**KS 2 – Guidance sheet for Healthy Eating session**

**1. What do we need food for?**

- growing (protein)

- energy to be active and to fuel our brain (carbohydrates)

- strong teeth and bones (calcium, vitamin D)

- staying healthy and preventing illness (vitamins and minerals, balanced diet)

**2. Survey**

Explain to children that they are to go around the classroom and ask each other what food they eat most at home. Get them to write it down, using a tally chart for multiple answers. Make this fairly quick, e.g. give them 5 minutes to collect the information (they don’t need to ask everyone). Ask the pupils about their most popular/most often mentioned food and write it down.

Discuss whether the food most eaten is a healthy choice, what ingredients it has, where it can be bought, what vegetables it has in it (if it does..) and where the vegetable can be grown.

If it is a reasonably unhealthy choice, can it be made healthier? How?

Use the ‘Fat, salt and sugar’ and ‘Vitamins and minerals’ fact sheets for information.

**3. Where and when do foods grow?**

Use the seasonality calendar for information on seasonal fruit and vegetables. Discuss what can be grown

- at home on the window sill (e.g. herbs, tomatoes, chillies)

- in a grow bag/container on the balcony (e.g. tomatoes, salad, beans, courgettes, potatoes, strawberries)

- in the garden (e.g. carrots, leeks, potatoes, apples, plums,

- on an allotment (most things that grow in this climate!)

Discuss if any pupils have grown their own fruit and vegetables.

A good follow up to this would be to have a lesson where you plant seeds and grow your own fruit/vegetable, then make a taster dish from it!

**4a. Eat Well Plate game**

*See separate game activity ideas sheet as well as Eat Well Plate information sheet*

Introduce the plate by explaining the food groups and what they are needed for. Distinguish between different amounts needed from each food group.

Simple game: use food props from sorting basket to place into appropriate section of the mat, or hand out food cards to every child to place on the appropriate section of the mat. This can be done individually, or as a group game (scoring points for a prize maybe?)

Use the activity sheets as homework or in a follow up session to re-cap on what the pupils learnt about the balance of a healthy diet.

**4b. Sugar game**

Get the children to guess what food/drinks item is high or low in sugar, get them to match the boxes with sugar cubes to the food/drinks item.

Let them check if they were correct by looking at the labels and let them put the correct box to the food/drinks item. Use guidance on food labelling for information, make sure that in this game you use the ‘per pack/bottle’ information or work out how much sugar the whole packet/bottle contains.

Discuss effects of sugar (see fact sheet).

**4c. Healthy and unhealthy choices**

Use the baskets/boxes for the children to sort the replica food items and food packets into healthy and unhealthy choices. Ask them why they made a particular choice, and also whether a healthy food is always healthy (e.g. if you only ate that particular food, would that be a healthy choice? Can you eat something from the unhealthy box sometimes? Make them aware that a food isn’t necessarily healthy or unhealthy, but that it is the overall balance that matters.)

Talk a little about what nutrients are (use the Vitamins and Minerals and Fat/salt/sugar fact sheets for information)

**4d. A year of fat**

Have prepared the 2 buckets (one filled with water), the differing sizes of fat container, hanging scales and laminated fat content pictures.

Starting at the lowest value card – ask students to use the labelled fat containers to pour into the empty bucket the amount of Fat (water) we would eat in a year if we ate a portion a day. Measure using the Hanging Scales

Gradually fill the bucket using each food type until they reach the Fat Content of the last card.

Take a look at the nutritional information on a package to see how you can tell how many grams per 100g is fat.

Discuss the effects of fat (see fact sheet) and how we can keep our fat levels healthy whilst not filling the bucket. Remember: our bodies need some fat!

**5. Plenary**

Recap on what was discussed today

Ask the children what healthy choice they could make, e.g. when they eat school dinner, at home, at snack time.

Give out any copies of calendars/activity sheets/fact sheets that you have available and find useful.

***Have a fun session!***

Please see the ‘Links to online resources’ document for more information and fantastic resources to download and order.