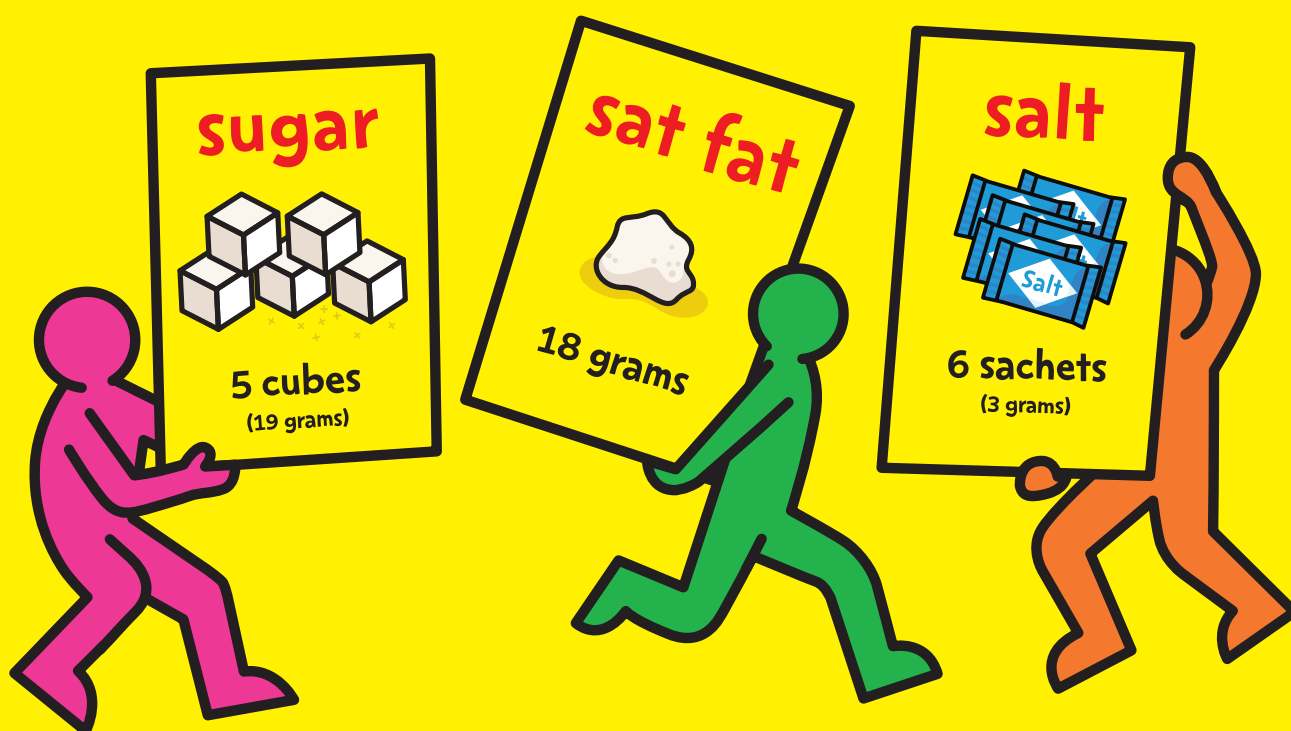




Be Food Smart

KS1 teacher guide

Curriculum-linked assembly, classroom and whole-school ideas to help Key Stage 1 pupils see what's in their food and make healthier choices.



Maximum daily amounts 4-6 year olds

Be Food Smart

KS1 teacher guide

English and Maths resources for Key Stage 1, 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 13 cubes of sugar. The maximum daily amount is five cubes for children aged 4 to 6.

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

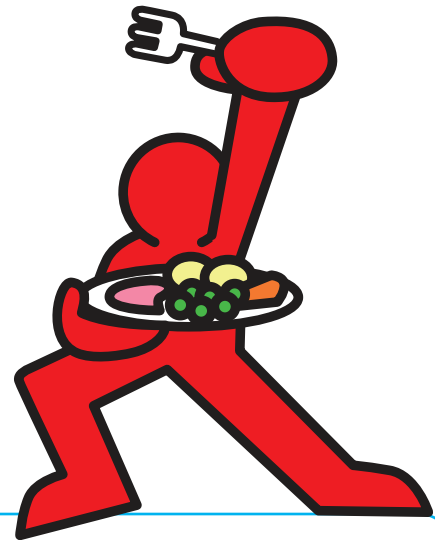
- ✓ Built around the English, Maths, Science and PSHE curricula.
- ✓ Flexible – use them all, or pick and mix to embed within lessons.
- ✓ Tested with teachers.
- ✓ Helps schools meet statutory duties to promote children's health and well-being, and helps them understand how to keep themselves healthy (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	Assembly presentation <ul style="list-style-type: none"> Assembly PowerPoint presentation Films <ul style="list-style-type: none"> Assembly film – optional
KS1 lesson	English Maths Science PSHE	30-60 minutes	KS1 toolkit <ul style="list-style-type: none"> Teacher guide Lesson PowerPoint presentation Quiz sheet – optional Activity, story and reference sheets Nutrition information sheet for teachers – optional Films <ul style="list-style-type: none"> Films 1, 2 and 3 – optional Be Food Smart app <ul style="list-style-type: none"> App – optional
Pupil campaign	Cross-curricular	Flexible	Pupil campaign pack <ul style="list-style-type: none"> Our campaign – teacher guide Our campaign – pupil guide

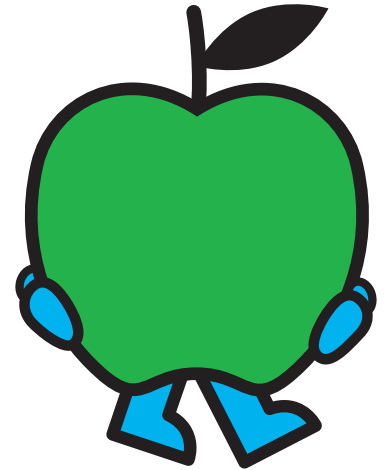
To find the resources, search [Change4Life/schools](https://www.change4life/schools).

Note: A **KS2 toolkit** is also available.



Be Food Smart

KS1 lesson



Preparation

Search [Change4Life/schools](#) and find the **KS1 toolkit**. Download the 'Lesson PowerPoint presentation' and print out the activity sheets:

- One copy of 'Sienna's story'.
- Enough copies of the other activity 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.

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 **KS1 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 **KS1 toolkit**.

Optional extension:

- Use the 'Quiz sheet' from the **KS1 toolkit**.



English activity

Sienna's choices (10-15 minutes)

In this activity pupils help Sienna, a child like them, to be food smart and make healthier choices.

What's in our food?

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

What choices will Sienna make?

- Hand out a 'Sienna's day' activity sheet to each table group (Year 1 or Year 2 version).
- Ask pupils to draw a green circle around the healthier food or drink for each time of day, and a red circle around the less healthy food and drink.
- Did each group get the same answers?
- Now read 'Sienna's story', which gives pupils some clues about which food and drink Sienna might choose during her day.
- Place a S next to the food and drink that Sienna is likely to choose. Pupils should give reasons for their choices. Record the class's choices on the board.

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).

What would pupils choose?

- Which foods would pupils choose and why? Record the most popular choices on the board.
- How do their choices compare with Sienna's?
- Have they chosen the healthiest options?

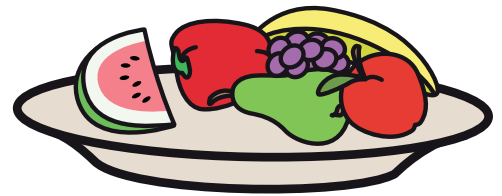
To find all the Be Food Smart activity, story and reference sheets referred to in this booklet, search [Change4Life/schools](https://www.change4life/schools) and look for the **KS1 toolkit**. The **Films** are on a separate web page.



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'. The investigative reporters introduce their parents to the **Be Food Smart app** and have fun scanning products and discovering their sugar content.
- 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?

- Pupils are now going to help Sienna be food smart about her choices.
- Hand out a copy of the 'Most and least sugar' activity sheet and 'How many sugar cubes?' reference sheet to each group (Year 1 or Year 2 versions).

Year 1

Ask pupils to:

- find out how many sugar cubes there are in each of Sienna's choices and complete the table

- draw a green circle around the choice with the least sugar for each time of the day
- draw a red circle around the choice with the most sugar for each time of the day.

Year 2

Ask pupils to:

- use the bar charts to work out how much sugar is in each of Sienna's breakfast, morning snack and dinner choices and complete the table
- use the table to create a bar chart showing how much sugar is in Sienna's lunch, after-school snack and drink choices
- draw a green circle around the choice with the least sugar for each time of the day, and draw a red circle around the choice with the most sugar.

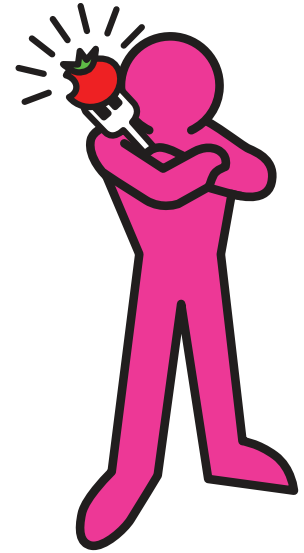
Year 2 extension: Ask pupils to add up how much sugar Sienna would eat in a day if she chose the food or drink with the most or least sugar every time. Did she eat more or less sugar than her maximum daily limit (five cubes of sugar for 4 to 6 year olds)?

Were pupils surprised by any of the answers?

Optional: Get Food Smart for Sienna

- Introduce the **Be Food Smart app** on an enabled tablet.
- Show pupils how to scan a product barcode to discover how much sugar it contains.
- Bring in some product packaging and give each table group three products similar to those on the 'Most and least sugar' activity sheet.
- Ask each group to predict how many cubes of sugar a portion of each product contains, before scanning.
- Which products are the lowest in sugar?
- Pupils can repeat the process with saturated fat and salt.





Plenary

Healthier swaps for Sienna (5-10 minutes)

Be food smart and make healthier swaps for Sienna

- Optional: Play 'film 3'. The food reporters show their parents how to use the app in order to make healthier food swaps.
- At random, hand out food packaging. Examples could include cola vs sugar free cola, split pot yoghurt vs plain yoghurt, sugary cereal vs plain wheat biscuit cereal.
- Pupils should find a partner with the same food variety as they have, so that together they have a less healthy and healthier example of that kind of food. For example, a pupil with a sugary breakfast cereal needs to find a partner with a healthier alternative.

Optional: Scan for Sienna

- Give each pair a tablet and ask them to use the **Be Food Smart app** to scan the barcodes on their products. Pupils can share with the class how many cubes of sugar a portion of their less healthy and healthier options contain.
- Be aware that when using the app the pack value will appear first. Slide right to see the portion amount.

Which swaps could you make?

- Ask pupils to sit in their groups and give each group a time of the day: breakfast, drink, morning snack, lunch, after-school snack, or dinner.
- Invite each table to suggest two swaps they could make, replacing things they eat now with lower-sugar alternatives.

Extension activities

Search [Change4Life/schools](#) for 'KS1 extension ideas', in the **KS1 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

Other useful resources

- The British Nutrition Foundation has more information on the importance of healthy eating at 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
- Explore how a whole-school approach leads to great school food with the School Food Plan at whatworkswell.schoolfoodplan.com
- Learn more about promoting school meals with National School Meals Week at 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

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