



(U1L10R3) TV Log Sheet

Use the table below to work out how many hours you spend watching TV in one week. Count how many ads you see for health and healthy foods, and how many ads you see for unhealthy foods.

Day	Start and finish times	Total hours and minutes	Healthy food and lifestyle	Unhealthy food
Monday	_____ to _____	_____ hrs _____ mins		
Tuesday	_____ to _____	_____ hrs _____ mins		
Wednesday	_____ to _____	_____ hrs _____ mins		
Thursday	_____ to _____	_____ hrs _____ mins		
Friday	_____ to _____	_____ hrs _____ mins		
Saturday	_____ to _____	_____ hrs _____ mins		
Sunday	_____ to _____	_____ hrs _____ mins		

Total hours and minutes per week:

1. If there are 76 food ads per week for one hour of TV a day, work out how many food ads you are likely to see in a week.
2. How many health and healthy food related ads did you see in that time?
3. How many unhealthy food related ads did you see in that time?
4. What effect does the advertising on television have on you and your peers? Discuss with your class.

