

**WHOLE SCHOOL HEALTH WEEK**

**Healthy Eating ( Sugar Wise)**

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| **KEY LEARNING OUTCOMES**  I can identify foods which contain “hidden” sugars.  I know that eating too many sugary foods can be bad for me.  I have thought about how eating healthily and exercising more can improve my own health. |
| **LAUNCH EVENT**  Whole School assembly Use Change 4 Life video “ Be Food Smart” as an introduction  <http://www.nhs.uk/Change4Life/Pages/watch-change-for-life-videos.aspx>  Have a display of whole fruits as a discussion point. Explain to the pupils that doctors and scientists are worried about the amount of sugar we eat and the effect this can have on our health. Explain that one of the health risks of eating too much sugar can be developing type 2 diabetes. During the week all classes will be learning more about eating healthily and that they will share their learning in a presentation at the end of the week.  Have a Sugar Wise Day where pupils are encouraged to refrain from unhealthy sugars for the whole 24 hours. Pupils could get a certificate if they complete the time. (This could maybe become an annual event). Healthy Lunches – ask pupils to think carefully about what they bring in their lunch boxes. School Means – if possible, liaise with school caterers to have a “low added sugar” menu that day.  N.B. Any diabetic children (type 1 mostly at this age) should be exempt from cutting out sugar totally, but they can still learn about healthy sugars. It would need to be explained that sometimes their sugar levels may fall low and in this case, for them, sugar is a life saver. |
| **CROSS-PHASE ACTIVITIES**   * Taste testing activities - fruit and veg. based healthy snacks.   See Let’s Get cooking for recipe ideas.  <http://www.letsgetcooking.org.uk/big-lottery-programme/recipes-and-resources>   * Hold a Whole School Fun Day - see Sainsbury’s Active Kids resource ideas   <https://assetsactivekids.blob.core.windows.net/media-production/12831/sainsburys_ak13_val_sabin_resources.pdf> |
| **FAMILY LEARNING ACTIVITY**  Any of the activities in this package could be easily adapted for a Family Learning opportunity e.g. Dads and Lads cooking, Active family challenges etc.  Cereal Challenge – how many teaspoons of sugar are there in 10 top brands of cereal?  Why is too much sugar bad for your health? (It is dangerous to organs/joints/can shorten your life.) |
| **CELEBRATION EVENT (FINALE)**  Make a video, podcast, newspaper article or Hall display of activities.  Invite parents in to see activities in progress or to look at displays at the end of the week. |
| **CLASS-BASED ACTIVITIES** |
| **Reception Snack sorting.**  How much do you know about the snacks you eat?  Activities   1. Look at a variety of popular snacks e.g. carrots, clementines, banana, raisins, cucumber, crisps, biscuits, chocolate bar, cake, cereal bar.   Can you sort them into Fruits/ Vegetables and “other” snacks? In the “others” group, can you find out what’s hidden inside them and why fruits and vegetables are “Superfoods”. (Discuss with the children that they have nothing “hidden” inside, just natural goodness, their sugars are “good sugars”).   1. Taste test some more unusual fruits, e.g dragon fruit, passion fruit, fresh pineapple, mango. Make “mini-fruit kebabs” on cocktail sticks to try. Take some digital photos for a display. 2. Discuss other types of sugary/salty/fatty snacks (e.g. crisps, chocolate bars, etc.). Remind the children that natural snacks (e.g. fruit and veg. “in their own skins”) are more healthy. Make a class poster of some of the healthy swaps children could make, to share in the final Whole School presentation. |
| **Year 1 When is a fruit not *just* a fruit?**  There are lots of tasty fruit-based treats in the shops, but how good are they for you? Do they contain hidden things you didn’t expect? If you eat a whole fruit or vegetable that comes in the skin, you are eating it in its most natural form. If it has been cut or covered in something else, or has been processed in a factory, it may have had other things (particularly sugar, salt and fat) added to it.  Activities   1. Look at a range of fruit snacks e.g. fresh grapes, apple slice bags, yoghurt coated raisins, Fruit Winders, dried apricots, banana chips etc. Look out for ingredients other than fruit (particularly look out for added sugar). 2. Make some Fact Sheets for other classes about what you have discovered/ to share in the final Whole School presentation. |
| **Year 2 Do you know what you are drinking?**  Lots of children drink milk or water, but many also drink sugary and fizzy drinks. Do you know how much sugar you are putting in your body when you have these drinks?  Activities   1. Can you match the 10 drinks to the amount of sugar in each glass/ bottle?  |  |  | | --- | --- | | Water | 0g | | Milk 200ml | 8g | | Volvic Lemon and Lime 500ml | 20g | | Lucozade Sport Elite Orange 500ml | 40g | | Fresh orange juice 240 ml | 24 g | | Ribena 500ml | 52.6g | | Starburst strawberry milk | 42g | | Fanta 500ml | 34.5g | | Diet Coke | 0g | | Coke 355ml | 39g | | Capri Sun 200ml | 18g | | Nesquik Chocolate milk 240ml | 29g |   2. Make a display showing the different sugar contents of each drink. (Show drinks matched to corresponding number of sugar cubes to share in the final Whole School presentation).  3. Discuss why too much sugar is bad for your health, i.e. it is dangerous to organs, dangerous to joints, will shorten your life, so not just focussing on obesity. |
| **Year 3 How much sugar do you eat?**  Explain that we are going to look at a selection of very common foods, eaten throughout the day, that many people eat. Many of us believe some to be “Healthy options” but we must still look out for hidden sugars.  Daily recommended sugar = 50g   |  |  |  | | --- | --- | --- | | BREAKFAST (30g portion)  Weetabix 1.7g  Shreddies 6g  Special K 11g  Frosties 17g  Coco Pops 17g | LUNCH (sandwiches)  Egg and watercress 2.2g  Tuna mayo 3g  Cheese and pickle 6g  Coronation chicken 16.8  BLT 2.4g | DINNER  Spaghetti Bolognese 6g  Chicken korma and rice 8g  Big Mac 9g  Pizza 5g  Fish pie 6g |   Activities   1. Give the children the above meal options (without the nutritional information). Can they estimate which has the most/least sugar? ( Rank them for each meal). 2. Calculate the least/most sugar you would consume in a day by choosing from these options. 3. Research Healthy Eating options for alternatives that contain much less hidden sugar. 4. Create a “Did You Know?” display showing hidden sugars in processed foods to share in the final Whole School presentation. 5. Discuss why too much sugar is bad for your health, i.e. it is dangerous to organs, dangerous to joints, will shorten your life, so not just focussing on obesity. |
| **Year 4 Burn it off!**  Activities   1. Find out how many calories there are in some common foods/drinks e.g.  * A bottle of coke - 210 calories 39g sugar * A Mars bar 260 calories/34.6g sugar * A Big Mac – 550 calories /9g sugar * Sweet chilli crisps - 225calories /18g sugar  1. Research how many calories are burned off through 10 minutes of various activities that can be arranged at school e.g.  * Skipping - 100 * Walking - 25 * Step-ups - 86 * Playing football - 70 * Jogging - 75  1. Set up a carousel of activities for other classes to come and participate. 2. Calculate the calories burned per pupil/class/whole school etc. and find a way of presenting findings in the final Whole School presentation. 3. Discuss the obesity epidemic and that the difference in the average weights of now, compared to the 1940’s, is likely to be as a result of too much sugar in our diets and too little exercise. Discuss why too much sugar is bad for your health, i.e. it is dangerous to organs, dangerous to joints, will shorten your life, so not just focussing on obesity. |
| **Year 5 The Great Debate**  Discuss with children the history of tobacco advertising and marketing – that until recently, tobacco companies sponsored major sporting events, that soldiers serving in the forces were given cigarettes, that children in the 60’s and 70’s could buy candy cigarettes and chocolate pipes, etc. Since medical research has linked smoking to lung cancer and other diseases, stricter controls have been introduced and all tobacco products are sold stamped with clear warnings.  Activity  Is it now time to do the same for sugary foods?  Set up a class debate where half the class prepare and present for e.g.  ***“ We believe that the government should insist on warnings on foods containing high sugar and the health related risks”***  while the other half of the class prepare and present against e.g.  ***“ We believe that people have a right to eat and drink whatever they please”***  Video/ make a podcast to show in the final Whole School presentation. |
| **Year 6 “Life is Sweet”**    Remind the children that doctors and scientists are becoming increasingly worried about the effect too much sugar has on the body – particularly in relation to developing Type 2 diabetes.  Activities  Show video clips on Type 1 and Type 2 diabetes and discuss.  <http://kidshealth.org/kid/closet/movies/diabetes_movie.html?tracking=79997_A>   1. Emphasise that just as we educate pupils about the dangers of smoking, this is another aspect of their lives that they will need to be responsible for, especially when they are at Secondary School. It is important that they know the facts so that they can make healthy lifestyle choices. 2. Show children the following quotes:-   ***“We have got used to these highly sweetened foods because they sell so well but this needs to be changed. We are eating too much sugar and we are paying the price”***  Jack Winkler (Campaigner against excessive sugar in the diet)  ***“Added sugar has no nutritional value and we don’t need it………..there is mounting evidence that sugar is a threat to health.”***  Aseem Malhtra , Heart Specialist  Pair discussion – What does this mean for us and our lifestyles?   1. Look at Daily Mail article on sugar content of popular foods. Can the children make their own information leaflet /PowerPoint presentation to let others know what they have discovered? Choose one/some presentations to show in the final Whole School presentation.   <http://www.dailymail.co.uk/health/article-2127461/Secret-sugars-food-From-cubes-salad-16-half-bottled-water-youre-eating-realising-it.html>   1. When is sugar essential? Discuss hypoglycaemia (low blood sugar) in diabetics. Symptoms of a diabetic coma - sweating, pale, confused, angry, acting “drunk”. In this case, sugar can be a life saver e.g. five jelly babies. |
| **GENERIC IDEAS BANK**  <http://www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=285&id=1722>  <http://www.diabetes.org.uk/Guide-to-diabetes/My-life/Kids/>  <http://kidshealth.org/kid/videos/indiabetes_vd.html> |