

# BACE

HOLIDAYS

## Lesson Plan 1

For older children:(aged 12-16)

### LEARNING OBJECTIVES:

BY THE END OF THE SESSION CHILDREN SHOULD: HAVE A BETTER KNOWLEDGE OF USING FOOD LABELS TO MAKE HEALTHIER FOOD CHOICES.

### MATERIALS NEEDED:

DOWNLOAD THE [CHANGE 4 LIFE FOOD SCANNER APP](#) FROM THE GOOGLE OR APPLE STORE (CHILDREN TO ALSO DOWNLOAD)  
FOOD LABELS FROM DIFFERENT FOOD PACKAGING: CEREALS, CRISPS, FIZZY DRINK, CHOCOLATE BAR ETC.

### ACTIVITIES: EXAMINING FOOD LABELS

#### INTRODUCTION:

ONE OF THE BEST WAYS TO SUPPORT HEALTHY EATING & DRINKING IS BEING ABLE TO KNOW A FOOD ITEM IS A GOOD CHOICE AND IF IT ISN'T WHAT COULD BE A HEALTHY ALTERNATIVE. THE FOOD SCANNER APP HELPS US TO CHOOSE FOODS LOW IN SAT FAT, SUGAR AND SALT.

#### EXAMINING FOOD PACKAGING USING THE FOOD SCANNER APP:

-SCAN THE BARCODE OF THE DIFFERENT FOOD ITEMS AND ENCOURAGE THE CHILDREN TO SHARE WITH THE GROUP THEIR FINDINGS

ASK THE CHILDREN TO PRESS THE 'SEE IT TO BELIEVE IT' BUTTON. WHAT ARE THEIR THOUGHTS ON THIS FUNCTION?

DISCUSS WHAT SOME OF THE HEALTHY SWAP SUGGESTIONS ARE THAT COME UP ON THE APP AND ASK THE CHILDREN IF THEY HAVE ANY IDEAS THEY WOULD LIKE TO SHARE.

ASK THE CHILDREN IF THEY WOULD EVER USE THE APP IN THE FUTURE.

ENCOURAGE THE CHILDREN TO SAY ONE THING THAT THEY LIKED ABOUT THE APP OR SOMETHING NEW THAT THEY HAVE LEARNT.



FOR MORE INFORMATION ON FOOD LABELS, SHOW THE '[FRONT OF PACK LABEL](#)' VIDEO PROVIDED BY THE BRITISH NUTRITION FOUNDATION.

# BACE

HOLIDAYS

## Lesson Plan 2

For older children:(aged 12-16)

### LEARNING OBJECTIVES:

BY THE END OF THE SESSION CHILDREN SHOULD: HAVE AN UNDERSTANDING OF SUGAR & TRANS-FATS AND THE DETRIMENTAL EFFECTS THEY CAN BOTH HAVE ON THE BODY.

### MATERIALS NEEDED:

- FILM 1 - THE CASE AGAINST EXCESS SUGAR (13 MINUTES 48" ) - [HTTPS://WWW.YOUTUBE.COM/WATCH?V=G5ED0180Y4G](https://www.youtube.com/watch?v=G5ED0180Y4G)
- FILM 2 - THE CASE AGAINST TRANS FATS (16 MINUTES 19" ) - [HTTPS://WWW.YOUTUBE.COM/WATCH?V=AVDJT\\_z2TA4&T=1S](https://www.youtube.com/watch?v=AVDJT_z2TA4&T=1S)
- FILM 3 - ACTIVITY AND FAQs/ HEALTHIER ALTERNATIVES/ HEALTHY CAKE RECIPE (22 MINUTES 46" ) - [HTTPS://WWW.YOUTUBE.COM/WATCH?V=OPGW-XEOBD4](https://www.youtube.com/watch?v=OPGW-XEOBD4)

### ACTIVITIES: EXAMINING SUGAR & TRANS FAT

DEPENDING ON WHAT TIME IS ALLOCATED FOR THE ACTIVITY, AIM TO PLAY AT LEAST ONE OF THE FILMS.

#### MAIN DISCUSSION POINTS

- SUGAR- DISEASES THAT YOU ARE AT INCREASED RISK OF DEVELOPING AFTER EATING EXCESS SUGAR OVER A PERIOD OF TIME: HEART DISEASE, CANCER, TYPE 2 DIABETES, STROKE, TOOTH DECAY AND GUM DISEASE, OBESITY.
- A 'LIFESTYLE' (NON-COMMUNICABLE) DISEASE IS A DISEASE THAT DEVELOPS AFTER POOR LIFESTYLE CHOICES SUCH AS POOR DIET; AN INFECTIOUS (OR COMMUNICABLE) DISEASE IS A DISEASE THAT YOU CAN CATCH FROM A VIRUS OR BACTERIA. RECAP ON THE NAMES OF THE FIVE MAIN FOOD GROUPS. YOU CAN USE THE FIVE FOOD GROUP CARDS TO HELP WITH THIS. GIVE THE CHILDREN PLENTY OF OPPORTUNITY TO GUESS.
- THE FILM SAID THAT THESE DISEASES CAN TAKE YEARS TO DEVELOP SO WHY SHOULD YOU BE CONCERNED NOW, WHEN YOU'RE ONLY 12, 13, OR 14 ETC.?
- SHOULD THE GOVERNMENT PUT A TAX ON SUGARY FOODS, LIKE THEY DID ON SUGARY DRINKS? (THE SOFT DRINKS INDUSTRY LEVY (SDIL) MEANS THAT THE GOVERNMENT CHARGES MANUFACTURERS £0.24 PER LITRE FOR DRINKS WITH OVER 8G SUGAR PER 100ML, AND £0.18 PER LITRE FOR DRINKS WITH 5 TO 8G SUGAR PER 100ML. THE MANUFACTURERS REFORMULATED THEIR DRINKS TO REPLACE THE SUGAR WITH CHEMICAL SWEETENERS.)
- ENERGY AND SPORTS DRINKS CAN ALSO CONTAIN HIGH LEVELS OF CAFFEINE (WHICH CAN CAUSE HEADACHES, SLEEPING PROBLEMS, IRRITATION AND TIREDNESS/FATIGUE)WHEN CONSUMED REGULARLY.
- ARE YOU GOING TO DO ANYTHING DIFFERENTLY AFTER WHAT YOU' VE LEARNT IN THIS LESSON?