

AGENTS OF CHANGE



**TEACHER HANDBOOK
AND RESOURCE PACK**
9-11 YEAR OLDS

**TOP SECRET
STUFF INSIDE**



**LEAD AGENT
HANDBOOK**
BALANCED DIET
9-11 YEAR OLDS

**TOP SECRET
STUFF INSIDE**



GUIDE

- **Play the video to introduce a Balanced Body and Balanced Diet through the theme of Breakdancing.**
- **Use the Lead Agent Background Intelligence to support discussions about a balanced diet and introduce the learners to the Missions.**
- **Talk to the learners about the need for a balanced diet and ask them to name the different food groups that make up a balanced diet.**
- **Talk to them about how much and how often they should eat food from the different groups.**
- **Introduce the different nutrients the food provides and how nutrients support the body to function.**
- **Focus on carbohydrates as an energy booster for exercise including Breakdancing.**
- **Discuss the different types of carbohydrates - simple and complex.**
- **Use the 'Ask your Agents' questions below to scaffold the learning of your Agents.**
- **Complete the 'Missions'.**



LINKED SUBJECT AREAS

SCIENCE

DESIGN TECHNOLOGY: FOOD

HEALTH & WELLBEING

HEALTHY EATING

MISSION OUTCOMES

- To know that humans must eat a balanced diet to maintain good health.
- To know that different foods provide different nutrients.
- To be able to select food to create a balanced meal.
- To recognise the impact of diet on the way the body functions.
- To begin to understand that complex carbohydrates keep us fuller for longer and can help maintain concentration and energy levels.

LEAD AGENT'S BACKGROUND INTELLIGENCE

BALANCED DIET

A diet that contains an adequate amount of nutrients for the body to remain healthy, helping to provide energy and maintain a balanced immune system.

THE EATWELL GUIDE

Is a visual representation of a healthy balanced diet, recommended by the NHS. It divides the food and drink we consume into 5 main groups (fruit and vegetables, carbohydrates, proteins, dairy and alternatives and fats and oils). The guide shows you what proportion you should eat of these groups.

<https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>

NUTRIENTS

A chemical compound such as proteins, fats carbohydrates, vitamins and minerals, that are found in food. These chemical compounds are used by the body for energy, growth and repair.

CARBOHYDRATES

Can be fibrous, starch or sugar rich sources. Starches and sugars are digested to provide energy. It is important to choose wholegrain options, such as grains, brown rice, bread or pasta to maintain healthy blood sugar levels.



COMPLEX CARBOHYDRATES

Complex carbohydrates take longer to be broken down by the body, which releases energy more slowly, keeping us fuller for longer and maintaining energy levels. Examples include wholegrain and brown pasta, rice and bread, lentils, beans and grains such as quinoa.

SIMPLE CARBOHYDRATES

Simple carbohydrates are quick to be absorbed in the body, giving a short boost in energy and often leaving us feeling tired. They are found in sugary foods such as white bread, pasta and rice, fruit, sweets, syrups and jams.

PROTEINS

Protein supports growth and repair in the body. Examples include fish, meat, poultry and pulses (beans, peas and lentils). The NHS recommend that 2 portions of fish are eaten weekly, one of which should be oily, like salmon, sardines or mackerel.

VITAMINS

A nutrient that your body needs in small amounts to function and to stay healthy.

MINERALS

Elements found in food that your body needs to develop and function.

FATS AND OILS

They are essential for many bodily functions including helping to protect your organs and absorb nutrients from your food. Fats are high in energy and should be eaten in small amounts.

FRUIT AND VEGETABLES

Fruit and vegetables are a good source of vitamins, minerals and fibre. They should make up over a third of our food each day, with the NHS recommending at least 5 portions per day. Fresh and frozen products are great sources, and try to limit dried, juiced, or tinned in syrup or brine due to the sugar and salt content.

ASK YOUR AGENTS

- **Why is it important to eat the right amount of different types of food?**
- **What are the 5 different food groups?**
- **What are the 7 different types of nutrients that humans need to live and grow?**
- **Which foods are a good source of carbohydrates?**
- **Which foods are a good source of protein?**
- **Which foods are a good source of vitamins and minerals?**
- **Which nutrient provides a great source of energy?**
- **Which foods are a good source of complex carbohydrates and can provide us with long-lasting energy?**

MISSIONS

WHICH FOOD GROUP?

Name the food and identify which food group it is from and how often it should be eaten.

BALANCE THE PLATE

Select foods from the different food groups to create a balanced and healthy plate of food. Make and eat some of the dishes created.

CARBOHYDRATE SORTING

Sort carbohydrate-rich foods into complex and simple carbohydrates.

ENERGY BOOST BREAKFAST

Swap breakfast foods for those high in complex carbohydrates.

AGENTS OF CHANGE

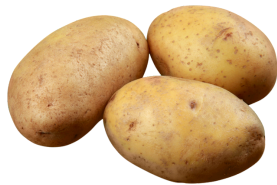


MISSION LOG
BALANCED DIET
9-11 YEAR OLDS



WHICH FOOD GROUP?

Which food group are these foods from? How much should we eat of that food group and how often?



Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturated	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
13%	4%	7%	38%	15%

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/ 167kcal

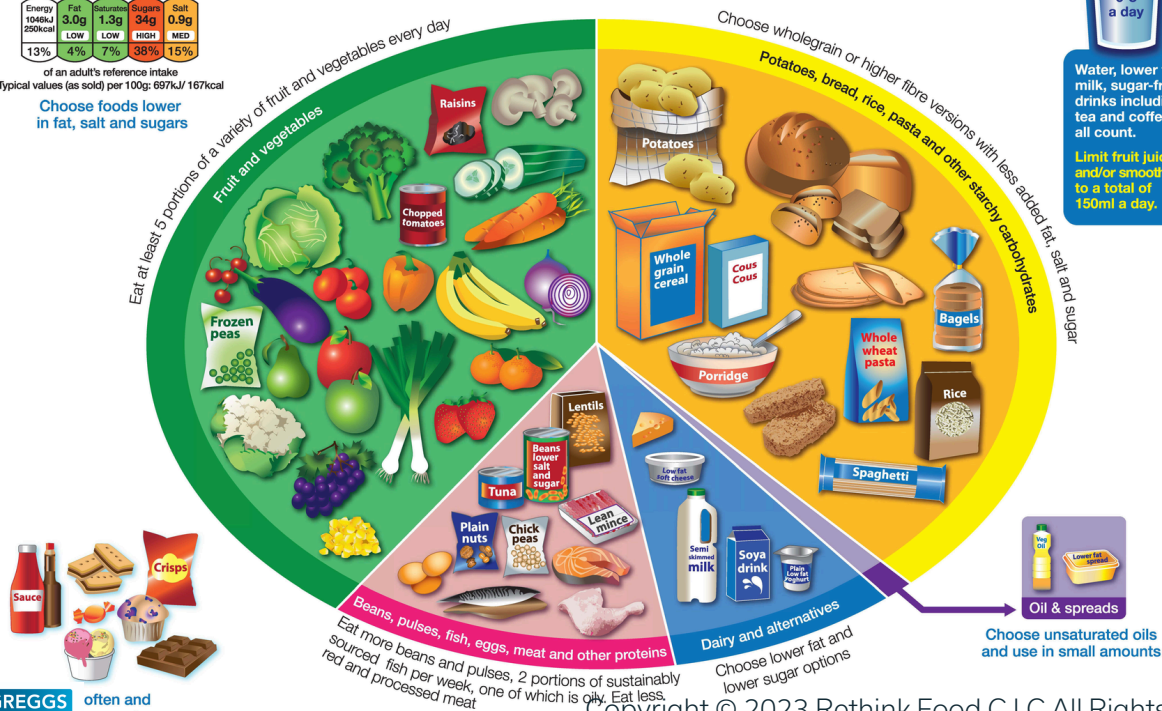
Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



6-8 a day

Water, lower fat milk, sugar-free drinks including tea and coffee all count.
Limit fruit juice and/or smoothies to a total of 150ml a day.



BALANCE YOUR PLATE

Using the Eatwell Guide can you create a balanced and healthy meal below. Remember the bigger the section on the guide the more of that food type you should have, so plenty of fruit and veg and only a small amount of oil and spreads!



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

© Crown copyright 2016



COMPLEX OR SIMPLE?

Can you sort the foods into complex carbohydrates and simple carbohydrates?



Wholemeal Bread

Complex or Simple



White Rice

Complex or Simple



Jacket Potato
(skin on)

Complex or Simple



Brown Rice

Complex or Simple



Chocolate Muffin

Complex or Simple



Whole Wheat Pasta

Complex or Simple



Jam

Complex or Simple



Porridge

Complex or Simple



Sweet Potato
(skin on)

Complex or Simple



White Pasta

Complex or Simple



White Bread

complex or Simple



Honey

Complex or Simple

COMPLEX OR SIMPLE?

Can you sort the foods into complex carbohydrates and simple carbohydrates?



Wholemeal Bread

Complex



White Rice

Simple



Jacket Potato
(skin on)

Complex



Brown Rice

Complex



Chocolate Muffin

Simple



Whole Wheat Pasta

Complex



Jam

Simple



Porridge

Complex



Sweet Potato
(skin on)

Complex



White Pasta

Simple



White Bread

Simple

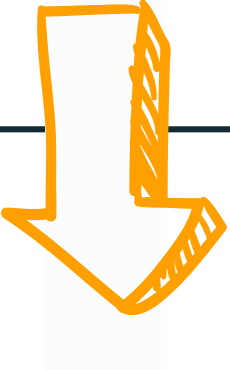


Honey

Simple

ENERGY BOOST BREAKFAST

Can you help Agent B choose a breakfast that will keep him fuller for longer by choosing complex carbohydrates? Could you give your breakfast an energy boost too? Which swaps could you make?

AGENT B'S BREAKFAST	AGENT B'S ENERGY BOOST BREAKFAST
White Toast and Jam  Sugary Cereal  Fizzy Drink  	

COMPLEX CARBOHYDRATES

Wholemeal Pancakes



Seeded Bread



Brown Bread



Bran Flakes



Wholemeal Bagel



Porridge Oats



SWAP YOUR DRINK

Milk

Good source of Calcium



Fortified Oat Milk

Good source of vitamin B



Water

Keeps you hydrated



INCREASE YOUR 5 A DAY

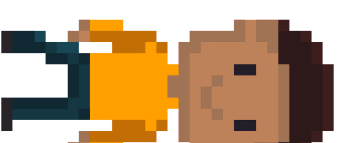
Apple



Blueberries



Banana



BALANCED BODY, BALANCED DIET

Can you match the words to the correct definitions?

CARBOHYDRATES	Helps to store energy in our bodies to keep you warm on cold days. It also helps to protect your organs and absorb nutrients from your food. Fats are high in energy and should be eaten in small amounts.
NUTRIENTS	Starchy and sugary foods which can provide a good source of energy.
FATS	Elements found in food that your body needs to develop and function.
PROTEINS	A type of carbohydrate that we cannot digest, it helps to move food through the digestive system and push waste out of the body.
MINERALS	The substances in food that our bodies process to enable them to function. They are compounds such as fat, carbohydrates, proteins, vitamins, minerals and water.
VITAMINS	Your body uses it to build muscle and repair cells and tissues, all to help you grow! It also helps protect against viruses, bacteria and infections.
FIBRE	A nutrient that your body needs in small amounts to function to stay healthy.

AGENTS OF CHANGE



**LEAD AGENT
HANDBOOK**
BALANCED BODY
9-11 YEAR OLDS

**TOP SECRET
STUFF INSIDE**



GUIDE

- Explain to the learners that there are many different Olympic sports and ask them to name some.
- Tell them Breaking, the competitive part of Breakdancing is an Olympic sport for the first time in 2024.
- Ask the learners to share their experiences of dance, dance competitions and competitive sporting events.
- Play the video to be introduced to Breaking and learn about a balanced body and a balanced diet.
- Complete the Missions including the Breakers Dance Off to identify who to nominate for your best Breakers Dance Off performance.
- Upload a video of your best Breakers Dance off performance to
- <https://www.rethinkfood.co.uk/enter-now/>
- NB. Use the 'Ask your Agents' questions below to scaffold the learning of your Agents.



LINKED SUBJECT AREAS

PHYSICAL EDUCATION

DANCE

SPORT

HEALTH & WELL-BEING

MISSION OUTCOMES

- To know that Breaking is an Olympic Sport for the first time in 2024.
- To know that being able to balance your body is important in Breaking.
- To be able to demonstrate controlled balance.
- To be able to freeze, move, swing, spin, swipe, hop.
- To be able to copy a dance move.
- To put together a sequence of dance moves.
- To create a dance move using food as a stimulus.
- To perform a series of dance moves for and audience.

LEAD AGENT'S BACKGROUND INTELLIGENCE

OLYMPIC GAMES

The Olympic Games happen every 4 years at different venues around the world. They are a global multi-sport competition. There are games held in Summer and Winter, sports include Acrobatic Gymnastics; Alpine Skiing; Archery; Artistic Gymnastics; Artistic Swimming; Athletics; Badminton; Baseball Softball; Basketball; Basketball 3x3; Beach Handball; Beach Volleyball; Biathlon; Bobsleigh; Boxing; **Breaking**; Canoe Slalom; Canoe Sprint; Cricket; Cross-Country Skiing; Curling; Cycling BMX Freestyle; Cycling BMX Racing; Cycling Mountain Bike; Cycling Road; Cycling Track; Diving; Equestrian; Fencing; Figure Skating; Flag Football; Football; Freestyle Skiing; Futsal; Golf; Handball; Hockey Ice Hockey; Judo; Karate; Lacrosse; Luge; Marathon Swimming; Modern Pentathlon; Nordic Combined; Rhythmic Gymnastics; Roller Speed Skating; Rowing; Rugby Sevens; Sailing; Shooting; Short Track Speed Skating; Skateboarding; Skeleton; Ski Jumping; Ski Mountaineering; Snowboard; Speed Skating; Sport Climbing; Squash; Surfing; Swimming; Table Tennis; Taekwondo; Tennis; Trampoline; Triathlon; Volleyball; Water Polo; Weightlifting; Wrestling.



BREAK DANCING

Breakdancing originates from the streets of New York in the 1970s. It has evolved into an official competitive dance sport known as 'Breaking'. With fixed rules and a set of key movements. It will be part of the Paris 2024 Olympic Games. Key actions in Breakdancing include - freeze, move, swing, spin, swipe, hop. These are part of breakdance moves including Top Rock, Helicopter, Baby Freeze and Jump Out.

BALANCE

The ability to maintain equilibrium when stationary or moving.

ASK YOUR AGENTS

- Can you name some different sports?
- Which sports are in the Olympic Games?
- What are your experiences of dance, dance competitions and competitive sporting events?
- Can you balance on different parts of your body?
- Can you balance a beanbag on your head and walk, getting faster?
- Can you copy the breakdance move?
- Can you put a sequence of breakdance moves together?
-
- Can you create your own breakdance move using food as a stimulus?
-
- Can you perform your breakdance sequence for an audience?
-
- Can you perform against another breakdance performer in a Breakers dance-off?

MISSIONS

BALANCING BODY

Circle the different parts of your body that you can safely balance on.

PERFECT BALANCE

Balance a beanbag, quoit or a cone on your head. Move at different speeds.

DANCE MOVE TRAINING

Copy the dance moves in the training video. Put together a sequence of moves and perform them. These include Top Rock, Helicopter, Baby Freeze and Jump Out.

FOOD THEMED DANCE MOVE

Create a dance move to represent the food of your choice. Perform it for an audience.

BREAKERS DANCE OFF

Perform your sequence of breakdance moves for an audience against another breakdance performer in a Breakers dance off. Do this on your own, in pairs or as a group. Upload your best Breakers Dance performance to <https://www.rethinkfood.co.uk/enter-now/>

INCLUSIVE MOVES

Here are some examples of how to adapt the breakdancing moves to make them more accessible for those who are physically challenged. By incorporating these adjustable techniques into breakdancing training and performances, individuals with physical disabilities can fully participate in the art form and experience the joy of creative expression through dance.

BREAKDANCING MOVE: BABY FREEZE

Modified Baby Freeze: Develop a modified version of the Baby Freeze that can be performed with support from the upper body. This might involve leaning against a wall, using a chair or wheelchair for stability, or incorporating props such as cushions or pads to provide support while balancing on one arm.

Seated Baby Freeze Variations: Create seated variations of the Baby Freeze move that can be performed from a chair or wheelchair. This could involve balancing on one arm while lifting the legs or incorporating creative arm and hand movements to mimic the pose of the traditional Baby Freeze.

Floor-based Techniques: Adapt the Baby Freeze move to be performed on the floor while lying down or seated. This could involve balancing on one arm while lifting the legs off the ground, using the support of the other arm or the torso to maintain balance and stability.



BREAKDANCING MOVE: TOP ROCK

Upper Body Emphasis: Modify the traditional footwork of Top Rock to focus more on upper body movements. Dancers can use arm gestures, torso rotations, and hand placements to create dynamic and visually engaging sequences. This allows individuals with lower body disabilities to participate fully in the dance.

Seated Variations: Develop seated variations of Top Rock moves that can be performed from a chair or wheelchair. Dancers can use their upper body and arms to execute variations of the footwork, such as arm crosses, torso twists, and shoulder rolls. Seated variations provide accessibility for individuals with limited mobility or who use mobility aids.

Creative Floorwork: Incorporate creative floorwork elements into the Top Rock routine that can be adapted to different mobility levels. These could involve crawling, rolling and sliding movements that allow individuals to express themselves and contribute to the overall choreography.

Partner Support: Implement partner-assisted techniques. This can involve holding hands, providing stability, or guiding movements to facilitate the execution of top rock moves.

BREAKDANCING MOVE: HELICOPTER

Upper Body Emphasis: Focus on upper body movements such as arm rotations and torso twists to create a modified version of the Helicopter. Individuals can sit or lie down and use their arms to generate spinning motions, creating a visually impressive effect while remaining seated or reclined.

Seated Variations: Develop seated variations of the Helicopter move that can be performed from a chair or wheelchair. This might involve modified leg movements and rotations that can be executed while seated, such as kicking the legs out to the side or swinging them in circular motions.

Floor-based Techniques: Adapt the Helicopter move to be performed on the floor, allowing individuals with disabilities to engage in the movement while lying down. This could involve rotating the body in a circular motion while lying on the back or stomach, using the arms and legs to create momentum and spin.

Partner Support: Explore partner-assisted techniques where individuals can perform the helicopter with the support of a partner. The partner can assist in generating momentum by holding onto the dancer's legs or providing guidance and stability through movement.



BREAKDANCING MOVE: JUMP OUT

Upper Body Emphasis: Focus on upper body movements such as arm swings, shoulder rotations, and torso twists to create a modified version of the Jump Out. Individuals can stand or sit and use their arms to generate dynamic and expressive movements, mimicking the energy of the traditional Jump Out.

Seated Variations: Develop seated variations of the Jump Out move that can be performed from a chair or wheelchair. This might involve modified arm movements and gestures that can be executed while seated, such as raising the arms overhead, twisting the torso, or clapping the hands in rhythm.

Floor-based Techniques: Adapt the Jump Out move to be performed on the floor engaging in the movement while lying down or seated. This could involve explosive arm movements and dynamic gestures performed from a seated or reclined position, creating a visually striking variation of the traditional Jump Out.

Partner Assisted: Explore partner-assisted techniques where individuals can perform the Jump Out with the support of a partner. The partner can assist in generating momentum by holding onto the dancer's hands or providing guidance and stability throughout the movement.

AGENTS OF CHANGE

MISSION LOG
BALANCED BODY
9-11 YEAR OLDS

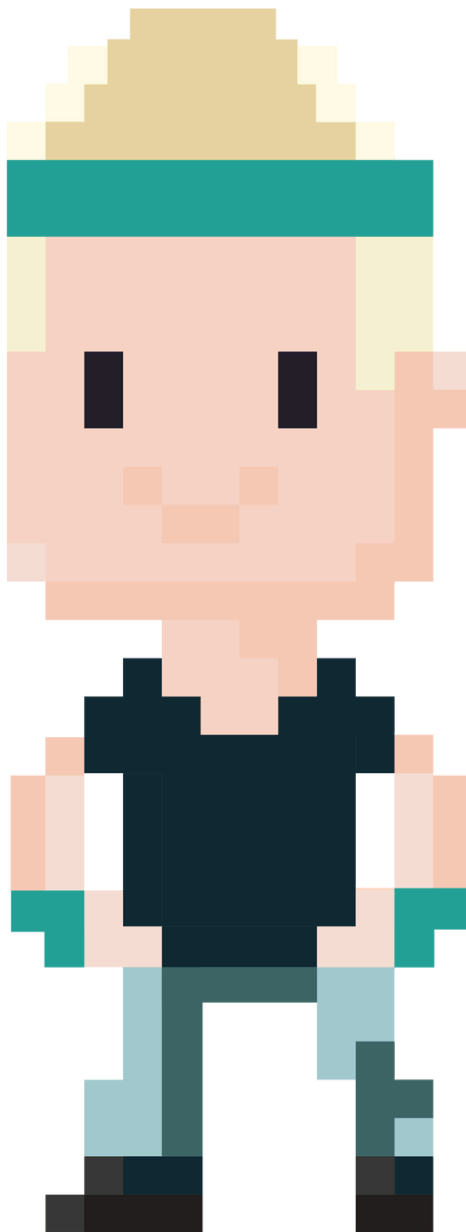
**TOP SECRET
STUFF INSIDE**

**MISSION
LOADING**



BALANCING BODY

Circle the different parts of your body that you can safely balance on. Test yourself and see if you can balance on that body part for 30 seconds or even 1 minute!



PERFECT BALANCE

Balance a beanbag, quoit or a cone on your head. Keep a controlled balance to keep it in place for 30 seconds as you undertake different movements. Record what you were able to do in the table below.

	STANDING	CHANGING HEIGHTS	MOVING
			
			
			