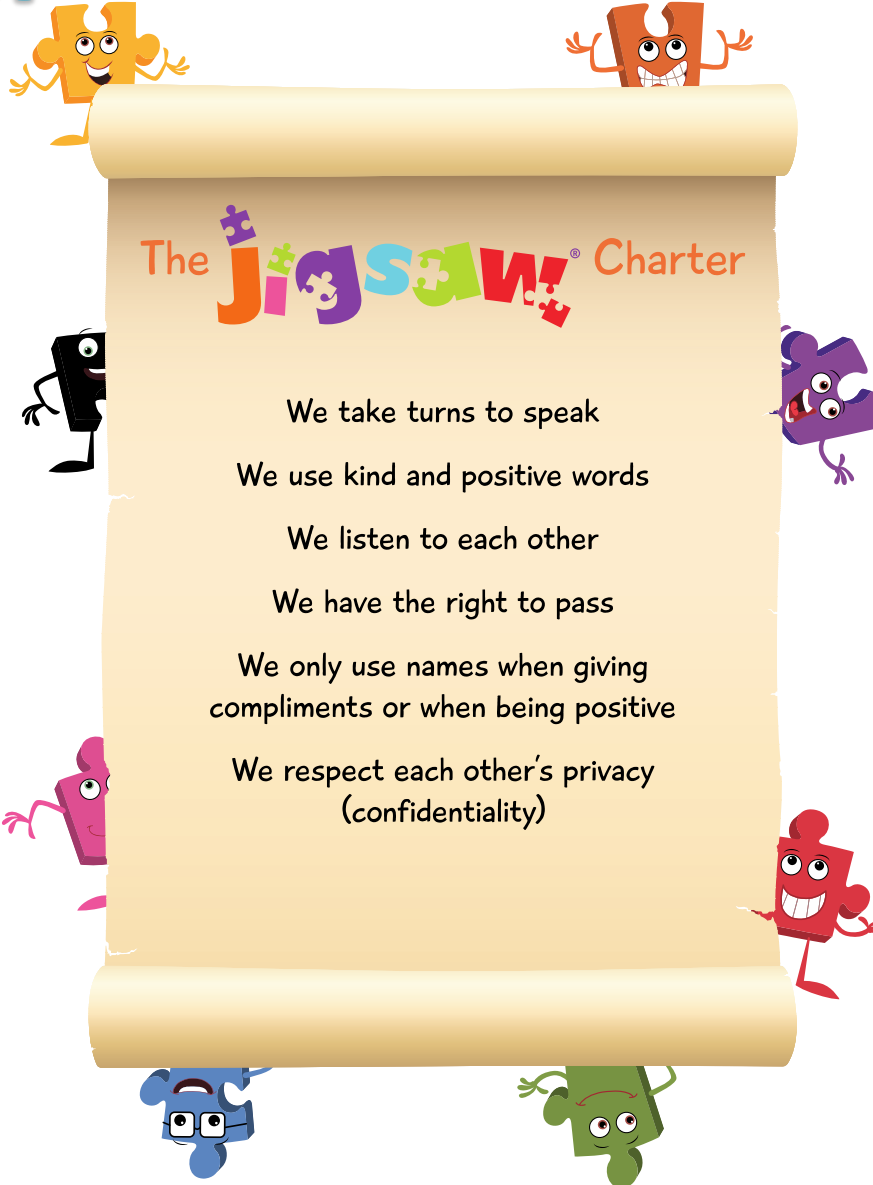




Healthy Me

Lesson 2 – Healthy and Unhealthy food

Jigsaw charter



Have a look at the at
our jigsaw charter. We
are going to use this at
the beginning of every
lesson.

The Jigsaw[®] Charter

We take turns to speak
We use kind and positive words
We listen to each other
We have the right to pass
We only use names when giving
compliments or when being positive
We respect each other's privacy
(confidentiality)

Calm me



Does your mind
feel calm and
ready to learn?



Make A Good Decision

(Healthy Me)

I know what's right,
And I know what's wrong.
When to say yes,
And say no, strong,
Strong.

I will make sure,
I can tell the difference, see.

I will make sure,
I'm as healthy as can be.

As can be,
Be, be.

Chorus:

I know what's wrong and what's right when

It comes to the bite.

I know just what to say,

It's my life.

Lets be healthy, be happy, be you,

Be the way that you want to be.

Make sure that you make a good decision.

INSTRUMENTAL

Chorus x2

I know what's wrong and what's right when

It comes to the bite.

I know just what to say,

It's my life.

Lets be healthy, be happy, be you,

Be the way that you want to be.

Make sure that you make a good decision.

What do you think the song
is trying to teach us about
being healthy?

Connect Us



A
B
C
D
E
F
G
H
I
J
K

L
M
N
O
P
Q
R
S
T

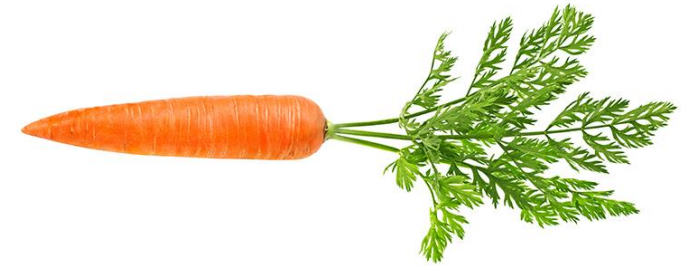
U
W
X
Y
Z

Can you think of a
food for each letter
of the alphabet?



Draw a grid like this into your book and put the food into the right category

Healthy	Unhealthy



Can you put some of the foods from the alphabet game into the grid?





Unhealthy choices

- What do the unhealthy foods all have in common?
- Do we need these foods in our diet?
- Why?
- What could happen to the balance of the body if a person takes in too much sugar and saturated fat, but doesn't do enough exercise to use it?
- Does making a healthier choice feel good? Why might that be?





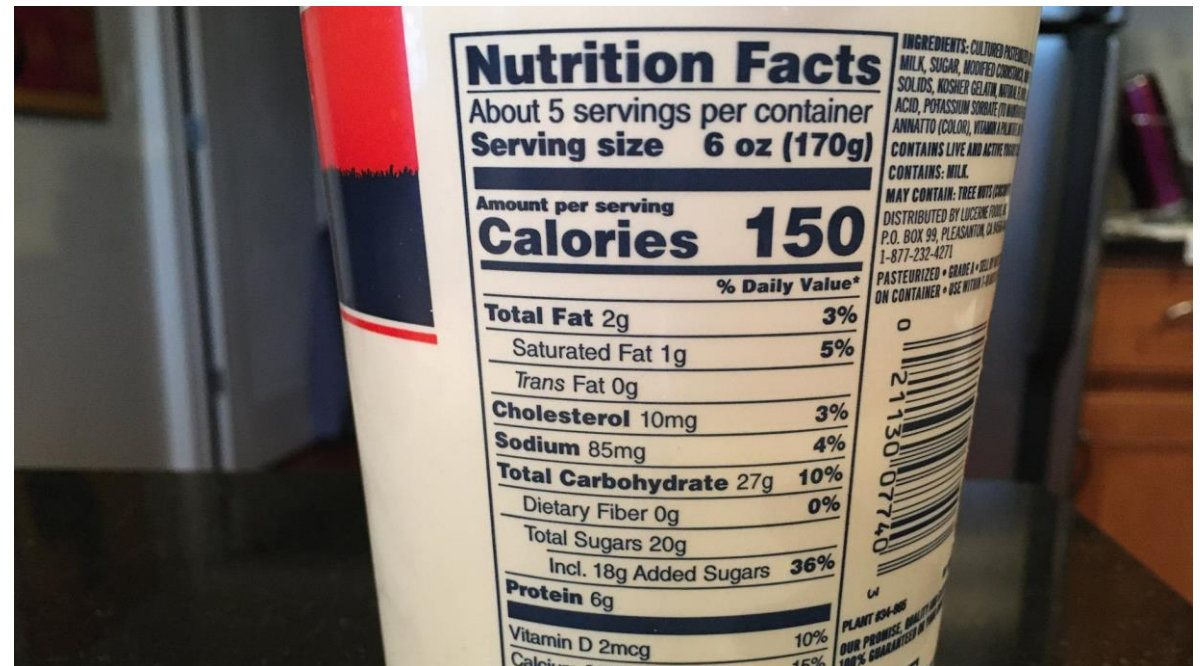
Calories

- Our bodies need energy from food and drink but we have to make sure that we take in the right amounts so our bodies stay healthy and in balance.
- Has anyone heard of calories before? What are they?
- A calorie is **a unit of energy**. When you hear something contains 100 calories, it's a way of describing how much energy your body could get from eating or drinking it.



Food labels will always show how many calories there are in that food. This helps us to choose healthy options. Can you see how many calories are on these labels?

Ask an adult for a tin or packet of something from the cupboard. Can you find how many calories it has?





Let's look at these foods from Miss Bradley's kitchen...

- Can you identify the food labels and the amounts of energy in each food?
- How much sugar and fat is in each food?
- We especially need to try limit the amount of sugary foods we eat every day to stay healthy and keep our bodies in balance. We should try to choose foods and treats that are sugar free or have labels that say 'no added sugar'.
- Why is sugar bad for our teeth?



Some food labels also have a red/amber/ green labelling style It is healthier to choose foods with more green and amber labels, than red because they will have more sugar/fat in.



- Calories:
- Fat:
- Sugar:

- Calories:
- Fat:
- Sugar:



- Calories:
- Fat:
- Sugar:

Milk chocolate egg containing AERU® milk chocolate bubbles (chocolates with an aerated centre).

Milk chocolate contains cocoa solids 25% minimum, milk solids minimum and vegetable fat in addition to cocoa butter.

SHARE OR SAVE YOUR CHOCOLATE EGG!

KNOW YOUR SERVINGS

1/6 PRODUCT = 1 SERVING

NUTRITION INFORMATION Typical values	Per 100g	Per 1/6 egg	Reference Intake*	% RI*
Energy	2226kJ 533kcal	486kJ 116kcal	8400kJ 2000kcal	6%
Fat	29.4g	6.4g	70g	9%
of which: saturates	17.5g	3.8g	20g	19%
Carbohydrate	60.6g	13.2g	260g	5%
of which: sugars	60.0g	13.1g	90g	15%
Fibre	1.5g	0.3g	-	-
Protein	5.5g	1.2g	50g	2%
Salt	0.19g	0.04g	6g	1%

*Reference Intake of an average adult (8400kJ/2000kcal). Contains 6 servings. Portions should be adjusted for children of different ages.

INGREDIENTS: Sugar, Cocoa butter, Dried milk, Cocoa mass, Butterfat (Milk), Lactose and proteins (from Milk), Whey powder (from Milk), Vegetable fat (Palm, Shea, Mango kernel, Coconut), Skimmed milk powder, Emulsifier (Lecithins), Glazing agent (Gum arabic), Glucose syrup. May contain peanuts, tree nuts and gluten. **Important:** Young children (less than 4 years) have limited chewing ability and could choke on small sweets. Rainforest Alliance Certified™ cocoa. Find out more at ra.org

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Good to remember
Enjoying chocolate as part of a varied, balanced diet and healthy lifestyle is one of life's little pleasures.

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www.nestle.co.uk
UK: 0800 604 604 PO Box 203, York, YO91 1XY
ROI: 00800 6378 5385 Nestlé Ireland, 3030 Lake Drive, Citywest Business Campus, Dublin 24.

Working with the Rainforest
Alliance to support cocoa farmers and their communities.
Learn more: www.nestlecocoaplan.com



How do we know that this isn't a healthy food?

- Calories:
- Fat:
- Sugar:



- Calories:
- Fat:
- Sugar:



- Calories:
- Fat:
- Sugar:



- Calories:
- Fat:
- Sugar:

Is this a healthy choice?



- Calories:
- Fat:
- Sugar:

Is this a healthy choice?



- Calories:
- Fat:
- Sugar:

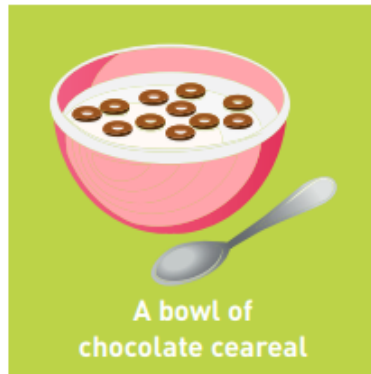
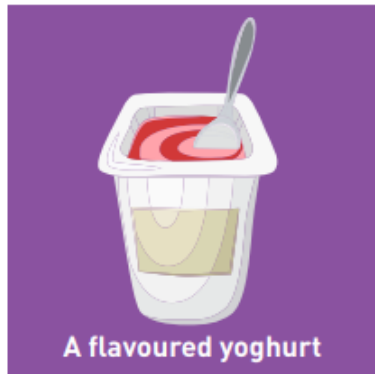
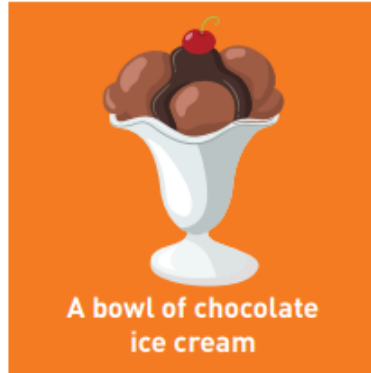
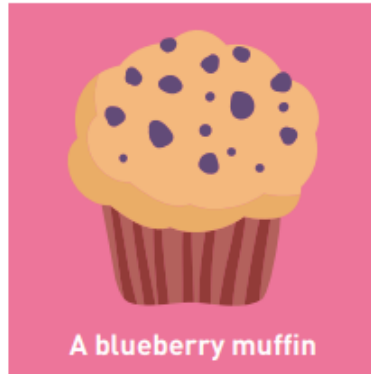
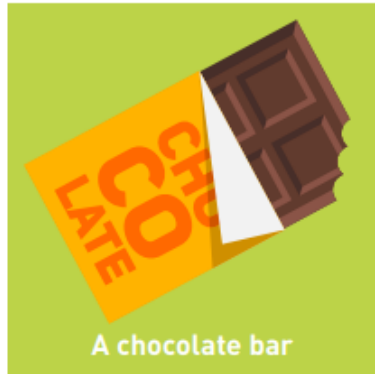
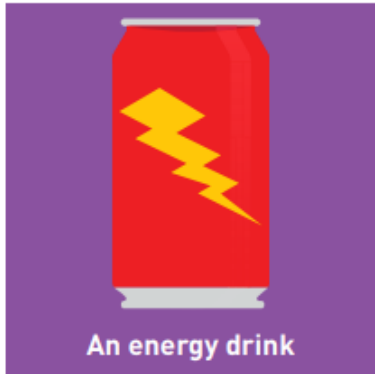


What do we think about
Miss Bradley's foods?

Is there a good balance?

What could she change?

How much sugar?



35g of sugar

22g of sugar

15g of sugar

14g of sugar

30g of sugar

17g of sugar

20g of sugar

11g of sugar

8g of sugar

Answers..



An energy drink	35g of sugar
A blueberry muffin	30g of sugar
A bowl of chocolate ice cream	22g of sugar
A packet of sweets	20g of sugar
A flavoured yoghurt	17g sugar
A chocolate bar	15g of sugar
A chocolate biscuit/cookie	14g of sugar
A bowl of chocolate cereal	11g of sugar
A plain biscuit/ cookie	8g of sugar

- Which has the most sugar?
- Which has the least sugar?
- Are you surprised by some of the amounts of sugar in some of the foods?
- Are some foods better choices than others?
- What can we do to check the amount of sugar in some foods before we eat them?
Are there healthier 'swaps' we could make for some of these foods?
- Is it still OK to eat high sugar foods sometimes?