



fun ways to help kids make healthier snacks

Supporting the new food,
cooking and nutrition aspects of
the national curriculum 2014

introducing snack swaps



Change4Life is encouraging everyone to make small changes to be healthier, such as swapping sugary drinks for lower sugar alternatives, like sugar free or no-added sugar drinks, water or lower fat milk.

Children often reach for sugary snacks after school but we'd like them to discover healthier options that still taste delicious. This Snack Swaps booklet includes some simple recipes and ideas to help you teach the importance of making healthier Snack Swaps.

snack swaps and the national curriculum 2014

From 2014 there is an increased focus on teaching children about food, cooking and nutrition in the national curriculum. Included in this booklet are recipes to make tasty snacks with your class which they can take home; and plenty of resources to help you link Snack Swaps into teaching nutrition and the importance of being healthy.

from school to home

A crucial part of helping children eat healthily outside school is to get the whole family, especially parents, involved. By taking their Snack Swaps home in their specially made box, children will inspire curiosity and conversation in the home; reinforcing the importance of healthier Snack Swaps every day.

Ideas for getting parents involved:

- Run a Snack Swaps family session where you can explore making healthier swaps together. Involve parents as volunteers or activity leaders.
- See the back page for even more ideas.



Change4Life has released a new Sugar Swaps leaflet with advice on how to reduce sugar intake. You can print the new Sugar Swaps leaflet and put one in each child's book bag. Search **Change4Life** for more information.

snack swaps in the classroom

Learning outcomes

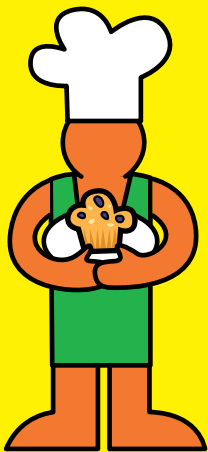
Change4Life Sugar Swaps aims to encourage everyone to make healthier swaps throughout the day to cut out sugar.



The Change4Life schools activities will help you introduce the new food, cooking and nutrition aspects of the curriculum.



Overall we want to encourage children to make healthier choices when snacking and in doing so eat less saturated fat, sugar and salt. Snack Swaps activities form an essential part of this, getting children to have hands-on experience, that's fun and interesting, which they can transfer to the home. Classroom learning will lead to the following learning outcomes:



- 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.
- Adopt an independent and proactive approach to healthier eating by making healthier snack choices.
- Swap to lower sugar and lower fat foods based on their increased awareness of the impact of fat build up in the human body.

send them on a mission

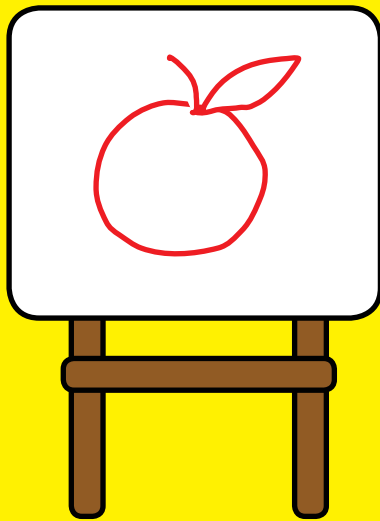


We all know children like a challenge, and eating unhealthy food that's full of sugar and fat is just too easy. Set your class on a mission to make as many healthier Snack Swaps as they can – you could even set up a wall chart to track class progress as they make Snack Swaps over a week or month. The recipes and activities in this booklet will equip your class with the knowledge and confidence to make healthier choices throughout the day, whether they're at home, at school, or out and about.



core competencies for children at key stage 1 and key stage 2

A set of core competencies has been drawn up to help children develop the skills and knowledge they need to make healthier food choices. These cover everything from diet and nutrition to awareness of food labelling and the importance of physical activity.



By the age of 7 children should have the following food preparation and handling skills. They should be able to:

- Recognise and taste a range of familiar ingredients, e.g. fruit, vegetables, cereals, dairy, meat, eggs, fish.
- Name and use a range of basic tools safely, e.g. small knife, chopping board and measuring spoon.
- Use a range of food preparation skills with supervision, e.g. peeling, slicing, mixing, scooping, grating and spreading.
- Prepare a range of healthy dishes and drinks safely and hygienically with help.
- Avoid wasting food during preparation and cooking and recycle food packaging.
- Eat sociably with others.
- Recognise the importance of preparing and cooking food safely and hygienically, e.g. handwashing, cleaning up regularly and keeping work surfaces clean.
- Be able to get ready to cook, e.g. tie back long hair, wash hands and wear an apron.
- Be aware that food purchased or cooked needs to be stored in different ways to keep it safe, e.g. fridge and freezer.

The full list of competencies for key stages 1 to 2 can be found on the Change4Life schools page, just search [Change4Life/schools](https://www.change4life.co.uk/schools).

turn them into snack swappers throughout the day

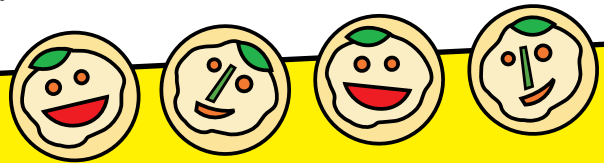


A whole school Snack Swapping mission

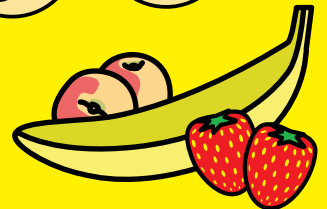
Why not run a competition for the whole school? See which class can come up with the highest number of healthier Snack Swaps.

Here are some ideas for teaching children to make easy Snack Swaps, anytime:

- Swap sweets for fresh fruit. It's easy to carry around, tastes delicious and is usually more filling.
- Swap biscuits for plain, unsalted nuts.
- Swap cakes for plain rice cakes or toast with low fat spread.
- Swap chocolate for low fat, lower sugar yoghurt sprinkled with fruit or nuts.



snack swaps activities



Before sending your class on a mission to make healthier Snack Swaps, it's crucial to get them thinking about the choices they have when making or choosing food. These Snack Swap activities will equip them with the knowledge and confidence to make smart nutrition decisions throughout the day.

Maths

Sugar scale

To get children thinking about how much sugar is in their breakfast cereal, and how easy it is to swap for a healthier choice, line up a variety of breakfast cereals including porridge oats, and chocolate options. Ask the class to guess how much sugar is in each, and put the packets in order of their sugar content. Reveal how much is in each and correct the order if necessary. You can also try this activity using a range of snacks.

PE

Snack Swaps sprint

To educate children on how they can make healthier Snack Swaps, create a set of cards showing a range of snacks and their healthier alternatives. Get the group into two teams and ask them to stand at one end of the hall with the Snack Swap cards at the other end. Each team should have a pile containing an equal number of cards with healthy snacks to that of unhealthy snacks. In relay, the team must run and collect the cards one at a time. The first team to have collected all the cards in the pile, with the Snack Swap pairs matched correctly, wins the game.

Stuck for ideas? Get inspiration from our recipes in this booklet and online, just search [Change4Life/mealmixer](https://www.change4life.co.uk/mealmixer).

Art

Snack Swaps box

To encourage your class to take an interest in healthier food options, ask them to create and decorate their own Snack Swaps box. Use the template to make a box cut out for each child. Then ask them to decorate it with their ideas of healthier Snack Swaps. Explain to the class that these boxes are for the healthy snacks they make at school, so they can take them home. Remind them that their snacks should be wrapped in greaseproof paper, foil, or a sandwich bag before they put them in their box.

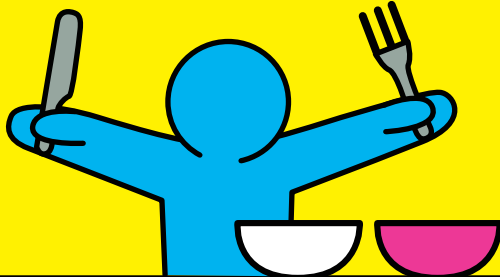
Maths

Sugar towers

To learn about the amount of sugar in the foods they eat, ask the class to bring in a variety of food packaging. Look at the food labels to see how much sugar is in each and use kitchen scales to weigh out the amounts in sugar cubes (assume a regular sugar cube weighs approx. 4g). Build a sugar cube tower next to the food package to represent its sugar content. As a class discuss less sugary alternatives they could eat instead.

let's get cooking!

Here are some great recipes for you to make in the classroom, demonstrating how quick and easy it can be to prepare healthier snacks.



Plan progression in your work so that your children know:

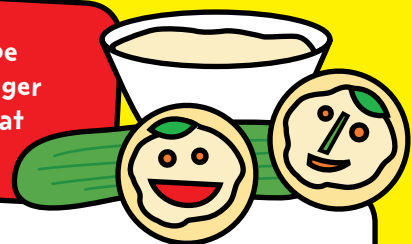
- Why it is important to prepare and cook food safely.
- How to get ready to cook.
- That food is stored in different ways.
- How to find and use information on food labels.

It's important that any cooking session is well prepared in advance to make sure that the learning objectives are delivered as you intend. This checklist will help you identify the main things you need to consider in advance:

- Choose recipes that are appropriate for the age and ability of the children. For example, non-cook recipes are suitable for younger children.
- Make sure that you are confident and competent to demonstrate a skill, use equipment safely or make a recipe – you will be the role model.
- Ensure that a parent/carer permission letter has been sent home if necessary.
- Make sure the teaching assistant and any parents or adult helpers understand the learning objectives and what will be happening, and how to support you.
- Create an area to cook. Tables should be cleaned with anti-bacterial spray and covered with a wipe clean surface or tablecloth.
- Make sure the pupils have washed their hands, have tied back long hair and are wearing an apron.

There's more helpful information and nutrition ideas in the teacher's cooking guide just search [Change4Life/schools](#) to download and get access to other ideas on how to broaden children's repertoire to cover all meal occasions.

This is a non-cook recipe so it's suitable for younger children and schools that don't have ovens.



Rice cakes with houmous and cucumber spread

These crunchy rice cakes are topped with a simple spread made by mixing together low fat soft cheese, reduced fat houmous and chopped cucumber. Yum!

Allergy check: contains dairy

Makes: 4 (multiply by 8 for a full class)

Preparation time: 5 minutes

Cooking time: none

Equipment: mixing bowl, spoons, aluminium foil or greaseproof paper

Skills: measure, arrange, spread, mix, stir

4 tbsp reduced fat houmous
100g low fat soft cheese
5cm length of cucumber, finely chopped
4 rice cakes (or crispbread)

1. Ask the children to place the houmous and soft cheese into a bowl and mix together. Once blended, the cucumber can be stirred in.

2. Show the children how to spread the mixture over the rice cakes, then wrap in greaseproof paper or aluminium foil before popping one into each child's Snack Swap box to take home. The rice cakes need to be stored in the fridge before they're ready to take home.

3. For extra fun, show your pupils how to make the rice cakes into funny faces by topping them with cucumber or tomato slices, grated carrot and pepper strips.

Approximate nutritional analysis per serving:

123kcal/515kj

7g protein

6g fat of which 1g saturates

12g carbohydrate of which 2g sugars

2g dietary fibre

333mg sodium equivalent to 0.8g salt



Piri-piri pomegranate popcorn

The yummiest popcorn they've ever tasted – and so easy for them to make!

Makes: 4 (multiply by 8 for a full class)

Preparation time: 5 minutes, plus cooling

Cooking time: 5 minutes

Equipment: hob, saucepan with lid, wooden spoon, oven gloves, greaseproof paper or aluminium foil

Skills: measure, shake, stir, heat

2 tsp vegetable oil

160g popping corn

1 tsp piri-piri seasoning

100g ready-prepared fresh pomegranate seeds
freshly ground black pepper

1. Heat the vegetable oil in a large heavy based saucepan with a tight fitting lid.
2. Add the popping corn, then put the lid on and shake the pan to coat the kernels in the oil. Put the pan over a medium-high heat. The kernels will begin to pop, and when they do, carefully shake the pan occasionally. If using a microwave, place on a high heat for approximately 2-3 minutes or until popping subsides.
3. When the popping subsides, remove from the heat. Cool for 10 minutes, then ask the children

to add the piri-piri seasoning, pomegranate seeds and a little black pepper, stirring them through.

4. Divide popcorn up and place in sandwich bags before children pop them in their Snack Swaps boxes.

5. For a fruitier version, instead of piri-piri add chopped apple, blueberries, seedless grapes and a pinch of ground cinnamon.

Approximate nutritional analysis per serving:
182kcal/769kj

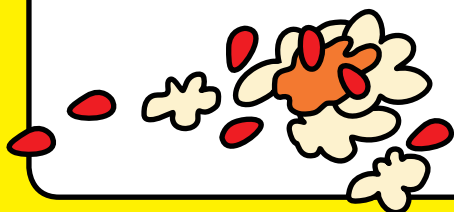
5g protein

3.5g fat of which 0.2g saturates

33g carbohydrate of which 13g sugars

0.2g fibre

300mg sodium equivalent to 0.7g salt



Pizza squares

Pizza is everyone's favourite, and it's extra tasty when they make their own!

Allergy check: contains dairy

Makes: 4 (multiply by 8 for a full class)

Preparation time: 10 minutes

Cooking time: 12 minutes

Equipment: grill, spoons, knives, oven gloves, foil or greaseproof paper

Skills: measure, spread, sprinkle, cut/slice

2 brown square wraps

4 tbsp tomato puree

2 tsp Italian mixed dried herbs

4 tomatoes, thinly sliced

40g reduced fat hard cheese, grated

6 black or green olives, chopped

freshly ground black pepper

basil leaves, to garnish

mixed salad leaves, to serve at home

1. Preheat the grill to medium-high.
2. Place the wraps on a work surface and cut into halves or quarters (remember the portion will need to fit in the snack box). Get the children to spread each half with one tablespoon of tomato puree and then show them how to sprinkle ½ a teaspoon of mixed herbs over the top of each one. Season with black pepper.

3. Get the children to arrange the sliced tomato over the top of each wrap, then sprinkle with cheese and add olives. Grill them, one by one, for 3-4 minutes until the cheese melts and bubbles. Repeat until they are all cooked.

4. Ask the children to allow their pizzas to cool, wrap in aluminium foil or greaseproof paper and put into their Snack Swap container to take home. Tell the children they can serve them at home with salad or some grated carrot.

Approximate nutritional analysis per serving:
146kcal/611kj

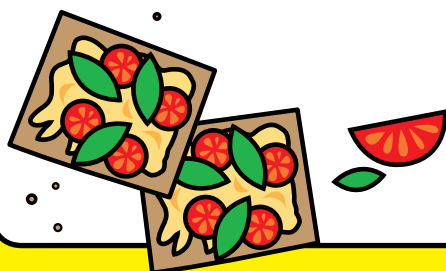
8.25g protein

3.75g fat of which 1.25g saturates

17.5g carbohydrate of which 5g sugars

2.5g dietary fibre

298.5mg sodium equivalent to 0.7g salt



Fruit scones

Wow the whole class with these scrumptious scones.

Allergy check: contains dairy

Makes: 4 (multiply by 8 for a full class)

Preparation time: 15 minutes

Cooking time: 15 minutes

Equipment: oven, baking sheet, baking tray, mixing bowls, wooden spoons, rolling pins, cutters, pastry brush, greaseproof paper or aluminium foil

Skills: measure, grease, sift, rub/mix, stir, knead, cut, roll, arrange, brush

¼ tsp vegetable oil, for greasing

90g self-raising flour

20g low fat spread

10g caster sugar

20g sultanas or raisins

60ml semi-skimmed milk

1. Preheat the oven to 220°C, fan oven 200°C, Gas Mark 7. Get the children to lightly grease a baking sheet with the vegetable oil.
2. Ask the children to sift the flour into a large mixing bowl. They can then rub in the low fat spread using their fingertips until the mixture

looks like fine breadcrumbs. After rubbing in the spread, the children can stir in the sugar and fruit.

3. Provide children with milk and tell them to add just enough to the mixture to make a soft (but not sticky) dough, stirring it in with a knife to bring it together. Tell the children to avoid using their hands, as this warms the mixture.
4. Divide the dough so that each child has some.
5. Flour everyone's hands a little, then knead the dough lightly for a few moments. Turn the dough on to a lightly floured surface, then the children can use a lightly floured rolling pin to roll out the dough until it is 2cm (¾ inch) thick.
6. Using a 5cm (2 inch) plain or fluted cutter, the children can stamp out circles. Tell the class to try not to twist the cutter – just press it straight through the dough to help the scones rise evenly. Gather the trimmings together, re-roll them and cut out more scones.
7. Arrange the scones on the baking sheet. The children can then brush the tops with milk. Bake for 12-15 minutes, until risen and golden brown. Allow to cool, wrap in aluminium foil or

greaseproof paper and then pop them in to each child's Snack Swaps container.

Approximate nutritional analysis per serving:
142kcal/595kj

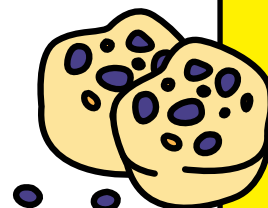
2.7g protein

4.65g fat of which 1.95g saturates

23.8g carbohydrate of which 7.1g sugars

0.8g dietary fibre

174.7mg sodium equivalent
to 0.42g salt

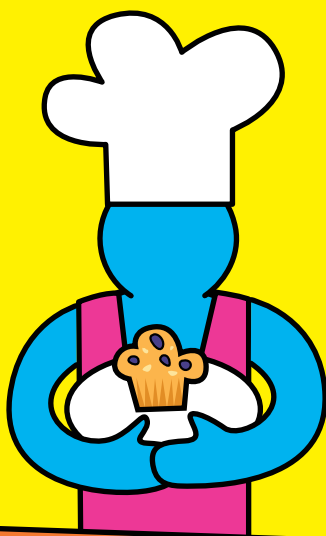


Learning point: although there is sugar in this recipe, it's a small amount spread through a large quantity of mix so still healthier than shop-bought alternatives.

teacher's checklist

Extra ideas to get your pupils and their families involved:

1. Hold an assembly where you show the Change4Life schools video, search **Change4Life/schools** to access it. Get your pupils thinking about what they're eating and why it matters.
2. Get parents involved, by sending the class-made Snack Swaps home using the box template provided. Don't forget to pop the Sugar Swaps leaflet in each child's book bag, for simple ways to help kids eat less sugar. Search **Change4Life/schools** to download it.
3. Let us know how you're getting on – take photos, join in the conversation on social media using **#SnackSwaps** to shout about all the great stuff you're doing.
4. If you haven't done so already, sign up to our teacher's newsletter to receive all our schools updates first. Simply search **Change4Life/schools**.
5. Head to the Change4Life schools webpage for lots of other resources including a teacher's cooking guide, lesson ideas, pupil worksheets, whole school ideas and more.



Useful Change4Life school links:

- You'll find more teaching resources on healthy eating and physical activity at www.nhs.uk/C4Lschools.
- Check out the Change4Life schools film – a really interesting and helpful way to spread healthy living messages. Search **Change4Life/schools**.

Other useful resources:

- Visit the British Nutrition Foundation at www.foodafactoflife.org.uk for a wide range of free resources on the importance of healthy eating.
- As you now have more cooking in your timetable why not 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 for more information.
- Discover more about the School Food plan on www.schoolfoodplan.com.
- Learn more about promoting school meals in your school with National School Meals Week at www.nsmw.org.uk.