

activities



Fibre - Its role in the diet



Spot the fibre!

Can you solve the fibre problem? I have samples from a tomato, banana, celery, carrot, and a slice of wholemeal bread. I have looked at the samples closely, pulled them apart and tasted them. But when I try to answer some simple questions such as - Do they look alike? Are they the same colour? Do they have the same texture? Do they taste the same? I am still puzzled as to how I identify and describe fibre. If you repeat what I have done, you may be able to help me.



Many foods contain fibre but not all are good sources. Try listing as many foods as possible under Good, Medium, and Poor sources of fibre. Find out how much fibre these foods contain. Which foods have the highest content?



Research a project on fibre - there is so much to find out!

Here are some questions to get you started...

What is fibre? What are the differences between soluble and insoluble fibre? What health benefits do we gain from each type of fibre? Do we eat enough fibre? Can we get too much fibre?



You meet a person who believes that bread is fattening, and that it has no fibre. This person also believes that white bread has no nutritional value. You know as well as I know that these ideas are myths. Your mission if you choose to accept it is to design an advertisement that convinces this person of the truth about bread. This could be a videoed skit with a catchy jingle or a one page newspaper/magazine advertisement.

Now, you might be interested to see how effective your advertisement is. To do this randomly select a group of people from the community (if possible) and give each person a questionnaire on their thoughts about fibre. Make sure there are no leading questions. Keep each person's identity anonymous by giving each person a number. Show each person your advertisement. Give each person your questionnaire again a day (or better still a week) later.

Results

Compare the two questionnaires from each person. How effective was your advertisement?

Conclusion

Did the questionnaire answers change? If they changed, did they include the information in your advertisement? If they didn't change, did the answers for both questionnaires reflect the ideas in your advertisement or was your advertisement not persuasive enough?

Did you have a good mixture of people? If you didn't, how would this affect your results?

Can you be sure these people didn't get together to discuss your advertisement? If you think they did, how would this affect your results?

Now that you have all this information, how are you going to present your findings? Where are you going to display your fibre investigation?