

Maths Takeaway



This month's special

Maths on the menu

Did you know that in the UK...

- poor diet accounts for about one-third of deaths from cancer and heart disease
- 30% of children are obese or overweight.

'The state of the nation's plate' at www.bbc.co.uk/food/food_matters/schoolmeals.shtml#the_state_of_the_nation's_platefoodmatters

But in 2005/06...

- fruit purchases increased by more than 10%
- confectionery purchases fell by more than 6%.

Family food survey 2005/06 at statistics.defra.gov.uk/esg/publications/efs/default.asp



Starters

Can you...?

- weigh and measure for recipes in metric or imperial units
- put different parts of the meal into the oven at the right time
- double all the ingredients in a recipe for twice as many people
- make sense of all the information on food labels
- add up how many calories, or how much salt or fat, you have eaten during the day
- work out if it's cheaper to buy something ready-made or cook it yourself.

Check out your maths skills by doing the mini-test at www.move-on.org.uk/testyourskills.asp

You can join a free group to improve your maths and gain a national qualification. Ask at the library, your local college or learning centre, ring 0800 100 900 or look on the Move On web site to find a local test centre.

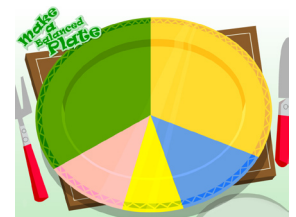
Main course

Advice from the Food Agency

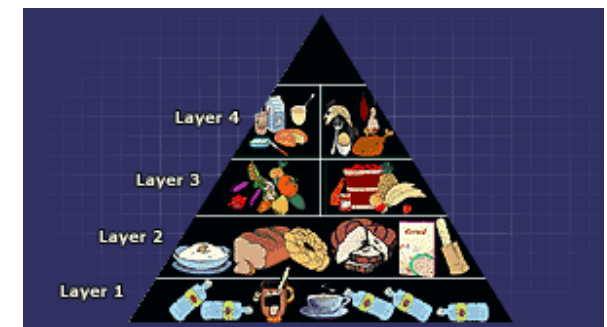
(at www.eatwell.gov.uk)

A healthy diet contains lots of fruit and vegetables; is based on starchy food such as wholegrain bread, pasta and rice; and is low in fat (especially saturated fat), salt and sugar.

Check out the food groups and play the balanced plate game at: www.food.gov.uk/multimedia/flash/a_balanced_plate_intro.swf



Or find out about the food pyramid at: news.bbc.co.uk/sportacademy/hi/sa/healthy_eating/features/newsid_2164000/2164679.stm



Specials

Breakfast: How does yours measure up?

- Do you eat between one-quarter and one-third of your daily calories (around 2,500 calories per day for women and 3,000 calories for men) at breakfast?
- How many portions of your five-a-day fruit and veg do you eat at breakfast?
- Do you have wholegrains for breakfast? A Harvard study found that people who regularly ate wholegrains for breakfast were 20% less likely to die from heart disease than people who didn't.
- Up to a third of us regularly skip breakfast. Are you one of them?

More information at www.mealsmatter.org and www.hgca.com/breakfast.

Breakfast for 100

As a chef you might need to:

- increase your muffin recipe from 20 to 100
- calculate the number of sausages, bacon rashers, tomatoes and trays of eggs you need to bring from the store
- estimate how many servings from each catering tin of beans
- make sure you are charging enough to make a profit.

Have you got all the maths skills you need to work in catering?

Set menu

How much salt?

The Government recommends an adult eats no more than 6 g of salt per day. Your morning bowl of cereal has 0.5 g of salt and your mid-morning crisps have 0.4 g of salt. If you eat another 4.2 g of salt for the rest of the day, how much have you eaten altogether?

- a) 8.6 g
- b) 5.2 g
- c) 5.1 g
- d) 4.7 g



You can find out more about salt at: www.salt.gov.uk

How long to cook the joint?

The label says to cook for 20 minutes per 500 g plus an extra 20 minutes. The joint weighs 4.25 kg. It should be cooked for:

- a) three hours
- b) three hours, 10 minutes
- c) three hours, 20 minutes
- d) three and a half hours.

If you enjoyed these questions and want to try some harder ones, log on to the Move On Learner Route at www.move-on.org.uk.

Extras

Grin or Groan?

Question:

What do you get if you divide the circumference of a pumpkin by its diameter?

Answer:

Pumpkin pi

Food trivia

Do you know how much cola is drunk at breakfast time? Find out at: www.foodreference.com > Facts & trivia > Breakfast

Resources for tutors

Resources are available to download from www.move-on.org.uk. Register on the site to access the Move Up Teacher Route at www.move-on.org.uk/mu_route.asp.

If you have any resources, jokes, quizzes, games, etc., about X-Maths, please e-mail info@move-on.org.uk.

If the ideas on this page have encouraged you, or someone you work with, to try out some maths, please let us know.