

Fuel your body

Location

Ground floor, Food exhibition

In a nutshell

Watch flour burn to see how much energy is in our food! How much food does your body need? How many doughnuts is too many? Play the game to find out!



What to do

- 1) Find all the activities you do in a day. Don't forget that sleep is an activity too. Find all the food you eat in a day. Compare the energy you use to the energy consume.
- 2) Press the Load button to collect your fuel Press the Fire button to release the energy

Time Required

KS1 & KS2 3 – 4 minutes per student.

What's happening?

The food we eat contains energy. Our bodies release this energy through respiration using oxygen from the air we breathe a bit like burning a fuel. In this example we are showing the energy stored in flour being released. The chemical equation for respiration is; glucose + oxygen → carbon dioxide + water (+ energy), we write the energy in brackets as it is not a substance.

We need to eat enough food to provide us with the energy for all the things we want to do. When we eat more energy than we use our weight increases. When we eat less energy than we use we lose weight.

Curriculum links

KS1/2	<p>Science - Animals, including humans</p> <ul style="list-style-type: none"> - (Yr 2) find out about and describe the basic needs of animals, including humans, for survival (water, food and air) - (Yr 2) describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene - (Yr 3) identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food; they get nutrition from what they eat - (Yr 6) recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function <p>English - Spoken language</p> <ul style="list-style-type: none"> - articulate and justify answers, arguments and opinions - give well-structured descriptions, explanations and narratives for different purposes, including for expressing feelings <p>Cooking and nutrition - Key stage 2</p> <ul style="list-style-type: none"> - understand and apply the principles of a healthy and varied diet
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Relates to:

Workshops & Theme Days	Shows	Trails	Other exhibits
<ul style="list-style-type: none"> • Body Basics (KS1) • Choose Health (KS2 upper) • Digest this! (KS2) 	<ul style="list-style-type: none"> • How my body works (KS2) 		<ul style="list-style-type: none"> • World of food • Food energy • Digestive run • Body builder

