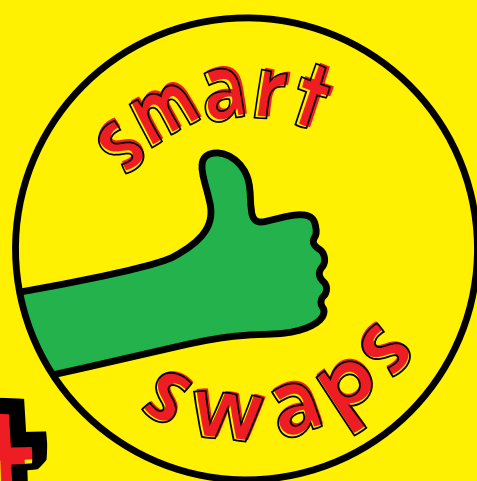


# teacher resource booklet



# be food smart with smart swaps

**Change4Life is hoping to get everyone swapping to a healthier, tastier diet. We want everyone to know how making some simple swaps can help reduce the amount of sugar, fat and calories they consume.**

We all know that eating a balanced diet is fundamental to the development of children's health and wellbeing and their ability to lead healthier, active lifestyles – and healthy pupils are more likely to be effective learners. That's why in schools we're focusing on what children eat for breakfast and lunch.

We'd love everyone in your school to swap from a bowl of sugary cereal to non-sugary options for breakfast and get them all eating a healthier school meal together at lunchtime – and we've got lots of ideas and support to help you do this.

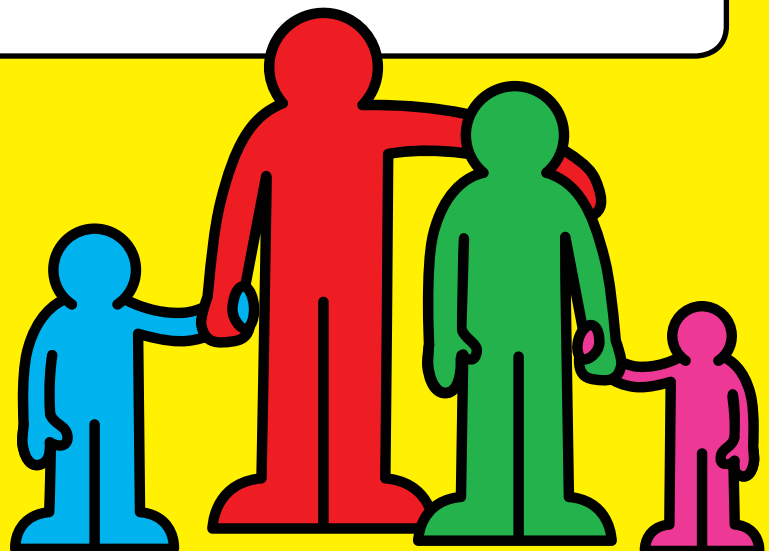
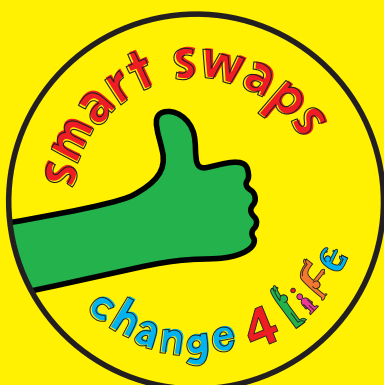
These Smart Swaps resources have been created to be flexible for schools and teachers so that you can pick and choose the activities that best fit your pupils. The aim is for everyone to get swapping and eat well.

## Engaging parents with Smart Swaps

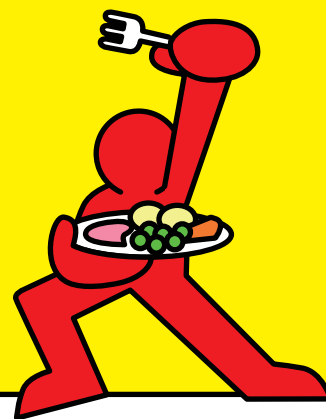
One of the best ways to help children eat healthily outside school is to get the whole family, especially parents, involved. You could hold a Smart Swaps event at your school to get the healthy living message across to families in a fun and engaging way.

Where possible, please support us by explaining to parents the importance of diet and nutrition and children getting active every day. To do this you could:

- Handout the new Sugar Swaps leaflet to parents with advice on how to reduce sugar intake, visit [www.nhs.uk/C4Lschools](http://www.nhs.uk/C4Lschools) to download a copy
- Give parents information on how they can help their child with their Smart Swaps
- Run a Smart Swaps family session where you can explore making healthier swaps together
- Involve parents in your Smart Swaps event as volunteers or activity leaders
- Encourage parents to download the new Change4Life Sugar Swaps app, it is designed to show quickly and easily how much total sugar is in the food and drink you're having. The app can be downloaded from the App Store, suitable for iPhone.



# learning outcomes



## Taking part in these activities will encourage children to:

- Understand how to maintain a balanced diet so that they can lead a healthier lifestyle as they grow up
- Develop a positive attitude to healthier eating by having fun with food and exploring new tastes
- Make healthier food choices for themselves

Don't restrict yourself to a one-off lesson or event – long-term changes are more likely if you run a series of healthy wellbeing events or lessons

## Smart Swaps ideas for the whole school

- Develop your own school food plan to make healthier choices easier for staff and children
- Make a school-wide Smart Swaps pledge and display it prominently so that all staff and children can get involved
- Incorporate Smart Swaps themes into lessons - see pages 6 and 7 for some ideas
- Through your parent communications, raise awareness with families of Change4Life online. Encourage them to sign up to Change4Life so they can learn about healthy swap ideas for home, and tell them how you are incorporating Change4Life ideas at school.
- Promote healthier lunchtime options – see page 4 and 5 for lots of ideas
- Get your breakfast club organisers on board with the breakfast swap choices and help them to set up a 'Breakfast Buddies' system – once a week year 5 or 6 pupils host a mixed year group table to sample a different breakfast choice such as porridge with chopped banana and a fruit smoothie to drink. Pupils agree together what they try each week. Other pupils, who don't normally attend before school, could be invited as 'Breakfast Buddies' to share in the fun too! You could also contact your neighbouring schools and swap ideas about what works well for breakfast there

## Hold a Smart Swaps assembly

Get pupils to deliver a Smart Swaps assembly and invite parents to come along – we have a film especially created for school assemblies to explain what Change4Life is all about and why a healthy lifestyle is so important.

Visit [www.nhs.uk/C4Lschools](http://www.nhs.uk/C4Lschools) to find out more

# swap for a school lunch



These days, school dinners are almost certainly healthier than most packed lunches – and tastier too!

The team behind the School Food Plan held events with schools and their caterers to find out how they had transformed their school food service. Here are some of the creative ways schools have made their meals healthier and tastier - and increased the number of children who eat them:

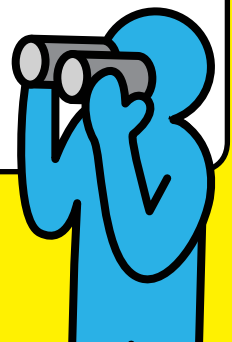
- Encourage children to sit together regardless of whether they're eating school dinners or packed lunches
- Make the lunch hall an inviting environment – you could get the whole school involved, hold a competition to design a new look or have a monthly class rota of hall decoration
- Have a four-week plan of simple dishes, advertised in advance in your school newsletter and website, and invite parents to help out in the school kitchen or serving lunch
- Eat with the children – in schools with a good food culture, teachers regularly sit and eat lunch with the children
- Ask each class over the course of a week to prepare and distribute platters of sliced fruit for break time, so that children are encouraged to eat fruit by their peers
- Hold a Masterchef-style competition run by your cooking club
- Rather than use divided trays, ask the children to design new bowls and cutlery and see if you can introduce something similar
- Consider what time lunch starts – uptake of school dinners is often higher in schools where the lunch break starts earlier

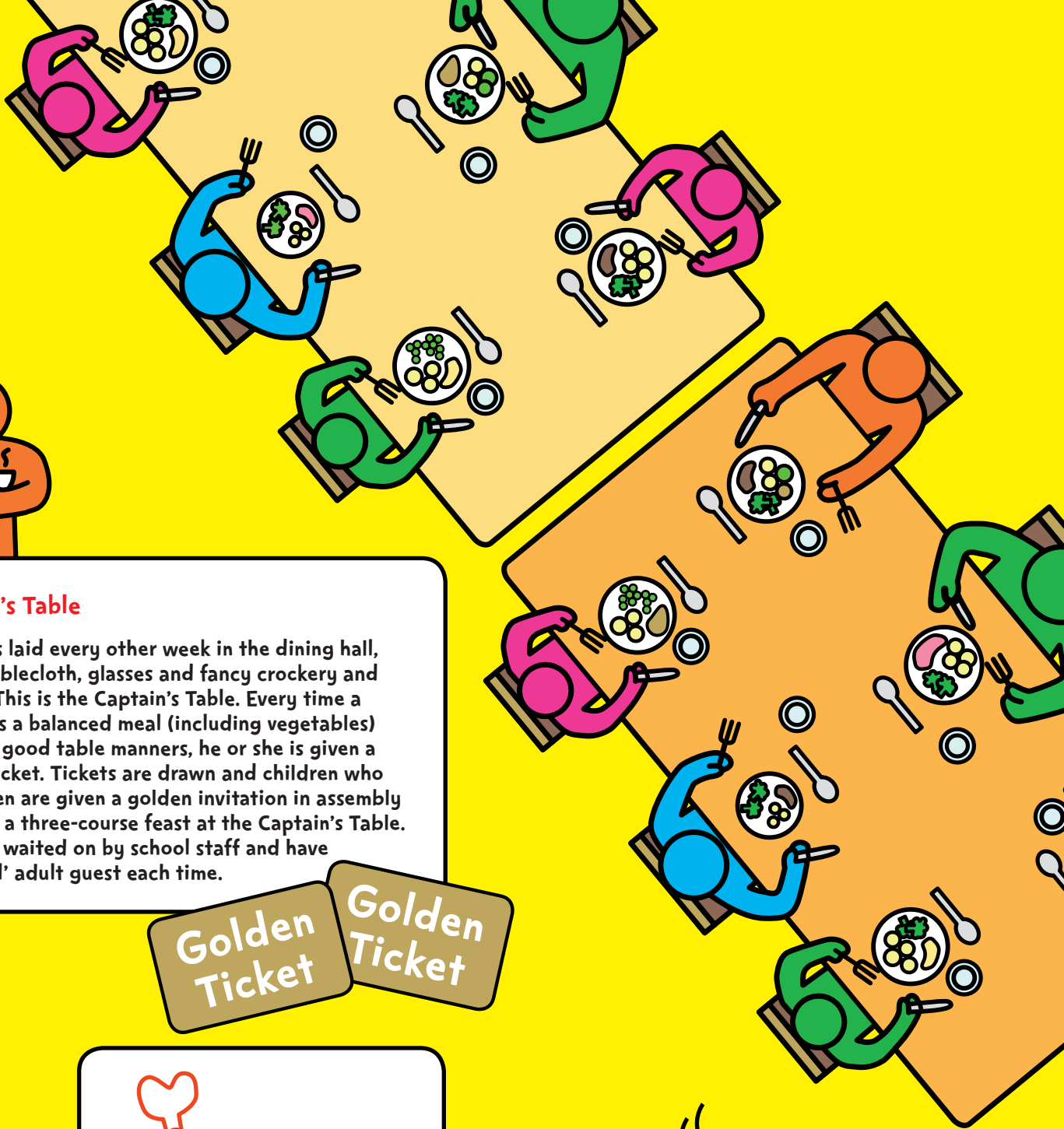


## Improving packed lunches

Try and make packed lunches as healthy as possible by introducing some rules linked to the eatwell plate so that parents and children all have a clear idea of what a healthy balanced diet looks like. Why not send a special newsletter to parents, to explain what the rules on packed lunches are and why they are important? Check out Bristol's Ashton Vale Primary School to see how one school has improved packed lunches: once a week children can volunteer to have their lunchbox inspected and those who pass the healthy lunchbox test get a raffle ticket for a prize draw

<http://ashtonvaleprimary.weebly.com/healthy-lunchboxes.html>



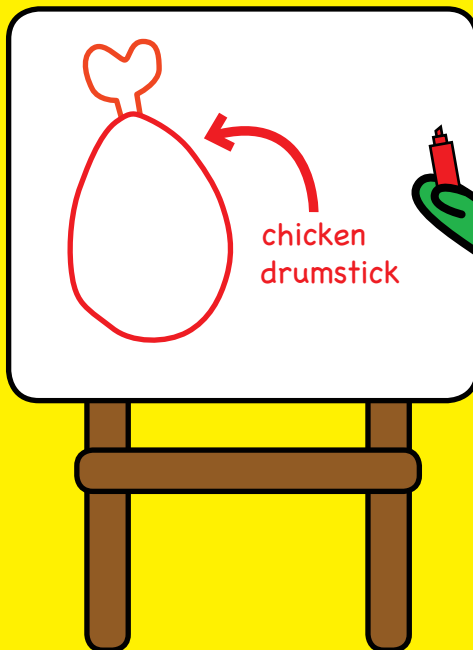


### Captain's Table

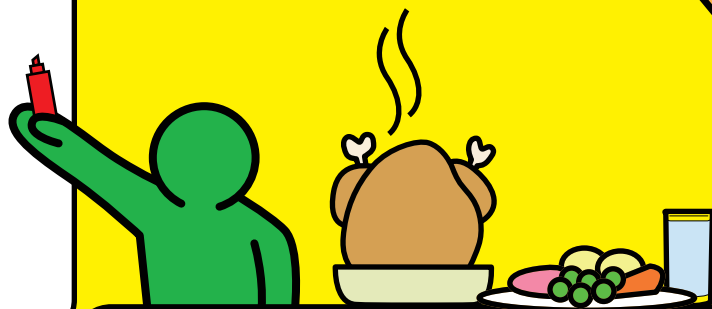
A table is laid every other week in the dining hall, with a tablecloth, glasses and fancy crockery and cutlery. This is the Captain's Table. Every time a child eats a balanced meal (including vegetables) and uses good table manners, he or she is given a special ticket. Tickets are drawn and children who are chosen are given a golden invitation in assembly and then a three-course feast at the Captain's Table. They are waited on by school staff and have a 'special' adult guest each time.

Golden  
Ticket

Golden  
Ticket



chicken  
drumstick



### Study your school dinners

During lessons about food, children can study their own school dinner. Ask the school cook to give a talk in the classroom about their work and then the children can visit the kitchen to try out the equipment. The children can then be asked to design a healthier menu for the canteen – and the winning meal can be cooked for the whole school.



# smart swaps ideas for your class

Teach the importance of making healthier swaps through these fun activities:

PE

## Snack attack

To get children thinking about how to make healthier swaps, create sets of paired picture cards showing a range of snacks and their healthier alternatives. Older pupils could create their own cards from the four main food groups using the eatwell plate [www.nhs.uk/Livewell/Goodfood/Documents/Eatwellplate.pdf](http://www.nhs.uk/Livewell/Goodfood/Documents/Eatwellplate.pdf)

Put the group into teams and set them up with the team at one end of the hall and the cards at the other. In a relay, the team must run and collect the cards one at a time. Once a team has the full set they must pair them correctly to win the game.

## Tooth tastic experiment

Sugar + bacteria in our mouths = acid. To teach children about how acid can damage their teeth, why not place boiled eggs or bone pieces in sealed jars of cola, juice, water, etc. for a two-week period to highlight the effects of different types of drinks on our teeth. Pupils should carry out the experiment, write it up and record their findings. It's a good idea to combine this activity with the 'Sugar towers' task below so that pupils know how much added sugar is in each drink. It's an excellent way to encourage them to swap to sugar free drinks, water or milk and to talk to them about oral hygiene.

For more information about this experiment check out this short BBC film [www.bbc.co.uk/learningzone/clips/the-effects-of-different-drinks-on-teeth/4294.html](http://www.bbc.co.uk/learningzone/clips/the-effects-of-different-drinks-on-teeth/4294.html)

Science

## Blocked pipes

This simple experiment demonstrates what fat does to our arteries. You will need: see-through plastic cups, straws, toothpicks, play dough, lard, a jug of water coloured with food dye, trays to catch the water.

1. Give each small group two straws cut to approx. 7cm
2. Get pupils to put some lard down one of the straws, using the toothpick to poke it along. Looking down the straws, the pupils should observe a narrowed space on the straw coated with lard
3. Pierce each cup low down on the side and place a straw through the gap, ensuring that the straw isn't squeezed
4. Next seal the hole around the straw on the inside using the play dough
5. Place the cups in the tray and pour in the coloured water. Watch as it takes the water longer to travel through the blocked straw
6. Relate the experiment to blood travelling through the arteries

Science

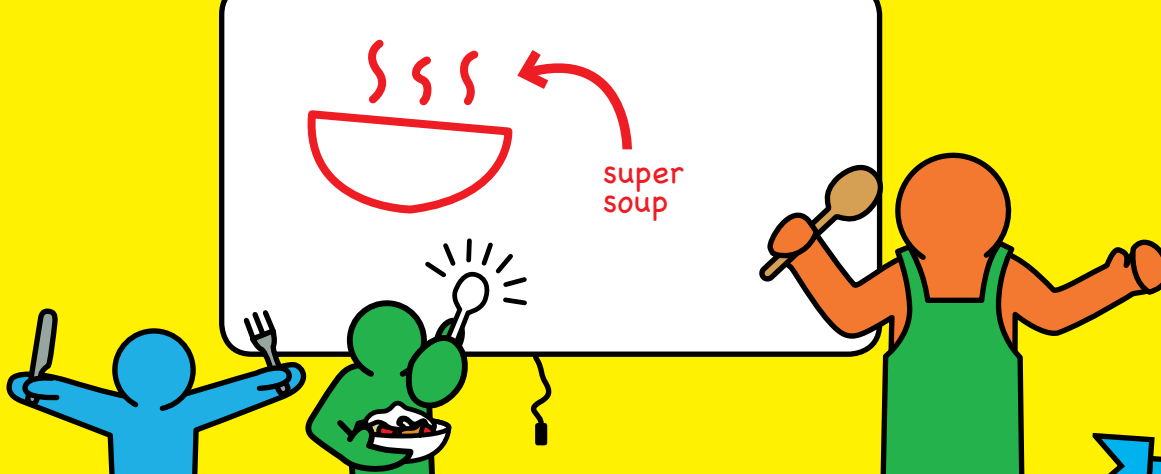
## Milk tops

To explain why milk is an important part of a healthy diet, introduce the topic of milk production. Milk and dairy products, such as cheese and yoghurt, are great sources of protein and calcium and also contain essential vitamins such as vitamin B2 and vitamin B12. There are lots of helpful resources, including a video on milking for 5 to 8 year-olds available at [www.foodafactoflife.org.uk](http://www.foodafactoflife.org.uk)

Carry out a taste test with the class. Visit [www.foodafactoflife.org.uk](http://www.foodafactoflife.org.uk) for lots of suggestions for a sensory evaluation. Remember to check for allergies when carrying out this kind of activity. Explain how lids are colour-coded related to the fat content in milk. Suggest that they try lower-fat milk on their breakfast cereal and explain that by making the simple swap from whole to semi-skimmed milk or semi-skimmed to skimmed or 1% milk, they could save more than 125ml of fat from their diet each month – you could even show them a visual representation of this using vegetable oil!

The Government recommends that children under the age of 2 should not restrict their intake of fat. From 2 years if they are a good eater and growing well, children can move to semi-skimmed milk. From the age of 5 children can also be served 1% fat or skimmed milk.

Science



Maths

### Bring a box

To learn about what makes some breakfast cereals healthier than others you could carry out a class survey on different cereals eaten for breakfast and ask the class to present their findings as a graph.

Ask pupils to bring in an empty cereal box from home. In small groups, they can compile a data table showing the different nutritional values per 100g for each brand. Create a series of questions for them to answer such as 'Which breakfast cereal has the lowest salt/added sugar/fat content?' Use these findings to encourage the class to eat healthier alternatives for breakfast.

Keep a clear plastic container and some sugar cubes at the front of the class. For this activity assume a regular sugar cube weighs approx. 4g. Using their data table, ask them to work out how much added sugar in their regular breakfast cereal and how much they'd save by swapping to a less sugary alternative. Each morning pupils can add cubes to the jar representing how much sugar they've saved, noting their swap in a log book. For example, if they've eaten plain porridge instead of a sugar-coated cereal they save 13g of sugar and can add 4 cubes. You can discuss rounding up or down with older pupils or attempt to split the cubes! You could also set up an inter-class competition called 'Sugar Savers' to see which class saves the most each week or month.

Maths

### Sugar towers

To learn about the different amounts of sugar in different foods, ask pupils to bring in different food packaging. Read the food labels to discover the sugar content and if available, use kitchen scales to weigh out the amounts in sugar cubes - for this activity assume a regular sugar cube weighs approx. 4g. Build a sugar cube tower next to the food package to visually represent its sugar content. Take photos and create a presentation to deliver to the class. As a class discuss less sugary alternatives they could eat instead.

### Cheese please!

To explain why cheese is an important part of a healthy diet, read or listen to the story 'The Exciting Guests' at [www.foodafactoflife.org.uk](http://www.foodafactoflife.org.uk). If you're pushed for time skip to the second half of the story that is all about cheese production. Brainstorm different types of cheese that pupils have eaten and explain that different cheeses have different fat content. Use the cheese factsheet to sort the cheeses into categories of low, medium and high fat content.

[www.lnds.nhs.uk/Library/FatcontentofcheeseFinalNov11.pdf](http://www.lnds.nhs.uk/Library/FatcontentofcheeseFinalNov11.pdf)

Get pupils to create a cheese poster displaying their findings. Older pupils could search online for images. You could also watch the farming video on cheesemaking at [www.foodafactoflife.org.uk](http://www.foodafactoflife.org.uk)

English

### Swap at the shop

Get your class thinking about healthier swaps by asking the group to sit in a large circle and teach them the chant below. Explain that they must listen carefully to what others are saying and suggest a healthier alternative when it's their turn. The chant moves clockwise around the circle.

A: I bought a cola at the shop

B: Hang on, Katy! Why don't you swap?

A: Swap for what? What's that you say?

B: Why don't you try some skimmed milk today?

For more detailed information about healthier eating visit the NHS Choices website [www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx](http://www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx)

English



# useful change4life school links



You'll find more teaching resources on healthy eating and physical activity at [www.nhs.uk/c4lschools](http://www.nhs.uk/c4lschools)

To find out about Change4Life Sports clubs visit [www.youthsporttrust.org/how-we-can-help/programmes/change4life-sports-clubs.aspx](http://www.youthsporttrust.org/how-we-can-help/programmes/change4life-sports-clubs.aspx)

NHS Choices has more detailed information about healthy eating. Visit [www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx](http://www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx)

## Other useful resources

Discover more about the School Food Plan at [www.schoolfoodplan.com](http://www.schoolfoodplan.com)

Visit the British Nutrition Foundation at [www.foodfactoflife.org.uk](http://www.foodfactoflife.org.uk) for a wide range of free resources on the importance of healthy eating

Does your school run cooking activities? If so, you can join the Let's Get Cooking network. Receive extra support on running cooking sessions and access over 300 recipes and resources online. Visit [www.letsgetcooking.org.uk/apply](http://www.letsgetcooking.org.uk/apply) for more information

Learn more about promoting school meals in your school with National School Meals Week at [www.nsmw.org.uk](http://www.nsmw.org.uk)

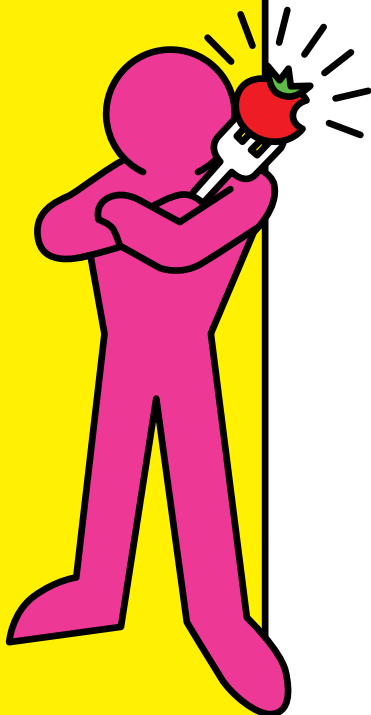
The British Heart Foundation has a range of school resources covering everything from learning to read to PE, science and PSHE. Find out more here [www.bhf.org.uk/schools](http://www.bhf.org.uk/schools)

Interested in encouraging your pupils to walk to school? Living Streets has lots of hints, tips and suggestions at [www.walktoschool.org.uk](http://www.walktoschool.org.uk)

Get your pupils trained and ready to cycle safely with Bikeability at [www.bikeability.org.uk](http://www.bikeability.org.uk)

The School Games is a great opportunity to motivate young people to enjoy the benefits of playing competitive sport. Visit [www.yourschoolgames.com](http://www.yourschoolgames.com)

The Youth Sport Trust is passionate about helping young people achieve their potential by delivering high quality PE and sport. Visit [www.youthsporttrust.org](http://www.youthsporttrust.org)



Eat well Move more Live longer