

Fact or Opinion Food Sorting Discussion Activity

It seems strange if you don't have meat in your meal.



Fried snake and spiders

I snack because it is habit and something to do when you are bored.

Food needs to be tasty to enjoy it.

Too much water is just as bad as too little.

Colour of food is important.
Nobody eats blue food.

Chocolate covered giant ants



It's healthier to try a wide range of different foods.

Fact or Opinion Food

A sorting activity to stimulate discussion about attitudes to food.

Webaddress:

<http://www.collaborativelearning.org/factandopinionfood.pdf>

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Our talk for learning activities are designed to:

...build on prior knowledge.

...move from concrete to abstract thinking.

...ensure everyone works with everyone else.

...extend social language into curriculum language.

...provide motivating ways to go over the same topic more than once.

COLLABORATIVE LEARNING PROJECT

Project Director: Stuart Scott

We support a network of teaching professionals to develop and disseminate accessible talk-for-learning activities in all subject areas and for all ages.

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BRIEF SUMMARY OF BASIC PRINCIPLES BEHIND OUR TEACHING ACTIVITIES:

The project is a teacher network, and a non-profit making educational trust. Our main aim is to develop and disseminate classroom tested examples of effective group strategies that promote talk across all phases and subjects. We hope they will inspire you to develop and use similar strategies in other topics and curriculum areas. We want to encourage you to change them and adapt them to your classroom and students. We run teacher workshops and conferences worldwide but mainly in the UK. The project posts online many activities in all subject areas. An online newsletter is also updated regularly.

*These activities are influenced by current thinking about the role of language in learning. They are designed to help children learn through talk and active learning in small groups. They work best in non selective classes where children in need of language or learning support are integrated. They are well suited for the development of speaking and listening. They provide teachers ideal opportunities for assessment of spoken language.

*They provide scaffolding for differentiation by placing a high value on what children can offer to each other on a particular topic, and also give children the chance to respect each other's views and formulate shared opinions which they can disseminate to peers. By helping them to take ideas and abstract concepts, discuss, paraphrase and move them about physically, they help to develop thinking skills. We strongly endorse the principles of the Learning Without Limits group to which we belong.

*They give children the opportunity to participate in their own words and language in their own time without pressure. Many activities can be tried out in pupils' first languages and afterwards in English. A growing number of activities are available in more than one language, not translated, but mixed, so that you may need more than one language to complete the activity.

*They encourage study skills in context, and should therefore be used with a range of appropriate information books which are preferably within reach in the classroom.

*They are generally work effectively over a wide age range because children can bring their own knowledge to an activity and refer to books at an appropriate level. The activities work like catalysts.

*All project activities were planned and developed by teachers working together, and the main reason they are disseminated is to encourage teachers to work with each other inside and outside the classroom. They have made it possible for mainstream and language and learning support teachers to share an equal role in curriculum delivery. They should be adapted to local conditions. In order to help us keep pace with curriculum changes, please send any new or revised activities back to the project, so that we can add them to our lists of materials.

<http://www.collaborativelearning.org/factopinionfood.pdf>

Fact or Opinion Food

Instructions



Work in groups of three or four. Share out the cards and take turns to place them on the sorting board. Leave any that you don't know the answer to or you disagree over on the side for later discussion with the class.

Think of some other facts or opinions about food that you can share.

A fact is a statement. It can be true or false. "Humans can digest grass." is a fact but it is probably a false fact. "Humans cannot digest cellulose." is another fact, true this time.

An opinion is something you agree with or disagree with. "I don't think I'd like to try eating grass." is an opinion. Opinions cannot be divided into true or false and this is why the sorting board is lopsided.

You may find that opinions about food, especially likes and dislikes are very strong so you might want to collect some of these.

**I don't like any foods
that are orange or pink.**



**I like raw cabbage
but don't like cooked
cabbage**



**I think everyone should
have enough food to
keep them healthy.**



Fact or Opinion Food

True

Fact

Opinion

False

Food is cheaper
than it has ever
been.

One third of
children under 15
in the UK are
overweight.

We exercise less
than we used to.

It seems strange
if you don't have
meat in your
meal.

Food needs to be
tasty to enjoy it.

I feel happy
when I am full.

I snack because
it is habit and
something to do
when you are
bored.

It doesn't matter
how much you eat
as long as you
take plenty of
exercise.

Too much water
is just as bad as
too little.

I can eat as
much as I like as
long as I don't
put on weight.

If you eat plenty
of fibre the fat
doesn't stay in
your body.

There are good
fats and bad
fats.

The body can
only absorb so
many vitamins
and the rest is
wasted.

Colour of food is
important.
Nobody eats blue
food.

I eat familiar
food. I don't like
anything new.

It's healthier to
try a wide range
of different
foods.

Nibbling food all the time is very comforting.

It's good to fast then food tastes better.

The idea of a 'best body' changes over time.

It is a lot easier to eat healthily in a warm, sunny climate.

If I was taller I would not be overweight.

When you are stressed you eat more.

The eating habits you have as a child affect you when you get older.

Families that eat together tend to eat more healthily.

Eating while walking is bad for the digestion.

Eating little and often is better than eating big meals.

A lot of low fat meals contain too much salt.

Too much sugar in your diet can lead to diabetes.

People don't find time to cook and therefore eat less healthily.

Eating regularly, no matter what it is, is better than bingeing or starving.

You can get addicted to sugar.

Food in season tastes better.