

Science Across the World

What did you eat?

TO:

Date	15/10/2009
Teacher's name	
School	
Address	
Phone numbers (inc. dialling code)	Telephone: Fax:
E-mail address	
School website address	

We understand that your class is studying *What did you eat?*. We would like to exchange information about diets and health. We enclose the opinions of our class with this exchange form.

We look forward to hearing from your class. Please reply.

FROM:

Teacher's name	Mrs Gülçin Uzel
School	TAKEV
Address	YENİKALE MAH. BURAK SOK. NO:2 NARLIDERE / İZMİR 35320
Phone numbers (inc. dialling code)	Telephone:02322396222 Fax:02322389659
E-mail address	Info @ takevokulu.k12.tr / gulcin.uzel@hotmail.com
School website address	www.takevokulu.k12.tr

A typical school day

Time of Day	Activities	Meals/Snacks Eaten
04.00	Sleeping	
05.00	Sleeping	
06.00	Sleeping	
07.00	Waking up	
08.00	Having breakfast	Cereal and milk or pancakes or cheese olive and bread
09.00	Going to school	
10.00	School	
11.00	School	Snacks
12.00	School	
13.00	School&lunch	Toast and fruit juice or pizza and ice tea
14.00	School	
15.00	School	
16.00	School	Chocolate
17.00	Going to home	
18.00	TV	Sandwich
19.00	Homework	
20.00	Dinner	Meatballs spaghetti and salad cola or fish
21.00	Homework	Chips
22.00	TV	
23.00		
24.00	Sleeping	

Eating Habits

1. Breakfast

1. For breakfast, most students eat:

Generally we eat toast or cereal if we have time to breakfast we eat bread with marmalade, cheese, honey, bread tea or milk.



2. We think that eating a good breakfast before going to school is important/~~not important~~ because (delete as appropriate).

The things that we eat give us energy because they have carbohydrate vitamins and minerals. They are important for us. It helps us to concentrate during the lessons.

2. Eating Habits

1. The sort of snacks and sweets we eat during the day are:

Most people eat snacks and sweets during the day. They eat chocolate, chips, nuts, crackers... We eat them while watch TV, do homework these are to say every time eat snacks.

Percentages According To Age Snacks&Sweets

	Toodler	Teens	Adult	Elder
Snacks&Sweets	%36	%40	%14	%10

2. The arrangements for meals during the school day are:

In Turkey some schools are part time. If their school is part time they eat their lunch in their home or in school's canteen snacks. If their schools are fulltime they eat in refectory. Or some students bring their meals from their home and eat in school.

3. The people who choose and prepare our food are:
They are professionals in cooking. They choose our food at school by their calorie and cook the meal in a secure way.
4. Traditional beliefs about diet in our country are:
In the eastern part of Turkey people eat more meat. Kebab is favourite food for them. In the western part people eat more seafood vegetables and fruits.





Döner kebab



Shish kebab

5. The ways in which eating habits are changing are:

If technology develops their eating habits changes. Because convenience food were increase and they are really easy. Most people are like them and use convenience foods and conserve meals. Some people do not have enough time for cooking and they eat convenience foods and fast food.

3. Diet and Health



1. We think that most members of our class eat:

- a balanced diet
- enough dietary fibre
- enough fruit and vegetables
- too much salt
- too much sugar
- too much fat



Turkish delight

2. Suggestions for improving our diet are:

You can eat snacks but you should eat fruit, vegetables, meat and grain too. Because you must take energy from carbohydrates, vitamins and minerals. You should often eat a bit. You should not eat too much sugar and salt. Because if we eat them too much, they are harmful for us.

3. Our main concerns about diet and health are:

We are children. We don't need to diet. If we eat healthy food, this is good for us.

Science Across the World

What did you eat?

TO:

Date	17 January 2010
Teacher's name	GULCIN UZEL
School	TAKEV
Address	Takev Özel İlköğretim Okulu, ANKALE MAH. BURAK SOK. NO:2 NARLIDERE/İZMİR Turkey
Phone numbers (inc. dialling code)	Telephone: +90 +902322396222 Fax: +90 +902322389659
E-mail address	
School website	

address	
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We understand that your class is studying *What did you eat?*. We would like to exchange information about diets and health. We enclose the opinions of our class with this exchange form.

We look forward to hearing from your class.
Please reply.

FROM:

Teacher's name	Mrs Dufay and Mrs Sterner
School	College FENELON
Address	1, rue Paul Michel Perret 69006 Lyon FRANCE
Phone numbers (inc. dialling code)	Telephone:0478931860 Fax:
E-mail address	

School website address	
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A typical school day

Time of Day	Activities	Meals/Snacks Eaten
04.00		
05.00		
06.00		
07.00	We get up and we have breakfast	Cereals, fruit jus, milk, bread and Nutella
08.00	We start school to	
09.00	Classes from 8 to 9:45	
10.00	Break	Water
11.00	Classes from 11 to 11:50	
12.00	A lot of students have lunch at school everyday. We have a lunch at the school cafeteria	School dinner: a main course (fish or meat vegetable + bread potatoes or pasta) salad... yogurt or fruit + water
13.00	From 1 to 3 pm we have classes	
14.00		
15.00	At 3:30 we have a break from 3:45 to 5:30 we have	

	classes.	
16.00		
17.00	At 5:30 we go home and have a snack. We watch T.V.	We have biscuits, chocolate bars, fruit, milk, juice, water
18.00		
19.00	We do our homework. We go on our computers: we chat. Once a week we have an activity. We do sports.	
20.00	Dinner time between 7 and 8 p.m: meat, fish or eggs; vegetable, or pasta, salad or lettuce, rice, potatoes.we have bread.	
21.00	Between 9 and 10 p.m we go to bed.We watch TV after dinner.	
22.00		
23.00		

Eating Habits

1. Breakfast

1. For breakfast, most students eat:

2. We think that eating a good breakfast before going to school is *important/not important* because (delete as appropriate):

We need energy .It's good for concentration. It's necessary to be fit.

2. Eating Habits

1. The sort of snacks and sweets we eat during the day are:

Some have chocolate bars. Most have fruit, water and biscuits.

2. The arrangements for meals during the school day are:

Lunch, hot meal, full course.

3. The people who choose and prepare our food are:

Mother or father or children.

4. Traditional beliefs about diet in our country are:

Some are muslims or jews .No pork.

5. The ways in which eating habits are changing are:

More organic food .More vegetables and fruits. More exotic or foreign food.

3. Diet and Health

1. We think that most members of our class eat:

- Ø a balanced diet
- Ø enough dietary fibre
- ❑ enough fruit and vegetables
- ❑ too much salt
- Ø too much sugar
- Ø too much fat

2. Suggestions for improving our diet are:
We should eat less snacks, we should eat more fruits and vegetables.

3. Our main concerns about diet and health are:

Afraid of diabetes and getting fat (obesity), heart disease, cancer, and lack of vitamins.

Yoghourt



cake



MILK for breakfast



ketchup



Visit to the chocolate factory

We went to the Croix-Rousse, a district from Lyon, with subway. The chocolate maker of “La Toque Blanche” welcome us nicely. He showed us chocolate moulds, to make hat-shaped chocolates. To obtain cocoa mixture: the tree, the cacao, give a fruit which contains cocoa beans. Beans are fermented, grilled and mixed.

The chocolate maker showed us a giant chocolate bar: 5 kgs! We tasted their special product “The Toque Blanche”: White toque. To cut the mixture, they have a special equipment called a ”guitar” He also makes chocolate liquor: only professors tasted that.

Students came back with samples of chocolate

Lyon is a well-known town for gastronomy: there are a lot of good chocolate makers or chiefs as Bocuse.

All the students approved this visit for the project: healthy diet doesn't exclude tasty products like chocolate.

