

Fuel to win

gsk

Science
Education



Teachers' guidance for use with 8-11 year-olds



The food testing activities in Fuel to win can be adapted for use with younger children, down to around 8 years of age, with **close adult supervision**. As with any written instructions, they will need a hand with some of the vocabulary depending on age and reading ability.

Kitchen utensils can be used in place of science lab equipment, and clean eye droppers used as dropping pipettes. Special care should be taken handling the test strips, which should be safely disposed of after use. Hands should be washed and nothing, including fingers, should go in the mouth during the experiments.

Measuring the energy in food is best avoided, or done as a demonstration. The Independent learning sheets are intended for older students, aged 11-14.

Simpler discussion ideas for the introductory film could be:

- Why do we have to eat? What does food give us?
- Why do you have to eat more food if you do lots of exercise?
- Why is Angela interested in having the right body composition?

We recommend you get help from a suitably qualified colleague if you are not completely comfortable supervising any of these activities.

Sensitivity is needed when discussing fitness and different body shapes. Nobody should be made to feel uncomfortable.

Most of all, we hope you have fun!