

WHAT'S ON YOUR MIND? WITH DR ALEX: FOLLOW UP DISCUSSION POINTS & ACTIVITIES



EATING WELL

The video refers to eating your “five a day”. A portion of fruit is one apple or a banana, a handful of grapes, 3 tablespoons of veggies like sweetcorn, peas, or carrots, or a bowl full of salad and tomatoes.

Discussion: Can you spot sugar?

- Discuss in groups – what foods are high in sugar? Where can you make healthier swaps to reduce your sugar intake? Why is this important?

Activity 1: Making healthy food

For schools/colleges that are able to:

Try making one of the healthy recipes from the **PHE's Change4life** website, or the **Easy Meals app**, which can be downloaded from the App Store and Google Play.

Activity 2: Checking sugar content

For schools/colleges that are not able to do this, another activity suggestion is:

1. Download the **Change4Life Food Scanner App** and check the sugar content of your favourite breakfast cereal or sweets.
2. Create an infographic, poster or leaflet showing popular foods such as corner yoghurts, chocolate or frosted flake breakfast cereals, sweets, or chocolate bars alongside their sugar content in the form of sugar cubes.
3. Try thinking of healthier alternatives and discuss or draw the sugar savings made by these swaps.

Activity 3: Promote healthy food choices

Produce a leaflet or poster which encourages your peers to make healthier food choices (and explains the benefits of healthy eating!).

Other activity suggestions

There are a number of resources/interactive activities about the Government's healthy eating guidelines and other topics related to eating well on the **British Nutrition Foundation (BNF) website**.

