



## Objectives

At the end of this lesson I should be able to:

- Compare methods scientists use to study health in our communities
- Describe the types of evidence different data sources can give us
- Evaluate my own diet

Start of lesson			End of lesson		
Confident	OK	Not so sure	Confident	OK	Not so sure
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## Complete this section at the end of the lesson

What new things have you learnt today?

What skills have you used today?

What skills did you find difficult today?

What will you make sure you remember from today?

The TeC-19 study carried out research into understanding the experiences of and the impact the COVID-19 restrictions had on teenagers and how they could be better supported during the pandemic.



**UKTeC-19**  
TEENS AND COVID-19  
in the United Kingdom



The Southampton Women's Survey is a study learning about how diet and lifestyle factors influence the health and wellbeing of women and their children.

**Progress so far .....**

10 months	2168
18 months	2645
24 months	2877
3 years	2779
4 years	2644
5 years	2034
6 years	1076
8 years	1214
11 years*	617

*\*These numbers show how many children have taken part at each stage of the study to date.*

**Dear Participants,**  
There have been lots of developments since we started in 1996, we thought you might be interested in finding out a little more about what we are doing. We would also like to take the opportunity to thank you for all the time and effort you have given to the Southampton Women's Survey (SWS), without which it would not have been possible for us to carry out the work.

**Jacobs was the final SWS child to be born at three years of age.** We visited Jacobs and his mum, Jennifer, in March 2011. Here are some of their thoughts about taking part in the study.

**Did you find giving up your time to take part in the study difficult?** It was not a problem because the study team were always happy to fit in with me and I knew I was helping a worthwhile project.

**Do you find the long-term commitment to SWS a problem?** I enjoy being part of the study and have found it a benefit to me and Jake - the scans and the measurements. The food questions also gave me the opportunity to reflect on his diet.

**How do you feel about us catching up with you again in three years time?** The time will whizz by and I look forward to the findings and it's always good to catch up.

**How do you think Jacobs feels about us taking part and being measured?** He has enjoyed the attention.



**Kerrie gave birth to the 1,000<sup>th</sup> SWS baby, Nave-Nave, who weighed in at 10lb 2oz.** Hopefully Kerrie spoke for many of you when she said I really like taking part in the SWS. "I particularly enjoyed the scan pictures. It's good to take part in medical research to help improve future babies".


For contact details and more information visit our web site at [www.southampton.ac.uk](http://www.southampton.ac.uk) Keep in touch!



## Activity 1: Comparing scientific research studies

Working in small groups, use the sources of information to answer the questions in the table opposite for your case study, either the Southampton Women's Survey or TeC-19. Share your information within your group so you can complete the questions for both studies.

Questions	Southampton Women's Survey	TeC-19 Study 
What was the aim of the study?		
Who is taking part in the study?		
How was the data collected?		
What data did they collect? Give some examples		

### What types of information do the different sources give us?

Research scientists use different methods to collect data from different sources.

What is the difference between information collected in numbers and the information collected in words?

	words or text	numbers
Describe what type of information these sources give us?		
Give some examples		

# How can we eat well to support our health and immune system?



## Activity 2: “My Eatwell Guide”



As part of both studies the scientists asked participants to keep food diaries. Using your food diary or meal photos, input your data into the Excel spreadsheet.

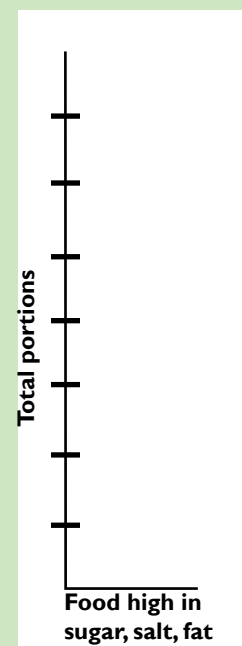
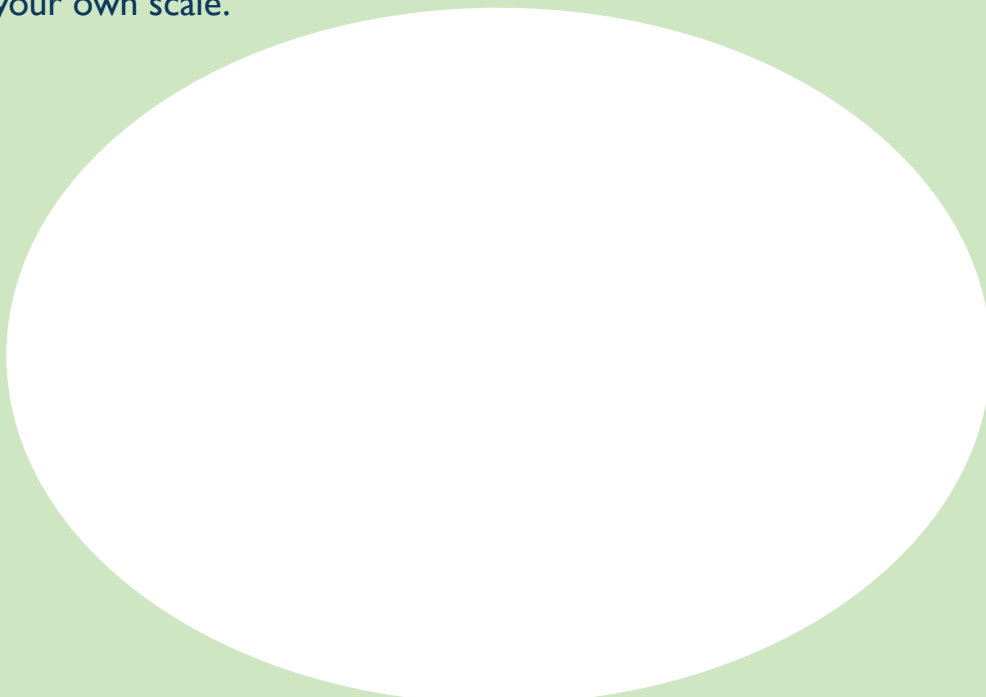
### A. Fill in the Excel spread sheet

- Open the spreadsheet called “My Eatwell Guide” and save it under your name
- Open the spreadsheet tab at the bottom of the page “What’s in my diet”. Use your food diary to enter the information into the green boxes
- Count each time you have written an item of food as ‘1’ portion, except for milk where 1 portion = a glass of milk or 1 serving of a bowl of cereal
- As you enter your information, the spreadsheet will calculate how many portions of each food group you have eaten
- Once you have entered all the information, click on the spreadsheet tab “My Eatwell Guide”
- This pie-chart will show you how similar your Eatwell Guide is to the official Eatwell Guide

### B. What does your Eatwell Guide look like?



Make a copy of your Eatwell Guide in the space below. Add up the total portions from the ‘foods high in sugar, salt and fat’ graph and fill in the box on the right, using your own scale.



## Activity 3: How Healthy is my Diet?

Compare your Eatwell Guide to the official Eatwell Guide below.



- What are the **similarities**?
- What are the **differences**?
- What surprised you about your Eatwell Guide?
- How did the pandemic affected your diet?
- How do you think you could **improve** your diet?



Research is also about helping people change.



People can find this very difficult but the EACH-B app will help and show YOU how easy it can be to build small changes into your life.







These fridge photos are from some of the women who took part in the Southampton Women's Survey.

The photos provide a snapshot for the scientists collecting information on what the women ate.



What would a photo of your fridge reveal about your family's eating habits?

How might it change during the week?

Would it represent **all** the different foods that you eat? If not, why not?



#### Activity 4: How can we collect health data?

Discuss with your partner or group and list as many new different methods you can now think of that could be used to collect data about a person's health.



#### Homework task: Questions you could discuss at home with your family.



- How healthy do you think your family diet is across a few days or a week?
- How did the pandemic affect your family's diet?
- How well does it compare to the Government's recommended Eatwell Guide?
- How do you and your family aim to eat your 5-a-day fruit and vegetables?
- What changes could you suggest to improve your family's overall diet?