PSHE – HEALTHY ME

Lesson 2 –

I know that the amount of calories, fat and sugar I put into my body will affect my health

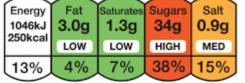
I can make a healthy choice

- What makes a food healthy?
- Healthy foods are usually lower in fat, sugar and salt.
- All food gives us energy. The amount of energy a food contains is called calories. If we eat more calories than we use, our body stores it as fat.

Children should eat less calories than grownups. People who do more exercise should eat less calories than people who do not burn as much energy

• Find some packaged food in your house? Can you see how many calories are in it? How much fat and sugar is in it?

Each serving (150g) contains



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

• Food packaging tries to show this information clearly.

Task 1 – How much sugar is in this food?

35g		15g		30g	4	20g	8g	22g	14g
	17g		11g						

• Task 2 – Think of some lower sugared/healthier options for these snacks