Student name:

Date:

**Experiment 3: Investigating the impact of bowl size on weighed portion size of breakfast cereal**

**Aim**

* To investigate whether bowl size has an impact on portion size.
* To consider what effect portion size may have on energy intake.

**Equipment**

* weighing scales;
* breakfast cereal (same breakfast cereal for all class members);
* bowl (three different sizes – e.g. small, medium, large).

**Method**

1. Place the **small** bowl on the scale and set to zero (0g).
2. Measure into the small bowl the portion of breakfast cereal you would usually serve yourself.
3. Repeat steps 1 and 2 with a **medium** and **large** bowl.
4. Ask five other people in the class to carry out this experiment. Record your answers below:

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Portion size in small bowl (g)** | **Portion size in medium bowl (g)** | **Portion size in large bowl (g)** |
| **You** |  |  |  |
| **1** |  |  |  |
| **2** |  |  |  |
| **3** |  |  |  |
| **4** |  |  |  |
| **5** |  |  |  |
| **Average** |  |  |  |

**Analysis of Results**

1. What is the recommended serving size shown on the packaging? \_\_\_\_\_\_\_g
2. Document any differences between the average portion size you recorded and the recommended serving size on the packaging.
3. Small \_\_\_\_\_\_\_g
4. Medium \_\_\_\_\_\_\_g
5. Large \_\_\_\_\_\_\_g
6. If there were any differences, why do you think that was?

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1. Which bowl did you measure the portion size more accurately in?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Which bowl, on average, was the portion size measured more accurately in?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_





