Further information on lesson 2

Suggestions for getting started with the topic of food

If you as a teacher would like to focus more on the topic of food, we have compiled information and materials to help you do this.

A possible introduction is to present various foodstuffs (packaging) (e.g. crispbread, potato chips, jelly babies, salami, etc.) and discuss the following questions:

* + "What data can you find here?"
  + "What role can data play in our nutrition?"
  + "Why is this data on all food packaging?"

It is possible to go into more depth with worksheets and a model for making the DGE 3D food pyramid. The materials can be found here:

<https://www.dge.de/fileadmin/dok/gesunde-ernaehrung/ernaehrungsempfehlung/pyramide/200714-DGE-Arbeitsblaetter-03-formular.pdf>

At this point, cooperation with biology lessons can also be a good idea, as the food pyramid is dealt with there in year 6 in some federal states.

If you want to introduce the classification of food, a traffic light system for nutrition can provide a good introduction (e.g. Nutri-Score). Such a system is not usually based on machine learning, but one aim within the series of lessons is to create a similar system of rules using machine learning methods.

Background information on the Nutri-Score can be found at the following link:

<https://www.prodabi.de/wp-content/uploads/Nutri-Score_und_Entscheidungsbaeume.pdf>