

**Main subject:**  
Food Technology

**Linked subjects:**  
1. Biology                      2. Maths

**Year**  
8

## The Obesity Epidemic

**The aim of this extension task is to:** investigate and analyse the obesity epidemic in the UK. You will be encouraged to extend your own knowledge and produce information that others may use. You will choose adapt and make a healthier dish.

**Why Not?**  
It's just for fun!

**Context of task:** As a nation we are getting fatter. Nearly two-thirds of men and women in the UK are obese or overweight, according to new analysis of overweight and obesity data.

*The UK, it says, has the third-highest rate of excess weight in Western Europe behind Iceland and Malta. 67% of men and 57% of women in the UK are overweight or obese according to the study which uses a Body Mass index (BMI) of over 25 to define 'overweight' and a BMI of 30 or more to define 'obese'. Overweight and obesity is a growing problem among children and adolescents. The study found 26% of boys and 29% of girls were overweight or obese, compared to 17.5% and 21% in 1980.*

### Questions / Issues to address:

1. Find out how BMI is calculated. Calculate and comment on your own BMI.
2. What are the health implications of being overweight or obese? (to adults and children)
3. 'Food Swaps' are an important part of healthy eating. Find out what this means. Produce your own food swap page or cards, using words or images. You must include at least 10 food swaps.

*Practical Activity:* Choose, *adapt* and make an interesting dish which would enable an overweight or obese young person to eat more healthily.

Make the dish and upload a photo to your default e-Locker.

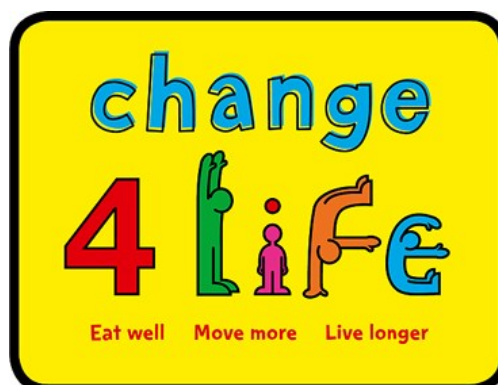
### Expectation:

**1-2 sides of A4 paper.**

Research word processed + food swap cards or activity.

**Upload photo of dish made to default e-Locker + copy of recipe used (with notes of changes made)**

**Deadline:** By the end of the current module.



### Note to students:

It is not essential, but you are encouraged to extend this task into an area of your own