscles to work the controls (meat).

Generally steer the children to thinking about meat, starchy food and a portion of vegetables.

Have children think about what is missing. Also need water.

Children write down their recommendation for the pilot's lunch in the space below the speech bubble on the stimulus sheet.

Extension activity

Have children think of themselves and what they do. What mixture of foods do they need?

Have children keep a note of their diet for a day. Are they getting a mixture of foods?

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What should I have for lunch?

This is a good lunch for a pilot.

