



# Autumn 1 Science Quest



Are you ready to challenge yourself with a Science Quest?

Earn 10 housepoints for your house by completing a challenge and sharing it in school.

## Year 4



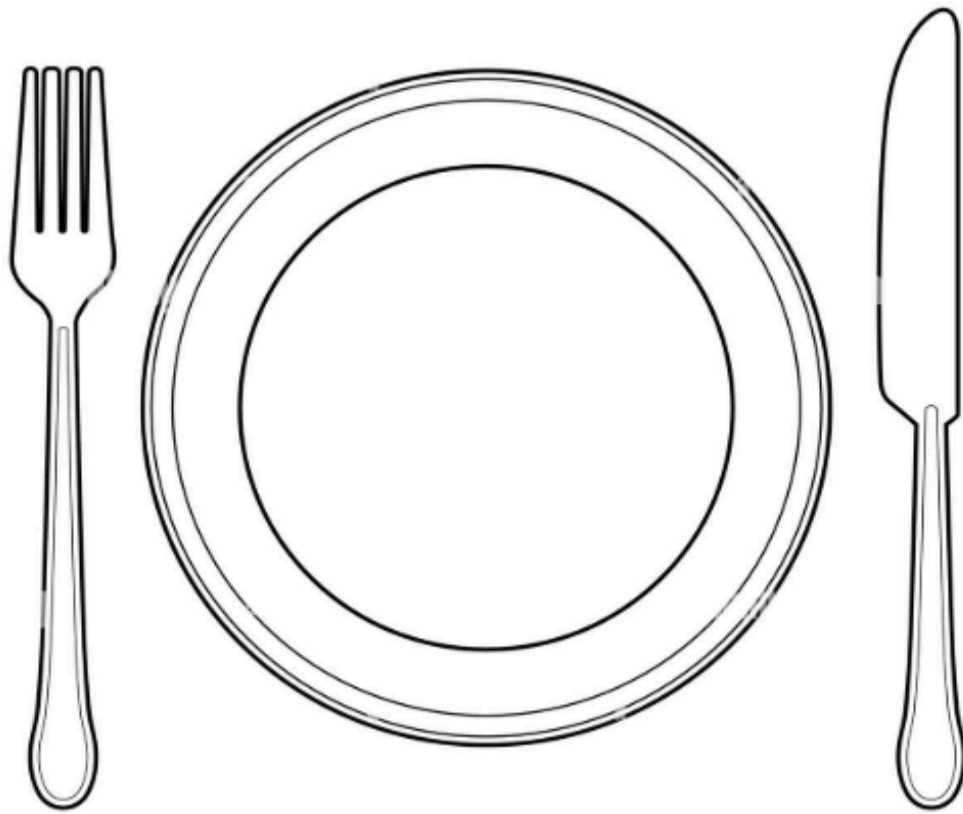
### Which breakfast is best?

#### What you need

- access to website
- pencils/crayons

#### What to do

1. Watch the video  
<https://www.bbc.co.uk/teach/class-clips-video/articles/zk7rkmn>
2. Record who you think did better on their test.
3. Create a healthy breakfast that gives you enough energy to last you until lunch.



Label your drawing and explain why you have chosen each item.

### Background Science

In order to move, our muscles need to transfer energy from food. Different types of food provide different amounts of energy. Starchy and sugary foods are particularly high in energy and, when digested, are broken down into glucose. The glucose enters the bloodstream and travels to the muscles where it is used to provide energy.

Sugary foods are digested into glucose much more quickly than starchy foods so provide a quick, but short, burst of energy. Starchy foods will be digested more slowly, so will provide energy in small amounts but for longer.

