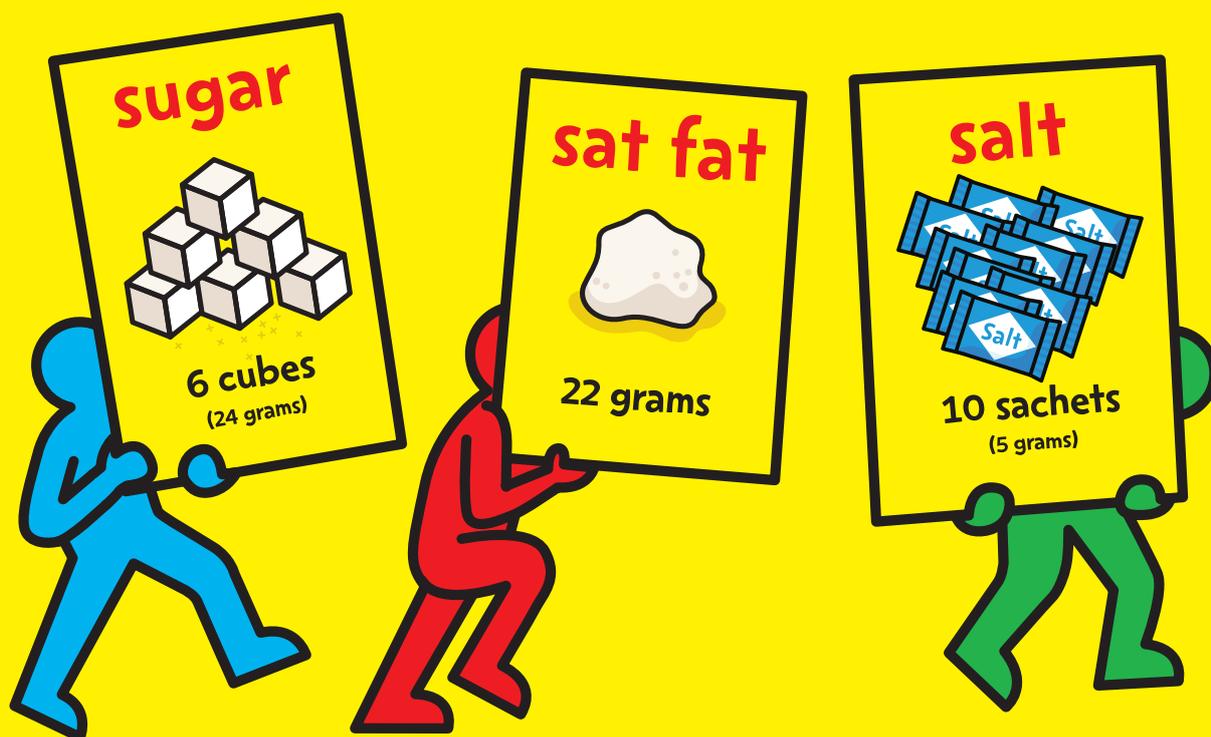




# Be Food Smart

## KS2 teacher guide

Curriculum-linked assembly, classroom and whole-school ideas to help Key Stage 2 pupils see what's in their food and make healthier choices.

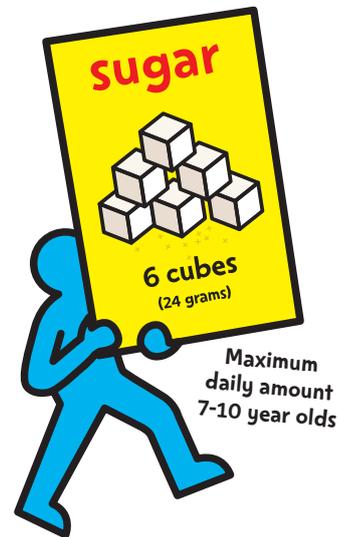


Maximum daily amounts 7-10 year olds

# Be Food Smart

## KS2 teacher guide

English and Maths resources for Key Stage 2, looking at how we can find out what's in our food and make healthier choices.



### Introduction

We're all eating too much sugar, saturated fat and salt. Our everyday food and drink can contain surprisingly high amounts, meaning most of us are eating more than we realise.

National Child Measurement Programme data shows that one fifth of Reception and one third of Year 6 children are overweight or obese.

Children consume nearly three times more sugar than the maximum daily limit. Some children are drinking a 500ml bottle of soft drink a day, containing over 13 cubes of sugar. The maximum daily amount is six cubes for children aged 7 to 10.

While children might seem fine on the outside, too much sugar and saturated fat can lead to the build-up of harmful fat on the inside. This fat around their vital organs can cause serious disease in the future, like heart disease, type 2 diabetes and some cancers. Too much salt can raise blood pressure and increase the risk of getting heart disease or having a stroke.

### Be Food Smart resources

Schools can make a difference by using the Be Food Smart resources to help their pupils understand how we can:

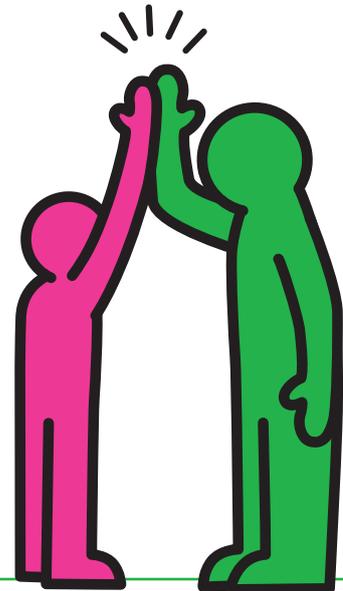
- find out how much sugar, saturated fat and salt is in our food and drink
- compare different products based on their nutritional content
- use all of this information to make healthier choices.

### Be Food Smart overview

- ✓ Built around the English, Maths, Science and PSHE curricula.
- ✓ Flexible – use them all, or pick and mix to embed within lessons.
- ✓ Tested with teachers.
- ✓ Helps schools meet statutory duties to promote children's health and well-being and help them understand how to keep themselves healthy (Ofsted School inspection handbook, personal development, behaviour and welfare).



# Be Food Smart resource guide



You can use the Be Food Smart resources to deliver an assembly, a lesson or to run your own pupil-led campaign.

All the resources stand alone, or could be used together, ideally in the order below.

Activity	Curriculum links	Time needed	Be Food Smart resources
Assembly	Science PSHE	10-20 minutes	<b>Assembly presentation</b> <ul style="list-style-type: none"> <li>Assembly PowerPoint presentation</li> </ul> <b>Films</b> <ul style="list-style-type: none"> <li>Assembly film – optional</li> </ul>
KS2 lesson	English Maths Science PSHE	30-60 minutes	<b>KS2 toolkit</b> <ul style="list-style-type: none"> <li>Teacher guide</li> <li>Lesson PowerPoint presentation</li> <li>Quiz sheet – optional</li> <li>Activity and reference sheets</li> <li>Nutrition information sheet for teachers – optional</li> </ul> <b>Films</b> <ul style="list-style-type: none"> <li>Films 1, 2 and 3 – optional</li> </ul> <b>Be Food Smart app</b> <ul style="list-style-type: none"> <li>App – optional</li> </ul>
Pupil campaign	Cross-curricular	Flexible	<b>Pupil campaign pack</b> <ul style="list-style-type: none"> <li>Our campaign – teacher guide</li> <li>Our campaign – pupil guide</li> </ul>

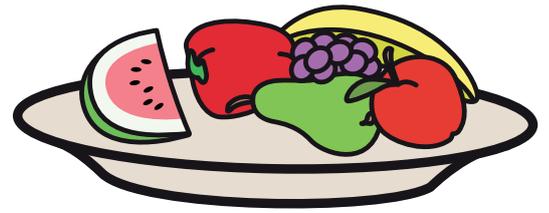
To find the resources, search [Change4Life/schools](https://www.change4life/schools).

Note: A **KS1 toolkit** is also available.



# Be Food Smart

## KS2 lesson



### Preparation

Search [Change4Life/schools](#) and find the **KS2 toolkit**. Download the 'Lesson PowerPoint presentation' and print out enough copies of the activity and reference sheets for one per table group.

Take a look at the optional **Films** and **Be Food Smart app**, and decide whether to use them in your lesson.

If you are going to use the app, you will need to bring in a range of real food packaging for the food and drink listed on the 'Most and least sugar' activity sheet, and either 200 sugar cubes or 200 counters.

If you are going to use the measuring activities on pages 6 and 7, you will need a set of scales for each table group.

**Tip:** When used on a tablet, rather than a smartphone, the app may require a steadier hand, and take longer to register barcodes.

You may find it useful to read the 'Nutrition information sheet' for teachers, from the **KS2 toolkit**, before the lesson.

### Starter

## What's in our food? (10-15 minutes)

Begin by explaining that it's really important to be food smart, and watch how much sugar you eat and drink on a daily basis.

#### If you have used the assembly presentation already:

- Test pupils' prior knowledge by asking them to get into pairs or groups and think of two facts about sugar to share with the class.

#### If you have not already used the assembly presentation:

- Run through the 'Lesson PowerPoint presentation' from the **KS2 toolkit**.

#### Optional extension:

- Use the 'Quiz sheet' from the **KS2 toolkit**.



## English activity

# Sienna's choices (10-15 minutes)

Pupils are going to find out how much sugar is in the food and drink that Sienna, a child like them, eats each day. They will help Sienna to be food smart by thinking of healthier, low sugar alternatives.

### How can we find out about the sugar, saturated fat and salt in food and drink?

- Optional: Play 'film 1' – a light-hearted, mock news item which features two child reporters interviewing their family about their food choices.
- Ask them what food and drink they enjoy at home, which items are more or less healthy and how they know this.

### A day in the life

- Hand out 'Sienna's day' activity sheet to each table and give pupils time to read it.
  - Which food and drink will Sienna choose at each time of day? Which are more and less healthy? What might influence her decisions? Ask pupils to follow the instructions on the activity sheet, circling the healthiest option for each time of day in green, the less healthy option in red, and putting a S next to the one they think Sienna would choose.
  - Write the class's choices for Sienna on your board – they will need these during the maths activity.
- Explain that being food smart means thinking about and assessing the sugar (and saturated fat or salt) content in food and drink and making smart choices!

On the activity and reference sheets, the apple is shown as having zero sugar. Fresh fruit and vegetables, plain milks and plain natural yoghurts all contain 'intrinsic sugars', which we don't need to worry about. We need to watch our intake of the sugars added to food and drink by manufacturers or at home (e.g. on cereals, in hot drinks and while cooking), including honey, syrups, fruit juice concentrates, nectars and fruit juices (which should be limited to 150ml per day).

### Optional extension

Pupils could write a diary entry from Sienna's perspective outlining her decisions.

To find all the Be Food Smart activity and reference sheets referred to in this booklet, search [Change4Life/schools](https://www.change4life/schools) and look for the **KS2 toolkit**. The **Films** are on a separate web page.



## Maths activity

# Sienna's choices (10-15 minutes)

### How can we find out how much sugar is in our food and drink?

- Optional: Play 'film 2' – children show their parents how to use the **Be Food Smart app** to discover how much sugar is in their favourite food and drink.
- Ask pupils if the food and drink in the film are similar to those that they enjoy at home. Do they think some of their own favourite foods might contain too much sugar?
- If you are not using the film, explain to pupils that finding out what's in their food, through looking at packaging or using the **Be Food Smart app**, can help them to make healthier choices.

### How much sugar did Sienna eat during her day?

- Hand out the 'Sienna's sugar' activity sheet to each table group.

### If you are using the Be Food Smart app:

- Introduce the **Be Food Smart app** on an enabled tablet, and hand out the packaging you have brought in:
  - Show pupils how to scan a product barcode to discover how much sugar it contains. This can help them make smart choices and find healthier alternatives.
  - If you have time, briefly explore how the app also shows the saturated fat and salt in each product as well.
- Ask pupils to scan each product and find out how much sugar a portion contains, writing their answers on the 'Sienna's sugar' activity sheet.

### If any packaging is missing, or if you are not using the app:

- Ask pupils to use the bar charts on the 'How many sugar cubes?' reference sheet to complete the table on the 'Sienna's sugar' activity sheet.

### Measuring breakfast

- Pupils should measure out a bowl of one of Sienna's breakfast cereal choices using the portion guidance on the packaging (often 30g). They should then display the correct number of sugar cubes or counters next to the bowl.
- Pupils should then repeat the process with one of Sienna's drink choices.
- Assign different choices to each table group:
  - Some choose the least healthy option for Sienna each time.
  - Some choose the healthiest option for Sienna each time.
  - Some choose what they would prefer.
- Pupils should add up the total number of sugar cubes that their given choices contain. (As an extension you could also explain that one sugar cube = 4g.)
- How many cubes of sugar are in these different choices?
- Invite each table group to explain their choices and reveal how much sugar Sienna would have eaten.

Make sure that pupils are aware that the portion sizes on packaging are for an average adult woman. Children usually need smaller portions – the size will depend on the child's age and how active they are.



## Maths activity

# Portion distortion (10-15 minutes)

### How much would you really eat?

- As well as making swaps it's also important to make sure we're not eating too much – you can be food smart by eating 'me sized portions' – the right portion for your size.
- Ask pupils the following:
  - Are the portions they measured out for Sienna bigger or smaller than the ones they would eat?
  - Would they have just one portion?
  - How can portion size impact on the amount of sugar, saturated fat and salt we consume?
- Ask each table group to choose one type of cereal and drink they measured and serve the portion size they would realistically eat (ignoring the information on the packaging).
- Measure the size of their portion and, using the 'Portion distortion' activity sheet, calculate how much bigger or smaller it is than the portion size recommended on the packaging.

- Can pupils use ratios or fractions to calculate how much sugar they will eat?
- How much more or less is this when compared to the suggested portion for adults?
- Invite each table group to show their portion size and explain how many cubes of sugar they think is in it.

### It all adds up

- Using pupils' realistic portions, ask each table group to first estimate, and then calculate, how much more or less sugar they might eat in a week, a month, or a year by having these portions.
- Ask pupils if they can remember how many cubes of sugar the 'Sugar Boy' film (part of 'film 2') explains a child might eat in a year. (The answer is 5,543. That's about 462 a month or 107 a week.) How does this compare to pupils' estimates and calculations?

## Plenary

# Healthier swaps for Sienna

### Which swaps could you make?

- Optional: Play 'film 3' – the food reporters show their parents how to use the app in order to make healthier food swaps.
- Ask pupils to sit in their table groups again and give each one a time of day – breakfast, morning snack, lunch, after-school snack, or dinner – and ask them to suggest two swaps that would mean they are eating less sugar.

## Extension activities

Search [Change4Life/schools](#) for 'KS2 extension ideas', in the [KS2 toolkit](#).

Take a look at the [Be Food Smart: pupil campaign pack](#) to find out how to run your own cross-curricular pupil-led campaign.





# The Be Food Smart app

The Change4Life **Be Food Smart** app will help families make healthier choices by visualising how much total sugar, saturated fat and salt is in everyday food and drink. The app is free to download from the App Store or Google Play.

The Be Food Smart resources feature the app and encourage pupils to use it at home with their parents. If pupils can't download the app at home, they could look at the information on food packaging instead.



## More information

### Useful Change4Life school links

- You'll find more teaching resources on healthy eating and physical activity on the Change4Life School Zone. Search [Change4Life/schools](https://www.change4life.org.uk/schools).
- We would love to hear from you. Please send your comments and photos to [partnerships@phe.gov.uk](mailto:partnerships@phe.gov.uk)

### Other useful resources

- The British Nutrition Foundation has more information on the importance of healthy eating at [www.foodafactoflife.org.uk](http://www.foodafactoflife.org.uk)
- The Children's Food Trust helps children eat better by working with schools, local authorities and other partners. Visit [www.childrensfoodtrust.org.uk](http://www.childrensfoodtrust.org.uk)
- Explore how a whole-school approach leads to great school food with the School Food Plan at [whatworkswell.schoolfoodplan.com](http://whatworkswell.schoolfoodplan.com)
- Learn more about promoting school meals with National School Meals Week at [www.nsmw.org.uk](http://www.nsmw.org.uk)
- The British Heart Foundation has a range of school resources, covering everything from learning to read to PE, science and PSHE. Find out more here [www.bhf.org.uk](http://www.bhf.org.uk)

Search [Change4Life/schools](https://www.change4life.org.uk/schools)