



Activity 3

Date:

Study the diets of different South African cultures.

Step 1: Divide into groups of two to four learners.

Step 2: Each group gets a different cultural group of South Africa to study, e.g. Zulus, Xhosas, White Africans, Ndebeles or the San. Kosher and Halaal diets can also be assigned to a group.

Step 3: Each group does separate research on the eating habits of the cultural group that has been assigned to them.

Step 4: Make a poster about the diet of the cultural group that has been assigned to your group.

Bring examples of their food types to class.

Share your findings with the other learners in your class.

Unhealthy diets can easily lead to malnutrition, undernourishment or overfeeding.

Malnutrition is the shortage of one nutrient, but the excess of another nutrient.

Undernourishment is when too few nutrients are ingested.

Overfeeding is when too many nutrients are ingested.

Activity 4

Date:

Discuss all the negative effects of an unhealthy diet on your body. Look in particular at the influence of additives in food, the exposure to too many fast foods and the various diets that are developed for weight loss.

Practical investigation 1

Date:

Aim: To determine whether potatoes, pasta and cheese contain starch.

Hypothesis:



Requirements:

- Potato
- Raw pasta
- Cheese
- Iodine solution
- Alcohol/ethanol
- Petri dish
- Mortar and pestle
- White paper

Method:

1. Take a piece of potato and grind it with the mortar and pestle.
2. Add alcohol/ethanol to the potato and mix well.
3. Add a small amount of iodine solution to the mixture.
4. Use the mixture to stain a white piece of paper.
5. Repeat the experiment with pasta and cheese.

Results:

Conclusion:

Discussion:
