

Welcome to



The Healthier Snacking Show!

from **change 4 life**

Presented by [insert class name]

To the teacher

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showing this
presentation!

How to use this presentation

The Healthier Snacking Show is designed to be used as a pupil-led assembly/performance with an emphasis on audience participation. You can practise the show in class then get pupils to deliver it to the school/Key Stage. It's also a great opportunity to engage parents and carers by inviting them along to the show to learn about healthier snacking too. If you're short of time, the show can also be delivered solely in class.

Preparation

- Review the presentation with your class and assign roles for pupils during the assembly. You could have them take it in turns to read the question or answer options to the audience, click through the presentation, or hold up visuals such as drawings of healthy snacks.
- You may want to prepare 'A', 'B' and 'C' cards for the audience, so they can hold up the card that corresponds with their answer choice.

Your school should have received Family Snack Challenge leaflets, designed to help families snack more healthily. The leaflets encourage pupils to set their own healthy snack challenge. To help them do this you could, as a class, prepare a few ideas on slides or posters that pupils can present at the end of the assembly. You can also order extra copies or [download the leaflet](#) from the School Zone.

Delivering the show

- You can cut or change the order of the slides to fit the time you have available. Please note that the slides build and will only show the 'oops try again' slide if the wrong answer is clicked on.
- Encourage audience participation to bring the quiz show to life. You can ask for volunteers, a show of hands or have the audience hold up their answer card.
- Check the notes section of this PowerPoint for the answers to the questions.



change
4 life

To the teacher

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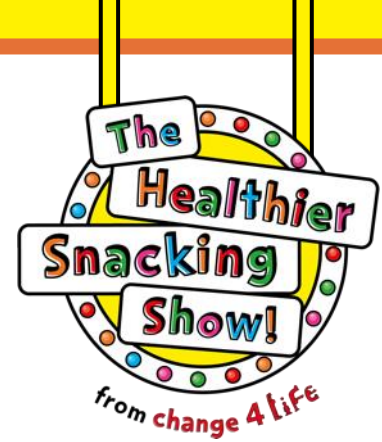
Follow-up

- At the end of the assembly, ask pupils to distribute the Family Snack Challenge to parents and carers in attendance. (Send the rest home with pupils.)
- Pupils can write a letter or create a poster about what they have learned during the assembly, and take it home with the Family Snack Challenge.
- You may also want to encourage parents and carers to try the Food Scanner app so they can choose lower-sugar snack options.

Extension ideas

- **(English)** Pupils can create invitations to the Healthier Snacking Show to send home to their parents and carers.
- **(Maths)** Pupils could design bar charts showing the number of teaspoons of sugar in some common snacks.
- Pupils could use the Food Scanner app to check and demonstrate the amount of sugar (and sat fat and salt) in different snack foods.
- **(English)** Pupils could include a 'commercial break' where they create a promotion for a healthier snack food e.g. *'This programme is brought to you by... carrots! They're crunchy, they're orange, and they're perfect for dipping. Ask YOUR parents for carrots today!'*
- **(Maths)** You could extend the quiz show into a longer project-based assembly by using a 'Family Fortunes' style format:
 - pupils carry out a survey of their class or the school before the assembly to find out opinions around healthier snacks
 - during the assembly, other pupils guess the top responses.

Objectives



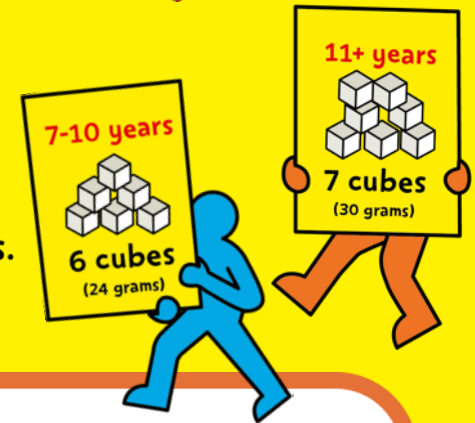
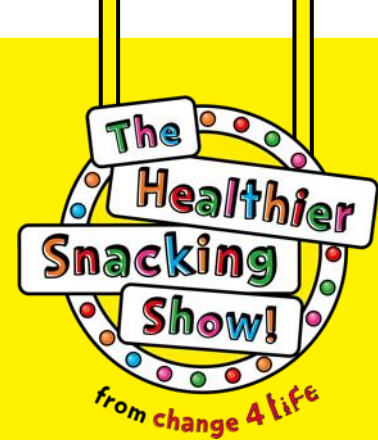
After the lesson, pupils will be able to:

- identify healthier snack choices and explain reasons
- interpret food labels to understand sugar content.



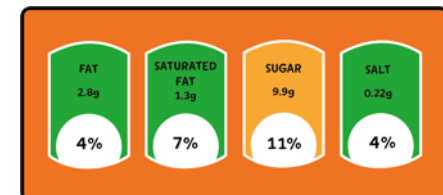
Key facts

- We should not eat too much sugar because it can cause fat to build up in our bodies. Too much sugar can also cause tooth decay.
- Kids today are eating around three times more sugar than they should!
- 50% of the sugar we eat comes from unhealthy snacks and sugary drinks.



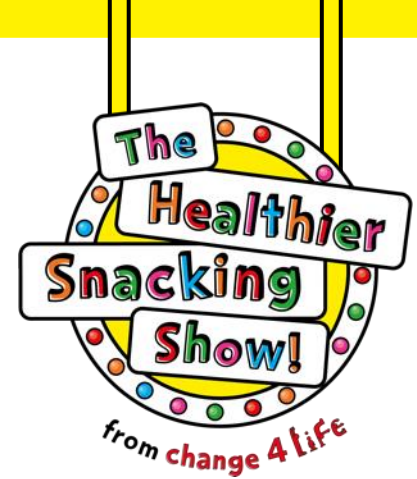
Top tips!

- Healthier snacks and drinks contain less sugar.
- If you are eating packaged snacks, you should eat no more than two snacks per day.
- Look for snacks with **greens** and **ambers** on the label.
- You can download the Food Scanner app to help you find out which snacks are healthier





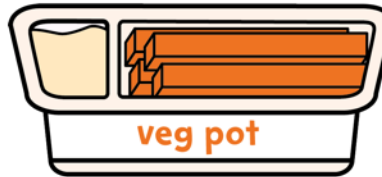
Which is a healthier snack choice?



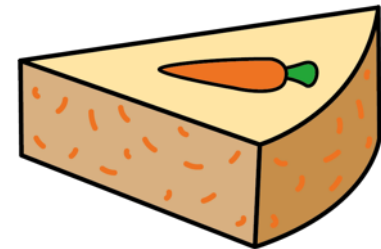
How do you know?



A. Chocolate biscuits

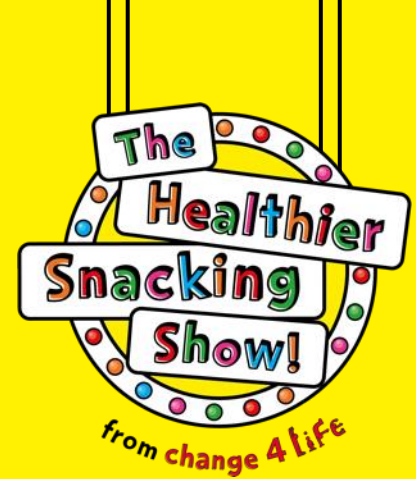


B. Carrot sticks with lower-fat dip



C. Slice of carrot cake

NEXT QUESTION

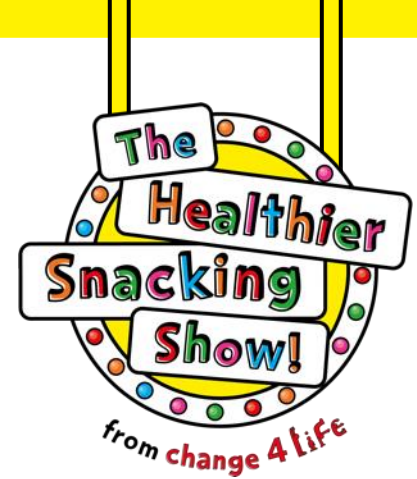


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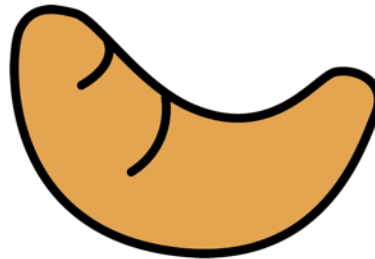




Which is a healthier snack choice?



A. Yoghurt with
sugary pieces



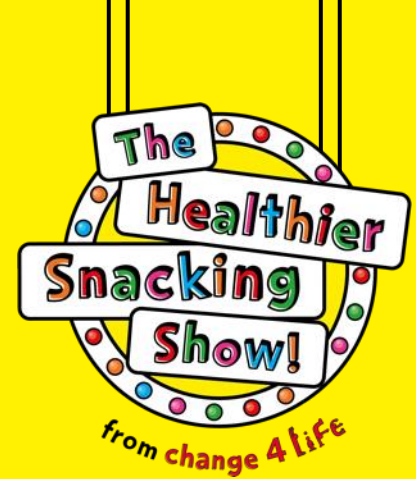
B. Croissant

How do you know?



C. Toast with
lower-fat spread



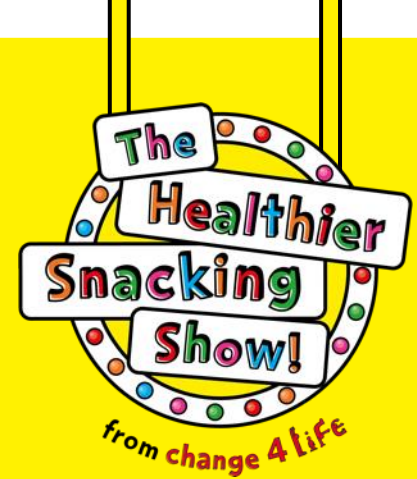


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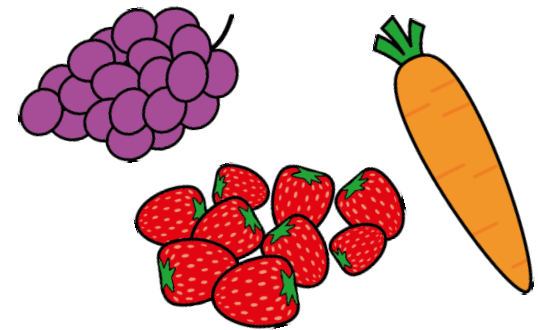


Top tip!



Healthier snacks have less sugar. Try to choose fruits or vegetables as much as you can.

Can you think of any recipes with fruit or vegetables that would make a good snack?

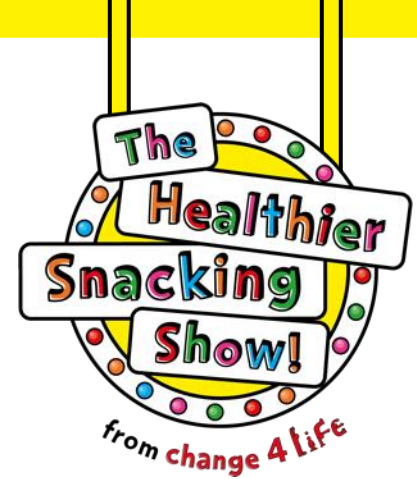


What's special about the carrot?

She gets to the root of every case.



Which is a healthier drink choice?



A. Juice drink in a pouch



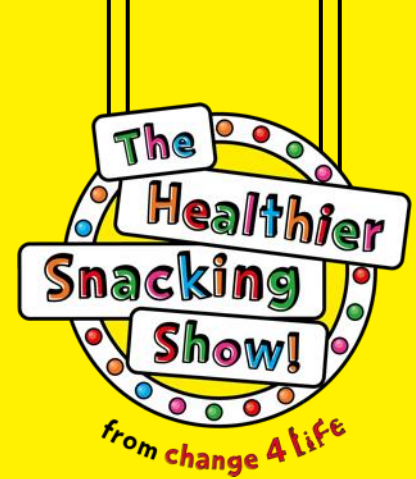
B. Chocolate milk

How do you know?



C. Lower-fat plain milk

NEXT QUESTION

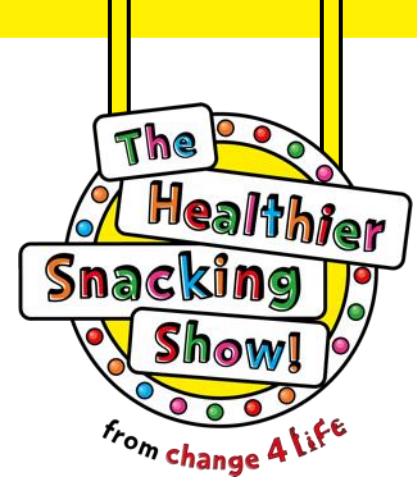


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Which is a healthier drink choice?



How do you know?



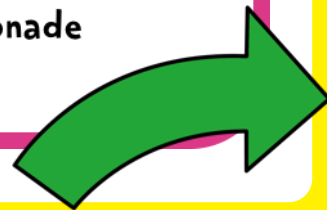
A. Juice drink in a pouch

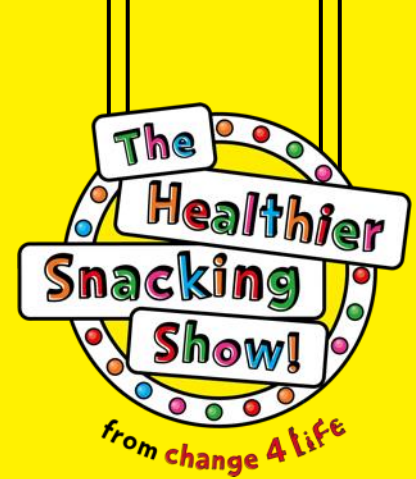


B. Water



C. Lemonade



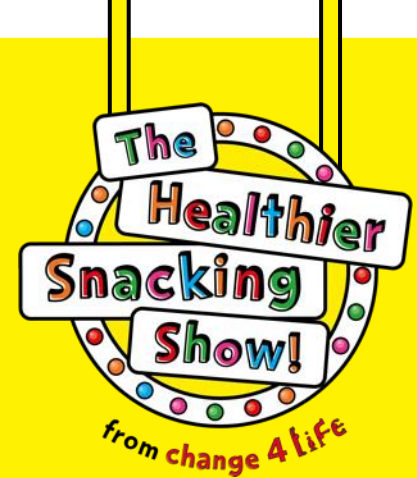


Oops, try again!





Top tip!



Healthier drinks have less sugar. Try to choose water, lower-fat milks or sugar free drinks.

What fruit or veg could you add to water to give it flavour?

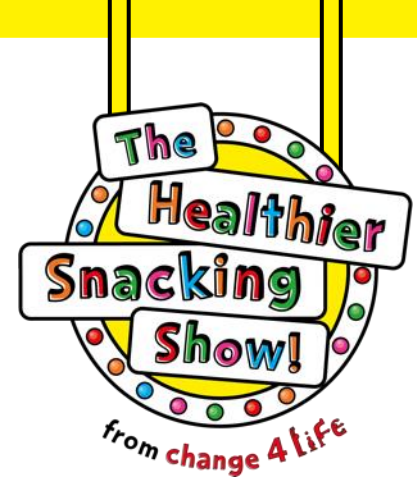


Why did the grape lose the race?

He ran out of juice!



What can happen if we have too many sugary snacks and drinks?



Fat builds up

A. It can make fat build up in our bodies

Tooth decay

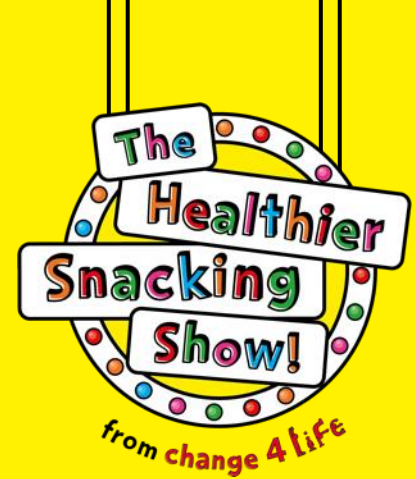
B. It can cause tooth decay

How do you know?

Fat builds & up Tooth decay

C. Both A and B

NEXT QUESTION



Oops, try again!





Try to choose fruit and veg for your snacks. If you do have packaged snacks, try to have no more than ___ per day.



How do you know?



2

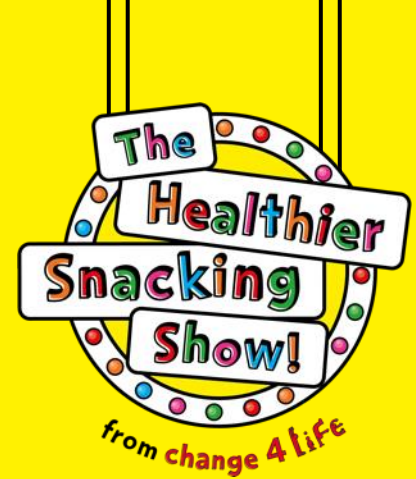


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NEXT QUESTION

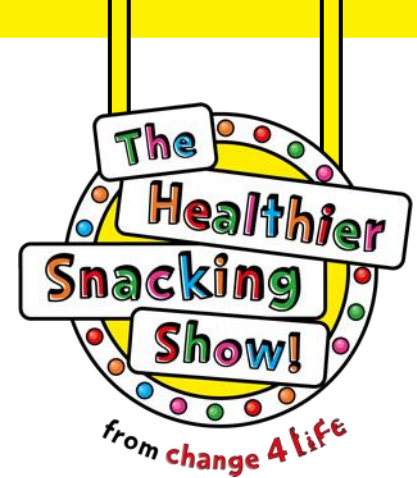


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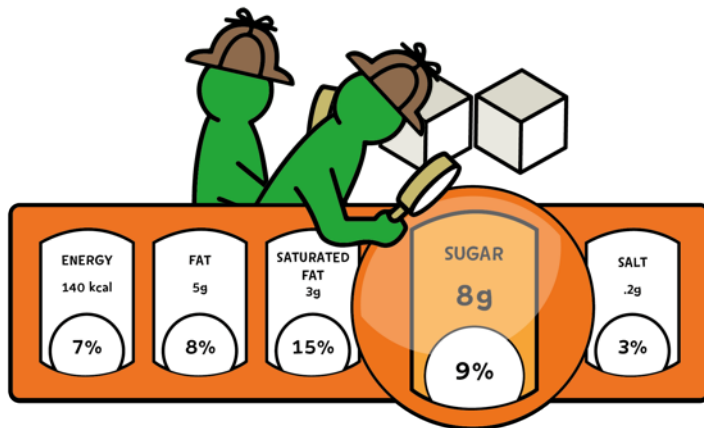




Look at the colour coded label on this snack.



If one sugar cube = 4 grams, how many sugar cubes are in this snack?

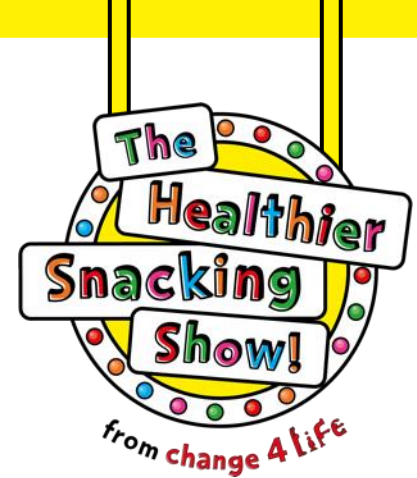


How do you know?

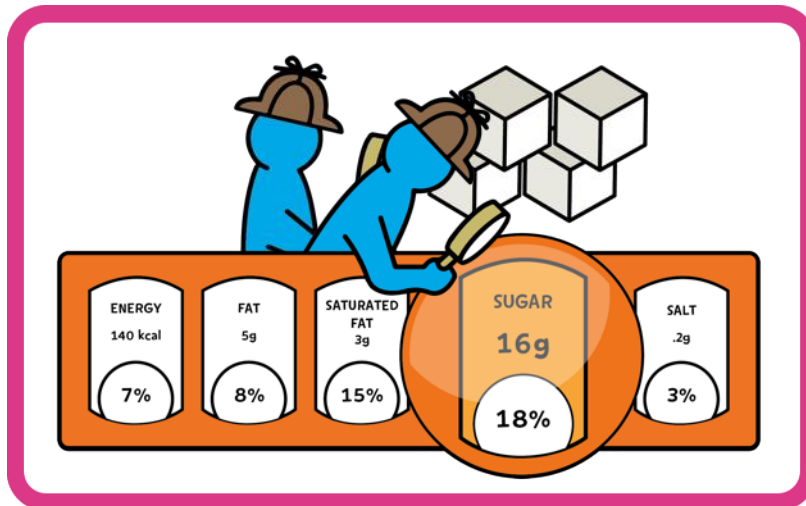
NEXT QUESTION



Look at the colour coded label on this snack.



If one sugar cube = 4 grams, how many sugar cubes are in this snack?



How do you know?

NEXT QUESTION



To get a 'green' label for sugar, a snack needs to have 5 grams or less of sugar for each 100 grams.



Nutrition information

Serving size	100 grams
Energy	50kcal
Fat	1.7 grams
Saturated fat	0.2 grams
Salt	0.1 grams
Sugar	3 grams

Look at this label. Would this snack get the 'green light' for sugar?



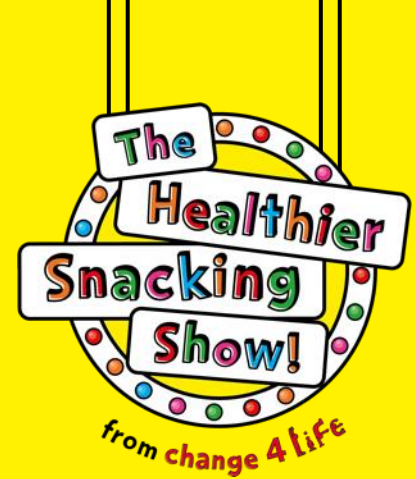
Yes

How do you know?



No

NEXT QUESTION



Oops, try again!





Look at this label. Would this snack get the 'green light' for sugar?



Nutrition information

Serving size	50 grams
Energy	200kcal
Fat	13 grams
Saturated fat	4 grams
Salt	0.5 grams
Sugar	4 grams



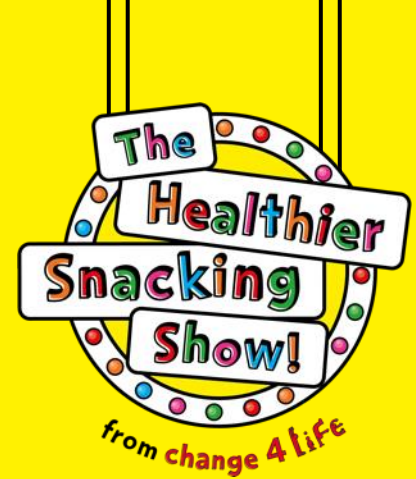
Yes



No

How do you know?





Oops, try again!





Top tip!

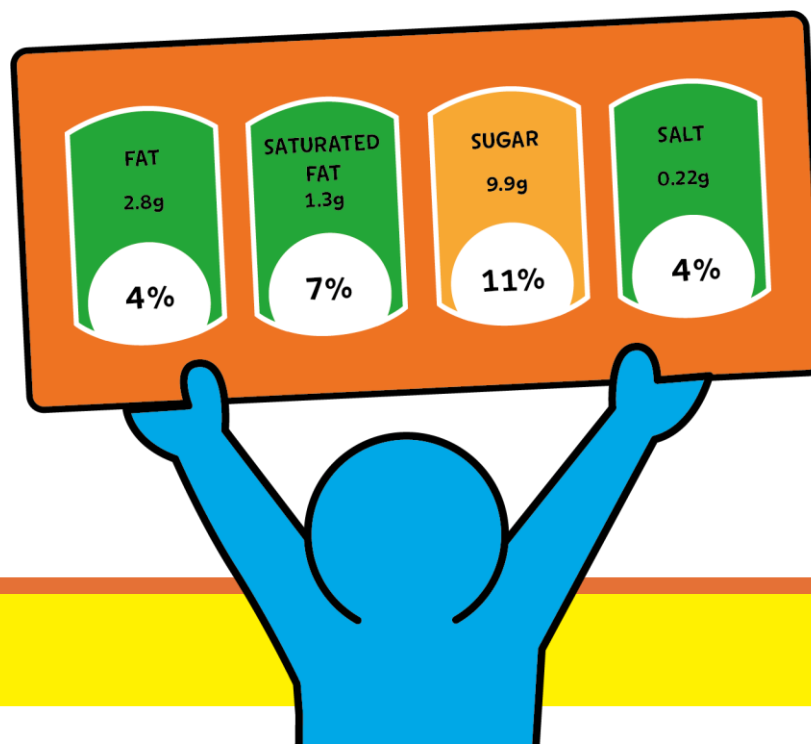


If you're having packaged snacks, try to have no more than two per day.

Look for the colour coding on your food labels.

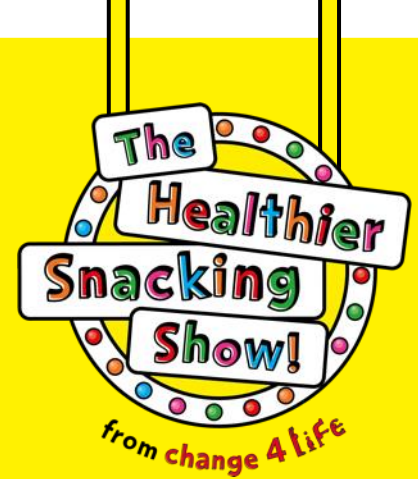
Choose snacks that have all **green**, or **green** and **amber**.

Try to cut down on **reds**!

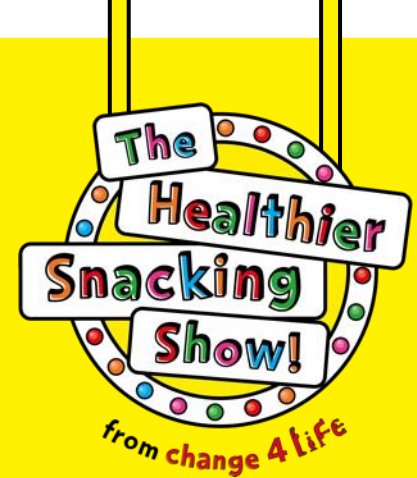


Congratulations!

You are now a healthier snacking champion!



What can we do now?



Try the Family Snack Challenge at home – can you think of your own Family Snack Challenge? Below are some ideas.

- See how many different colours of fruit and veg you can try for snacks.
- Try a new fruit or veg that is in season.
- Take charge of making healthier snacks for the whole family – try making fruit kebabs with your favourite fresh fruit!
- Why not bring the Family Snack Challenge back to school once you've completed it to share your success?

Ask your parents or carers to search for the Food Scanner app in the App Store or on Google Play.

