

AGENTS **OF CHANGE**



AGENT B'S
AFTERSCHOOL CLUB
MISSION LOG



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MY UNIQUE

PROFILE

MISSION
PLANET
SAVERS

AGENT NAME

AGENTS OF CHANGE

AGE

AGILITY

SPECIAL

SKILL

FAVOURITE

FOOD

FOOD I

WOULD LIKE

TO TRY

FOOD PAIRINGS

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?

Use the empty cards below to add your own favourite food pairings.

HAM



SPAGHETTI



STRAWBERRIES



FISH



PEANUT BUTTER



SAUSAGE



RHUBARB



BACON





CHEESE



CHIPS



CREAM



MEATBALLS



MASH



CUSTARD



EGG



JAM

COMPLEX OR SIMPLE?

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



Wholemeal Bread

Simple or Complex



White Rice

Simple or Complex



**Jacket Potato
(skin on)**

Simple or Complex



Brown Rice

Simple or Complex



Chocolate Muffin
Simple or Complex



Whole Wheat Pasta
Simple or Complex



Jam

Simple or Complex



Porridge

Simple or Complex



**Sweet Potato
(skin on)**

Simple or Complex



White Pasta

Simple or Complex



White Bread

Simple or Complex



Honey

Simple or Complex

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

THE GREAT CRISP CHALLENGE

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.

Record your findings below.



POPi

Make and eat different types of popcorn, fill in the table below to compare them. Which popcorn scores the most? Why do you think this is?

TYPE	SUGAR CONTENT (g)	TASTE	SCORE
BUTTERED			/10
SWEET			/10
SALTY			/10
CARAMEL			/10



TOP SUGAR LUMPS

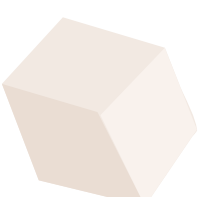
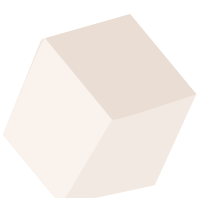
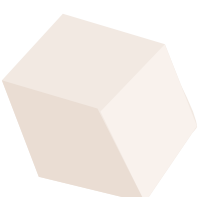
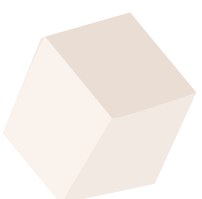
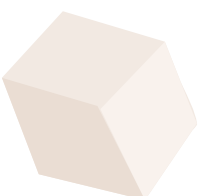
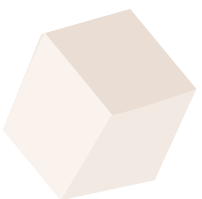
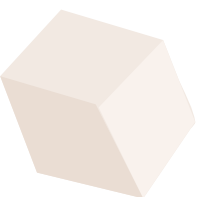
Create your Top Trump style cards to play with your friends. Show the number of sugar lumps in different foods. Use the NHS Smart Swaps App to help you find out the sugar content of the food products.

Food:	
Sugar Content:	
Sugar Lumps:	

Food:	
Sugar Content:	
Sugar Lumps:	

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Sugar Lumps:	

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Sugar Lumps:	



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Sugar Content:	
Sugar Lumps:	