

# Keeping Healthy

LO: to make a good choice about healthy foods



Our bodies need energy from food and drink but we have to make sure we take in the right amounts

We need to stay healthy and maintain a balance.



What are kilojoules?



What are calories?

Answer:  
These show the amount of energy in foods, so foods with higher amount of calories/kilojoules have more energy.

How can we choose healthy food and drink?

Food packaging should have the amount of calories/kilojoules written on it.





Looking at the food labels, can you also see how much sugar is in some of the food?





We need to try to limit the amount of sugar we have a day to keep ourselves healthy and our bodies in balance.

Are there healthier swaps we could make for some of these foods?



Is it still OK to eat high sugar foods sometimes?



An energy drink



A chocolate bar



A blueberry muffin



A packet of sweets



A plain biscuit/cookie



A bowl of chocolate ice cream



A chocolate biscuit/cookie



A flavoured yoghurt



A bowl of chocolate cereal



Why is too much sugar bad for our teeth?



Yes we need to clean our teeth to keep our gums and teeth clean and our mouth fresh.



If the food labels have a red/amber/green labelling, what does this mean?

Each serving (150g) contains

Energy 1046kJ 250kcal	Fat <b>3.0g</b> LOW	Saturates <b>1.3g</b> LOW	Sugars <b>34g</b> HIGH	Salt <b>0.9g</b> MED
13%	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/ 167kcal

Yes it is more healthy to choose foods with a green and amber label, rather than a red.

Each serving (150g) contains

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Look at the sheet sent to you with these foods on and guess the amount of grams of sugar in each one.

For example:  
An energy drink has 35g of sugar in it.

Answers are on the next slide - no peeking till you have guessed with your talk partner or someone at home.



## 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 of 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

## Reflections:

**What have you learnt from this lesson?**

**Are you surprised about the amount of sugar in some of the foods?**

**What can we do to check the amount of sugar in foods before we eat them?**