

STUDENT WORKSHEETS



WORKSHEET 1: NUTRITIONAL ANALYSIS

Name: _____

Instructions:

1. Use the data provided below to create two bar graphs comparing the nutritional content of cauliflower, broccoli, and carrots.
2. In the first bar graph, include the macronutrients: Protein (g), Carbohydrates (g), and Fibre (g).
3. In the second bar graph, include the vitamins and minerals: Vitamin C (%DI), Vitamin K (%DI), and Folate (%DI).
4. Label the x-axis with the nutrient names and the y-axis with their respective values (e.g., g, or %DI).
5. Use a different colour for each vegetable.

Nutrient	Cauliflower	Broccoli	Carrots
Protein (g)	2	2.5	0.93
Carbohydrates (g)	5	6	9.58
Fibre (g)	2	2.5	2.8
Vitamin C (%DI)	58	101	5
Vitamin K (%DI)	14	85	10
Folate (%DI)	15	15	13

*Percentage Daily Intake per 100g (%DI)



WORKSHEET 1: NUTRITIONAL ANALYSIS

1. Which vegetable has the highest vitamin C content per 100g?

2. How does cauliflower compare to carrots in terms of fibre content?

3. Based on the data, what makes cauliflower a good choice for a healthy diet?



WORKSHEET 2: MEDIA MESSAGE EVALUATION

Name: _____

Examine the following media messages about cauliflower.
For each, answer the questions provided.

1. Online Opinion Piece: Is cauliflower coffee the next health food trend?
<https://www.taste.com.au/healthy/articles/cauliflower-coffee-next-health-food-trend/m657xrts>

a) What is the main message being conveyed?

b) How does this message portray cauliflower?

c) Is this message based on scientific evidence? Explain.



WORKSHEET 2: MEDIA MESSAGE EVALUATION

2. News Headline: Colourful cauliflowers are proving a hit on supermarket shelves — and the palette is set to widen. <https://www.abc.net.au/news/rural/2021-12-26/summer-holder-colourful-cauliflowers/100668678>

a) What key information does this headline present?

b) How might this message influence public perception of cauliflower?

c) What additional context might be needed to fully understand this message?



WORKSHEET 2: MEDIA MESSAGE EVALUATION

3. Advertisement: Fine Fettle Cauliflower Rice
<https://www.finefettle.com.au/products/cauliflower-rice>

a) What is the purpose of this message?

b) How does it present the nutritional value of cauliflower?

c) Are there any potential biases or exaggerations in this message?



WORKSHEET 2: MEDIA MESSAGE EVALUATION

PART 2: REFLECTION

1. How do the media portrayals of cauliflower differ from each other?

2. How might these messages affect what people think about cauliflower's health benefits and how to use it?

3. Suggest how to help people understand cauliflower's real benefits and clear up common myths.

4. How could you check the accuracy of the information presented in these media messages?