

Be Food Smart

KS1 extension ideas



Start a Be Food Smart campaign

Use this lesson to kick-start a great Be Food Smart pupil campaign in your school that will help every pupil reduce the amount of sugar, saturated fat and salt in their diet. To find out more and download your step-by-step guide on how to plan and deliver a campaign, have a look at the **Be Food Smart: pupil campaign pack**.

Write a healthy breakfast story

Ask pupils to write a short story or diary entry about someone who finds out their favourite breakfast cereal or drink contains too much sugar, and decides to swap to a healthier alternative.

Ask them to think about these things:

- How does this person feel when they find out?
- What's it like to try something new and get used to a new taste and texture?
- How do they feel once they are used to their new, healthier choice?

Use the Be Food Smart app

Use the **Be Food Smart app** to scan real food and drink packaging and discover how much sugar is in a portion. Pupils could display their products to show the number of cubes of sugar each product contains. They could also put their food and drink in order and create a simple tally chart, table or bar chart to show how many products contain the same number of cubes of sugar per portion.

Find the healthiest food and drink and vote for your class favourites

As a homework activity, pupils could find a healthier alternative for a food or drink that contains a lot of sugar in a portion. They could do this by reading product labels or by using the **Be Food Smart app** with a parent while food shopping.

Optional homework activity

Pupils could keep a 'food diary' of everything they eat and drink for one week. Depending on their ability, they can either write the names of the products, or draw pictures.

With parental help, they should circle in green the food and drink products that they think are the least sugary and circle in red the food and drink products that they think are the most sugary. Can they make any healthier swaps so that they are eating less sugar? Why is this important?

Pupils should be encouraged to help their parents out with their grocery shopping and discuss products in terms of their sugar content.