

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

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

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 20g 8g 22g 14g
17g 11g

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