

AGENTS OF CHANGE



HEALTHY EATING HANDBOOK

**TOP SECRET
STUFF INSIDE**



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AFTER SCHOOL CLUB

Agent B - Intended outcome - Know that we are all unique including which foods we like the taste of. Be willing to try new things including tasting new foods and make healthier food choices too.

Session Focus	What makes you special, unique and one of a kind?
Theme	I am Unique.
Film	<u>B1: Microbiome</u>
Mission See Mission Log	<u>My Unique Profile</u> Create your own 'Secret Agent' ID card.
Additional Activity	<u>Tasting New Foods</u> Be willing to try some foods that are new to you.

AFTER SCHOOL CLUB

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Session Focus	What do you think tastes good together?
Theme	Unique Food Tastes.
Film	<u>B2: Fats, Carbohydrates and Proteins</u>
Mission See Mission Log	<u>Food Pairings</u> Match the classic food pairings, and talk about why you think the combination is popular. Taste some examples of food pairing and describe the taste separately and together. How do they work together? Is there a balance of different flavours?
Additional Activity	<u>Taste Food Pairings</u> Explore food pairings and come up with your own too.

AFTER SCHOOL CLUB

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Session Focus	Which foods will help you to feel fuller and more energised for longer?
Theme	Food gives us energy.
Film	<u>B3: Energy and Productivity</u>
Mission See Mission Log	<u>Complex and Simple Carbohydrates</u> Can you sort the foods into complex carbohydrates and simple carbohydrates?
Additional Activity	<u>Making and Tasting Different Types of Toasted Bread</u> Would you swap white bread for brown bread, half & half, Wholemeal, or multigrain?

AFTER SCHOOL CLUB

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Session Focus	Can you use the food label to help you make healthier food choices?
Theme	Healthier Food Choices.
Film	<u>B4: Fats</u>
Mission See Mission Log	<u>The Great Crisp Challenge</u> Sequence four packets of crisps according to if they are higher or lower in fat. What influenced the decision? Look at the Traffic Light Label System on the packets and re-arrange according to the total fat content and then do the same for saturated fat content, from highest to lowest in fat - compare the difference.
Additional Activity	<u>Healthy Snacks</u> Enjoy preparing and sharing a healthy snack. Such as Vegetable sticks with cottage cheese and humous.

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Session Focus	Do you prefer salty or sweet tastes?
Theme	Unique Food Tastes.
Film	<u>B5: Sugar Part 1</u>
Mission See Mission Log	<u>Pop!</u> Make and eat different types of popcorn, fill in the table to compare them. Which popcorn scores the most? Why do you think this is?
Additional Activity	<u>Make Popcorn</u> Make your own popcorn- add sugar free toppings such as dried herbs, salt and pepper or cinnamon.

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Session Focus	Can you make healthier food choices?
Theme	Healthier Food Choices.
Film	<u>B5: Sugar Part 2</u>
Mission See Mission Log	<u>Top Sugar Lumps</u> Create your Top Trump style cards to play with your friends. Show the number of sugar lumps in different foods. Use the NHS Smart Swaps App to help you find out the sugar content of the food products.
Additional Activity	<u>Five a Day Snack</u> Enjoy preparing and sharing a fresh fruit snacks containing natural sugars such as fruit kebabs or fruit salad.