

# Bell and Shipton English

## Healthy eating

Week 1 and 2

LO: Identify healthy foods from a range of different foods.

# Instructions

- This PowerPoint is to accompany the worksheets sent home.
- The PowerPoint is to give a brief introduction to the resources sent home.
- Please do not feel that all work must be done in one day. Take short regular breaks after 20 minutes so that students do not become overwhelmed.

# Key words



menu



label



healthy alternative

# Which is more healthy?



or



# Which is more healthy?



1/2 of a pizza (155g\*\*)

Energy	Fat	Saturates	Sugars	Salt
1630kJ 388kcal	14.8g	8.7g	5.5g	1.3g
19%	21%	44%	6%	22%

of the reference intake\*

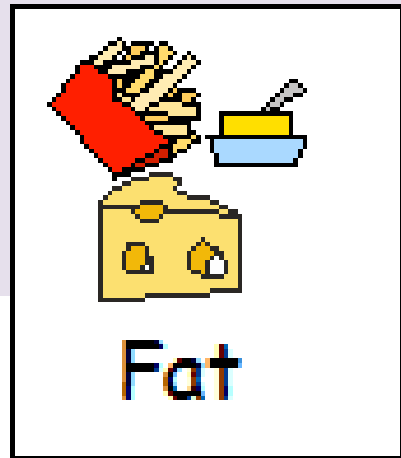
Typical values per 100g: Energy 1051.73kJ(250.53kcal)

or



Per 100g Oven Baked

Energy	Fat	Saturates	Sugars	Salt
1031kJ 245kcal	6.3g	0.8g	0.8g	0.6g
12.0%	9.0%	4.0%	<1.0%	10.0%



### Per Slice 40g

Energy	Fat	Saturates	Sugars	Salt
395kJ 93kcal	0.7g	0.1g	1.4g	0.36g
5.0%	1.0%	1.0%	2.0%	6.0%

of the reference intake\*

Typical values per 100g: Energy 987kJ 233kcal



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# Task

- Work through the booklet.
- Decide which food is healthier.
- Read the nutritional information or look at the colours used in the traffic light.
- Identify if foods are high or low in salt, sugar and fat.

# Self-assessment

- Something I have learned today is...

Which food is healthy?