

Article for practical research for education

My group did our research topic on our school tuck shop. We created our own company called Oka Snacks, and we all thought of ways to improve tucks shops not only at our school but at any school's that would be prepared to listen.

We decided it was important to research on this topic because some schools have tuck shops that only have non-healthy snacks and others have tuck shops that only have healthy snacks, our group believed this was very poor, as we did some interviews with different staff and pupils, we discovered that schools would love to have a mix, so our project for OKA snacks was called healthy but yummy snacks.

To do our research our two main sources were the library and the internet. We used the library to find out information about peoples diets and how what you eat can affect your brain power, but we used the internet to track down what is really in foods like walker's crisps, kettle chips, chocolate divine bars, basically junk food. However we did interview our school lunch ladies to find out their views on what they are selling at the school tuck shop, and we interviewed a few pupils to find out what they wanted to eat at their tuck shop, we did however want to interview mrs.morris, but she was unfortunately busy.

After interviewing the lunch ladies at our school we found out that they would love to have a mix of snacks at our school tuck shop, and agreed that there is quite a bit of junk food that we sell that could be improved. The majority of the pupils we interviewed said that they love eating chocolate and crisps at break, some said they like fruit. In the library we found out that it is vital to have fruit, vegetable and protein in your daily diet, we already know some people that don't have fruit in their as they are so addicted to the chocolate being sold already. This is what we want to put a stop too.

From our research we found out what people want to eat, what they should eat, and why. This really did help us to succeed in our research as we had found out basically what we needed to know, all we had to do was discover new solutions to improve the bad points and even the good.

We really enjoyed doing our research as we chose a topic our whole group was happy with and enjoyed. We all had different skills to use; Anmol and I did all the computer research and typed up our finished SA's and information with the input of Allisandra and Olivia, However Olivia and Allisandra created our video and also helped myself and Anmol with our research, we all cooperated well as a group, and I don't think we really came to any disagreements. If we had more time we would have liked to take our research deeper and maybe go into school dinners and lunches.

Overall we think the research topic was a great idea, to expand people's knowledge on whatever they wanted to learn more about or what appealed to them the most.

By Kelly