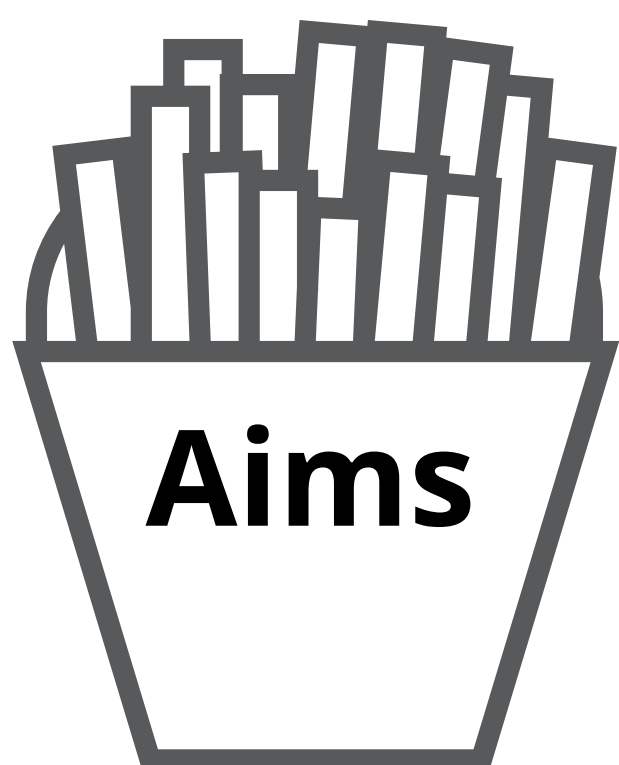
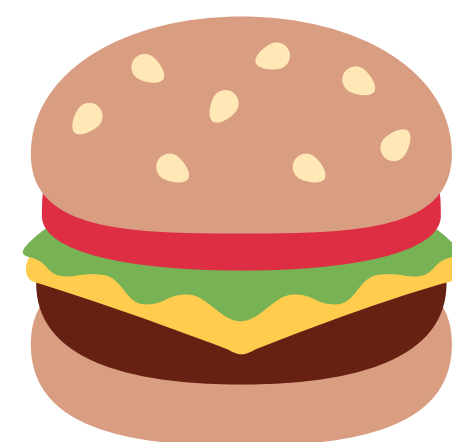
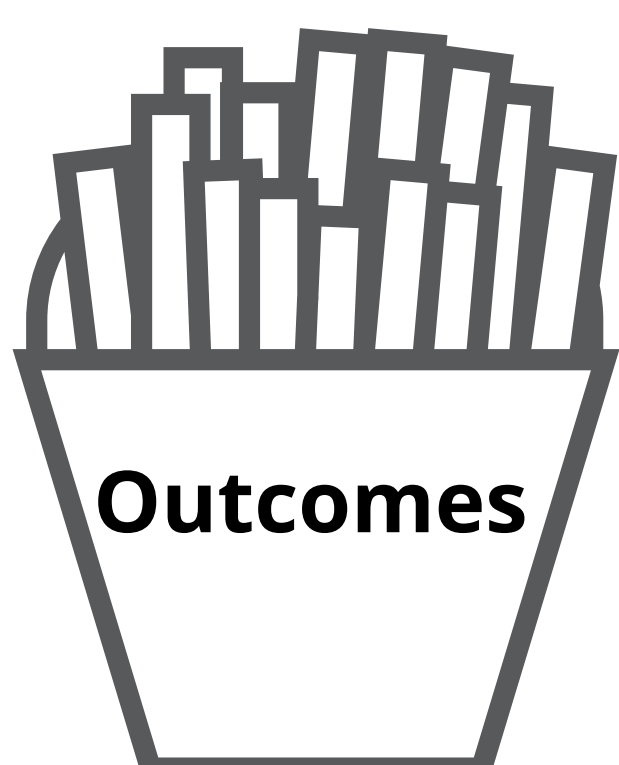


Takeaways

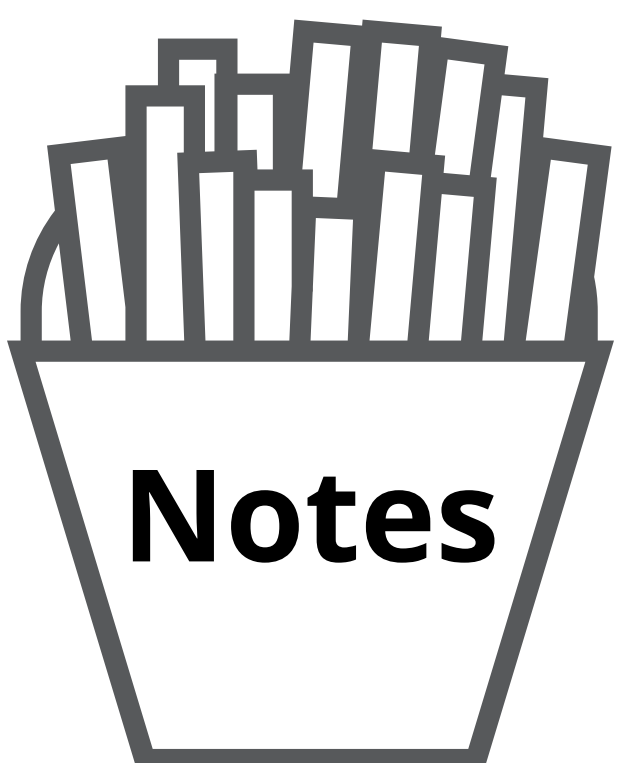
KS3 KS4



- To equip individuals with the information required to make healthier choices when ordering fast food or eating out.



1. To understand the calorific content of some common takeaway meals.
2. To be aware of the healthier options available when eating out or ordering from a fast-food outlet.
3. To be confident with making healthier choices when eating out and at social events

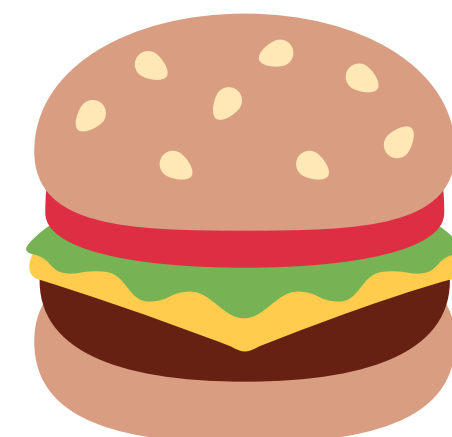


Session Plan: Approximately 60 mins duration

Note: All practical resources required for this session can be provided upon request, simply contact:
healthyschools@everyonehealth.co.uk

Takeaways

KS3 KS4



Introduction

5mins

Ask the students to say what they'd like to get from the session and what their current favourite takeaway is.

Are there any commonalities amongst the student's responses?

Question the appeal that takeaway food may have for the students.

Activity 1

True or False
5-10mins

Use ppt slide 4 to debate the answers to the True or False questions

Read each question and ask the students to stand up/put hands up to indicate their response before revealing the answer.

Slide
4

Activity 2

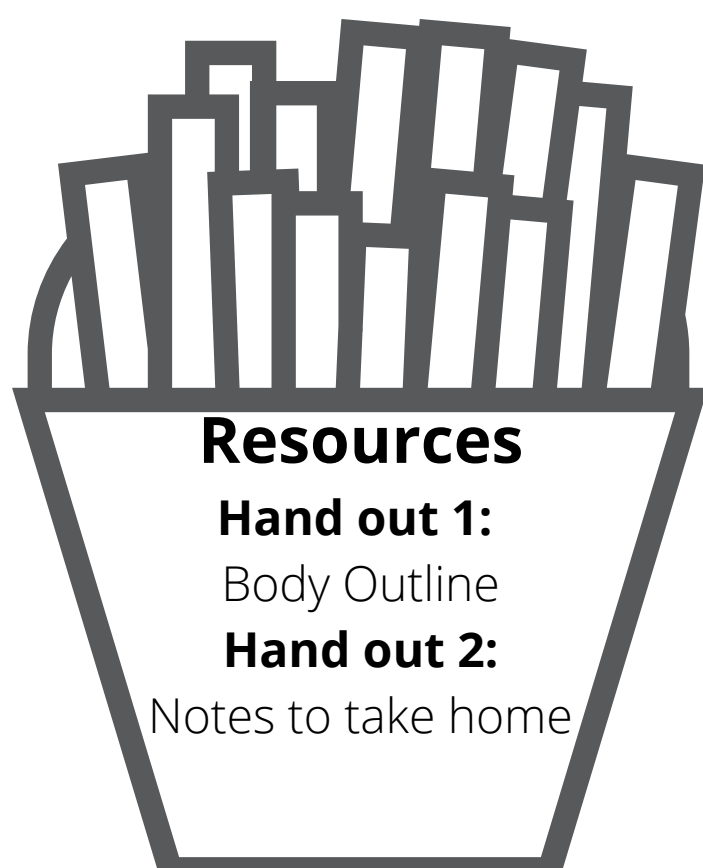
The effects of
takeaways
20mins

Distribute **Handout 1** – body outline - and get the students, in pairs, to fill in the outline with the knowledge they have of the effect of take-aways on the body.

Gather the group together to share responses. Acknowledge that take-away foods can result in the following conditions: headache, depression/low mood, poor dental health, acne, shortness of breath, heart disease, stroke, high cholesterol/blood pressure, weight gain and water retention

Distribute **Handout 2** to take home/reference as this provides more in-depth information about the effects of takeaways on the body. Play the video on slide 6 –This focuses on a teenager talking about his own experience with takeaways.

Slide
5 - 6



Resources

Hand out 1:

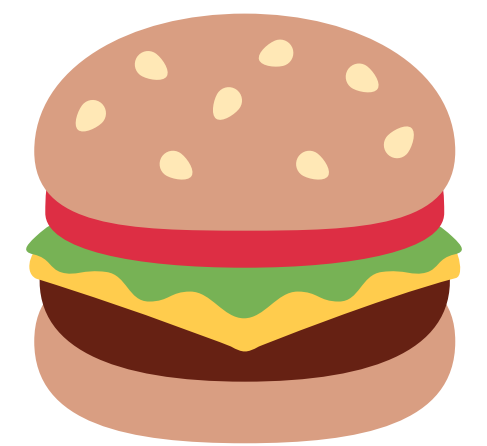
Body Outline

Hand out 2:

Notes to take home

Takeaways

KS3 KS4

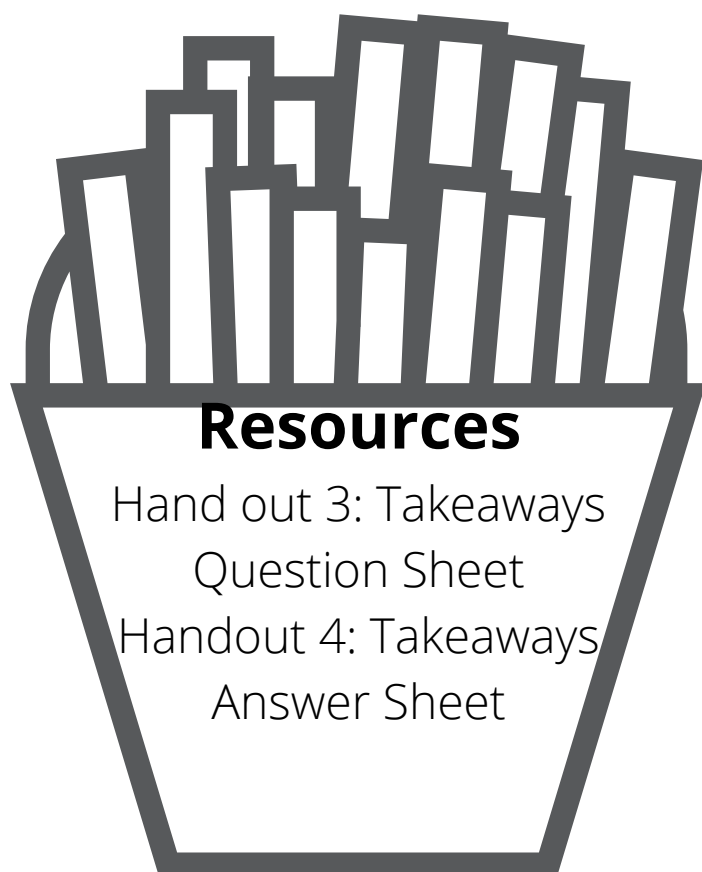


Activity 3

Takeaways and
calories
10-15mins

Handout the takeaways question sheet and get the students (in pairs) to rank the food options from highest to lowest in accordance with the calorie content.

Slide
7



Resources

Hand out 3: Takeaways
Question Sheet
Handout 4: Takeaways
Answer Sheet

Discuss answers using the **answer sheets** to enable open discussion to take place. Allow students to take home the answers if they wish.

Activity 4

Making Healthier
Choices
10-15mins

Ask students to come up with their own ideas as to how they can make healthier choices, this can be done as a whole group or in smaller groups.

Slide
8

Gather the students together to share ideas – Give examples; choose grilled chicken as opposed to fried, consider the calories in different sauces, is a sauce always needed? Supplement chips with salad.

Then display the list of healthier choices on slide 8 to summarise.



Resources

Paper/flipchart for
group work

Recap and Refresh

Recap on session outcomes and ask the students if they think they may consider making any changes as a result of the workshop.
Encourage volunteers to share their responses and to pose any further questions

Slide
9