



STATEMENT OF THE PROBLEM

At our school we want to investigate to what extent all of the food groups are represented in school lunches. Does this change if students pack their own lunch? How do the results compare between the sample period and random days later in the year?

HEALTHY LUNCHES – THE STORY

The Planning Stage

Students and teachers together came up with a plan for this investigation. It was decided that there would be a trial period of four days over a two week period. Each trial day each student analysed his/her lunch and placed coloured dots on the class graph to represent each food group present in their lunch. Each grade in the school was to take part in the survey and decide how they were going to analyse and present their data. Suggestions were:

- Talk about the data at assembly
- Write number stories
- Predict what might happen if the trial went for 10, 20, 100 days
- Work out averages
- Compare daily tallies to see if the time of the week affects lunch quality

The following food groups were categorised as set out below:

- Vegetables
- Fruit
- Bread and cereals
- Dairy: cheese, yoghurt, milk drinks
- Meat, fish, lentils and eggs
- Extras: chips, popcorn, lollies etc.