

Welcome to



The Healthier Snacking Show!

from **change 4 life**

Presented by [insert class name]

To the teacher

Delete this
slide before
showing this
presentation!

The Healthier Snacking Show is a fun game show presentation to do with your pupils. You could even run it as a show or assembly and invite parents and carers to attend. The notes section of the slides will provide additional ideas and variations.

Preparation

- For sound effects and interactive slides, use this quiz presentation on your white board.
- Pupils can call out the names of the items they see, then choose their answer for the quiz.

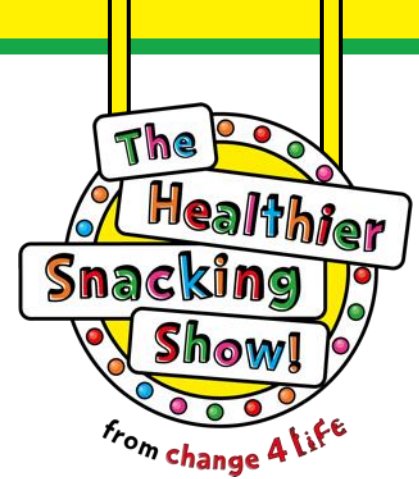
Follow-up

If parents and carers attend you may want to encourage them to:

- try the Food Scanner app so they can choose lower-sugar snack options
- sign up to Change4Life to get healthy tips, ideas and recipes for the whole family.

change
4 life

Objectives

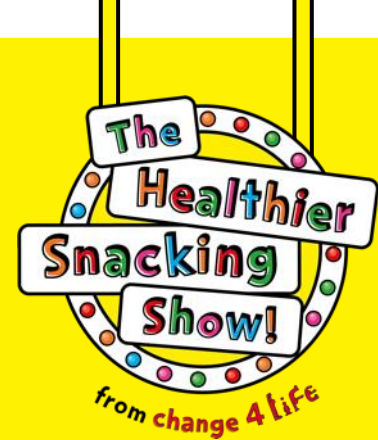


After the lesson pupils will be able to:

- identify healthier foods and recognise fruits and vegetables
- make a decision based upon their own opinion.

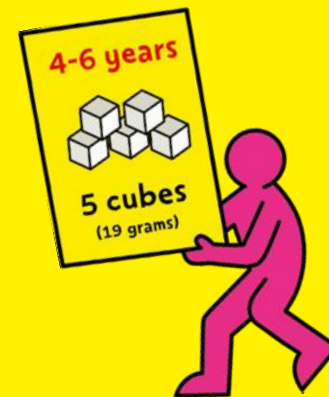


What are snacks?



Snacks are often foods we eat between meals.

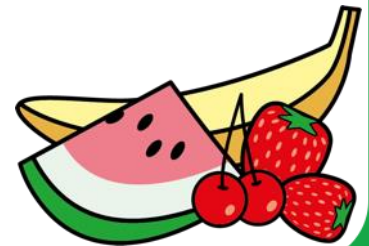
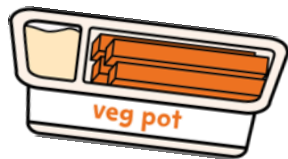
It's important our snacks are healthier and don't contain too much sugar.



Fruits and vegetables are great snacks!

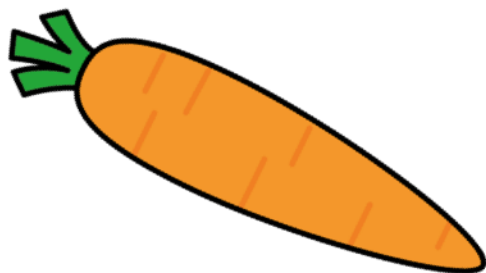
There are lots of tasty fruit and veg to try.

How many do you know? Let's find out!

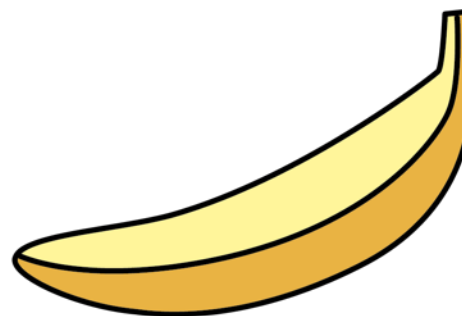




Which one is a fruit?

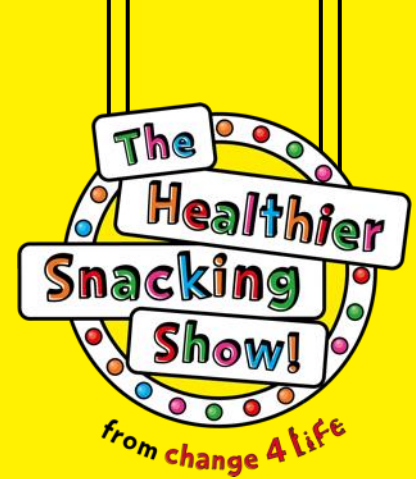


carrot



banana

NEXT QUESTION



Oops, try again!





Which one is a fruit?

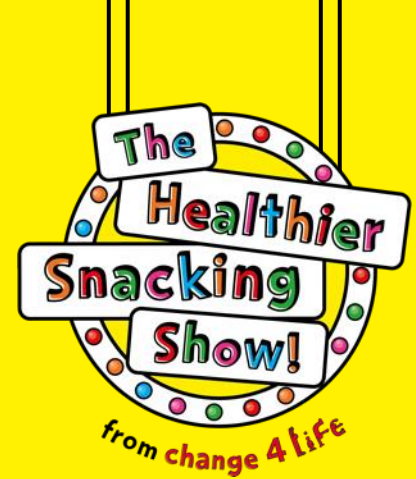


melon



celery

NEXT QUESTION

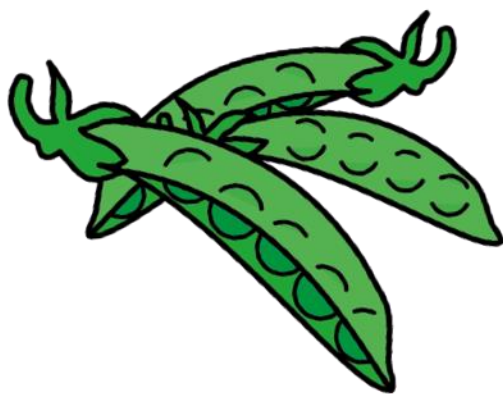


Oops, try again!

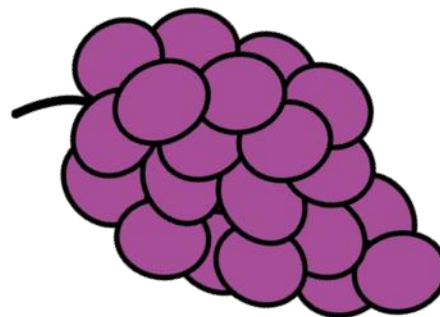




Which one is a vegetable?

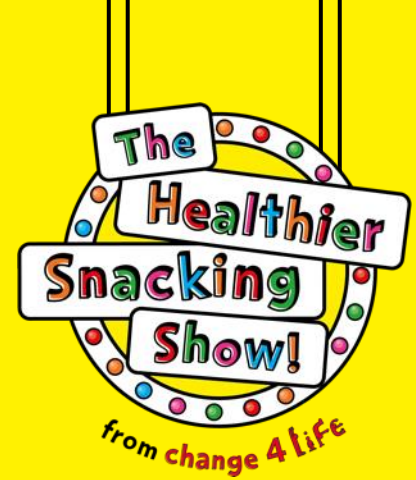


peas



grapes

NEXT QUESTION

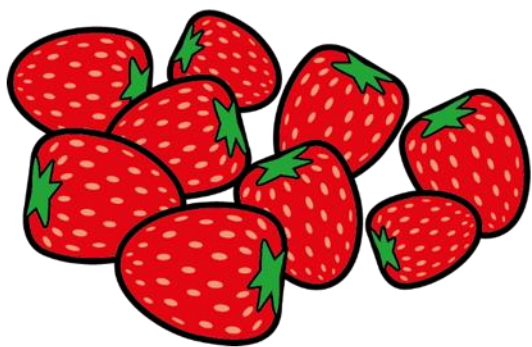


Oops, try again!





Which one is a vegetable?

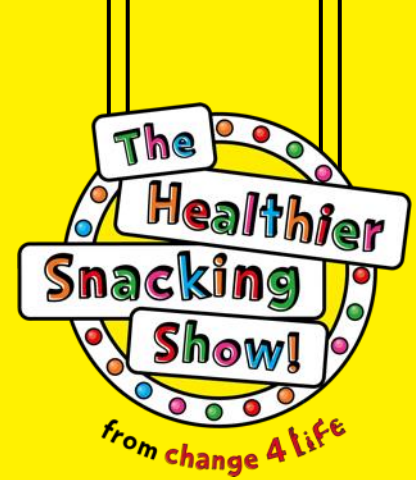


strawberries



green beans

NEXT QUESTION

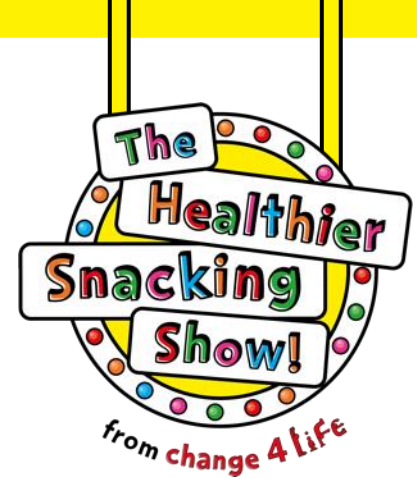


Oops, try again!

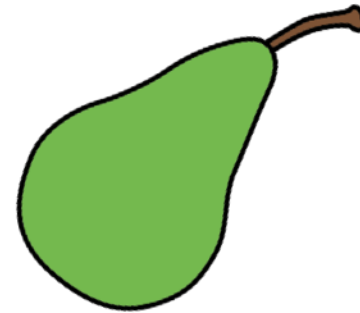




Which one is a healthier snack?

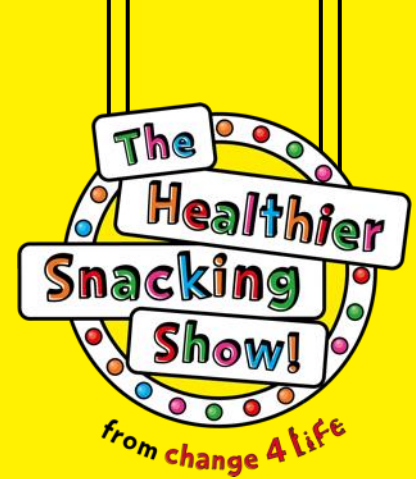


biscuits



pear

NEXT QUESTION

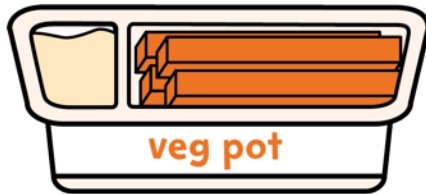
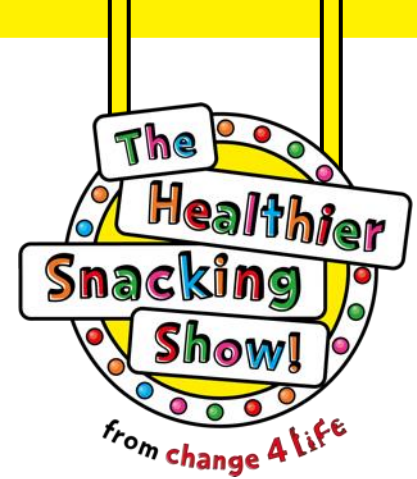


Oops, try again!





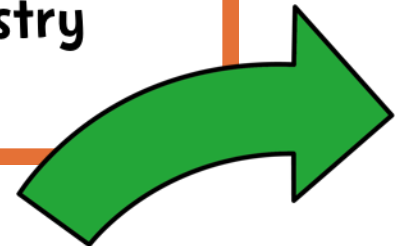
Which one is a healthier snack?

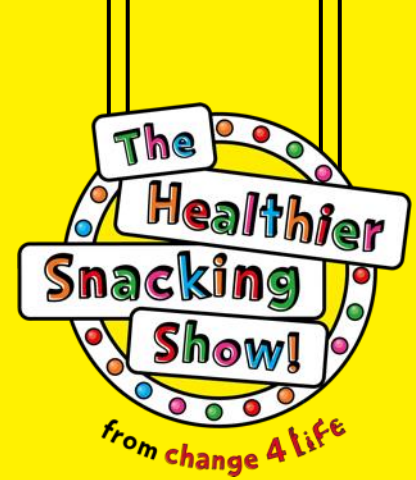


carrot sticks with
lower-fat dip



muffin or pastry





Oops, try again!

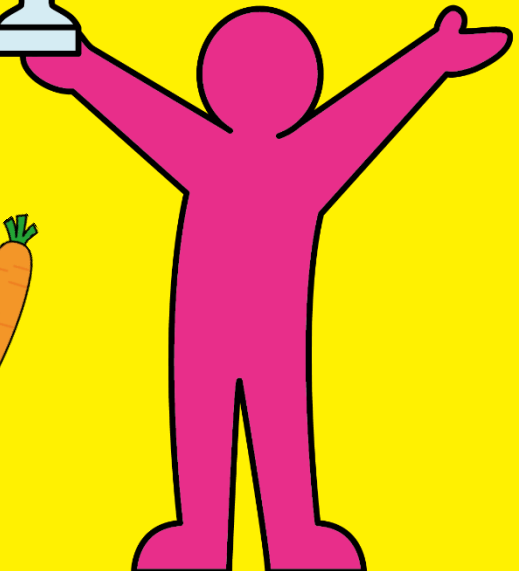


Congratulations!

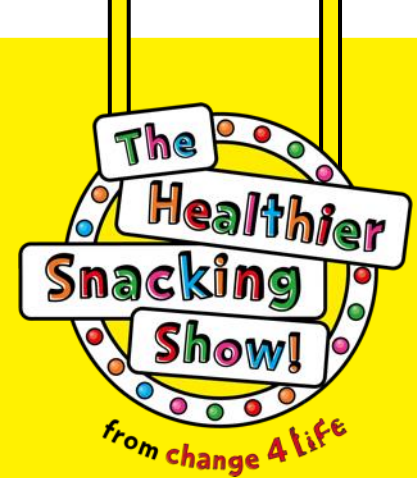
You are now a fruit and veg champion!



Which fruit or veg will
you choose for your
snacks this week?



What can we do now?



- Ask your parents or carers to search for the Food Scanner app in the App Store or on Google Play.
- They can also sign up to Change4Life for more ideas and top tips for healthier snacks.

