

# Persuasive Writing

*"Should Ice Creams Be Sold In School Canteens?"*



Study*ladder*



# Should Ice Creams Be Sold In School Canteens?

*Questions to guide your research*

What types of foods are sold in most school canteens?

How would you classify ice creams?

What is the nutritional value of ice cream?

What are the pros and cons of eating ice creams?

How do ice creams affect your body?



# Let's Get The Facts:

## VANILLA ICE CREAM

(example nutritional information)

| Servings per package: 10<br>Serving Size: 73g | Average Quantity per serving | % Daily Intake*<br>(per serving) | Average Quantity per 100g |
|---|------------------------------|----------------------------------|---------------------------|
| Energy  | 694 kJ                       | 8%                               | 950kJ                     |
| Protein                                       | 2.8g                         | 6%                               | 3.8g                      |
| Fat - total                                   | 10.3g                        | 15%                              | 14.1g                     |
| - saturated                                   | 7.2g                         | 30%                              | 9.9g                      |
| Carbohydrate                                  | 15.6g                        | 5%                               | 21.4g                     |
| - sugars                                      | 15.6g                        | 17%                              | 21.4g                     |
| Sodium  | 45mg                         | 2%                               | 62mg                      |

\*Percentage daily intakes are based on an average adult diet of 8700kJ.

**INGREDIENTS:** Cream, sugar, skim milk concentrate, water, egg yolk, emulsifiers (vegetable - 477, 471), vegetable gums (412, 407a), natural vanilla flavour, Ice cream contains 13% milk fat.

**Contains milk and egg.**

**May contain traces of peanuts and tree nuts.**



## SUGAR

The World Health Organization (WHO) recommends

- less than 10% of total energy intake (approx. 50 grams/12 teaspoons) per day.

(includes sugars added to foods and drinks as well as sugars in honey, fruit juice and fruit juice concentrates)

1 teaspoon of sugar = about 4g

## FAT

The World Health Organization (WHO) and The Australian Heart Foundation recommends

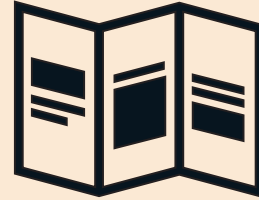
- less than 10% total energy from saturated fat per day.
- less than 1% total energy from trans fat per day.



## *Choose a text type:*



a flyer or poster



a brochure



a slide show or  
video



a speech to another  
class



a debate in front of  
peers



a letter of  
complaint