

Bell and Shipton English

Healthy eating

Week 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.
- At the end of the PowerPoint, there are some links to activities that you can have a go at.

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	3.5g	1.3g
19%	21%	44%	6%	22%

of the reference intake*

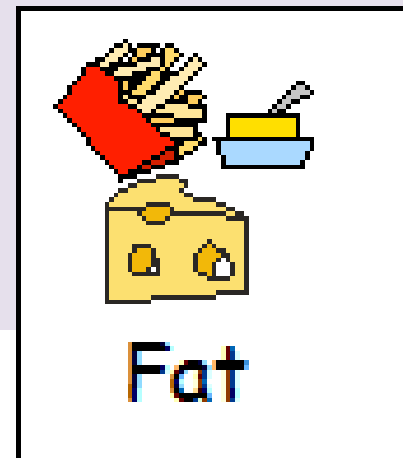
Typical values per 100g: Energy 1051.73kJ(250.53kcal)

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

of the reference intake*

Typical values per 100g: Energy 987kJ 233kcal



Per Slice 40g

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

of the reference intake*

Typical values per 100g: Energy 987kJ 233kcal



Per Slice 40g

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

of the reference intake*

Typical values per 100g: Energy 987kJ 233kcal

Task

- Work through the booklet.
- Decide which food is healthier.
- Read the nutritional information or look at the colours used in the traffic light.

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

- Identify if foods are high or low in salt, sugar and fat.

Links to websites

Test your healthy eating knowledge

<https://www.highspeedtraining.co.uk/hub/healthy-eating-quiz-kids/>

Healthy eating online lesson

http://resources.hwb.wales.gov.uk/VTC/healthy_eating/eng/Introduction/default.htm

Self-assessment

- Something I have learned today is...

Which food is healthy?