

# Be Food Smart

## KS2 extension ideas



### Start a Be Food Smart campaign

Use this lesson to kick-start a great Be Food Smart pupil campaign in your school that will help every pupil reduce the amount of sugar, saturated fat and salt in their diet. To find out more and download your step-by-step guide on how to plan and deliver a campaign, have a look at the [Be Food Smart: pupil campaign pack](#).

### Explore how crockery size and portion size are linked

Borrow some crockery from the school kitchen. Using water and a sample breakfast cereal, explore how the size of portion we eat tends to be influenced by the size of crockery we use.

For example, what does a 150ml portion of fruit juice look like in different-sized glasses? Pupils can measure how much their glasses really contain and calculate the extra sugar they might consume if they fill their glass with drink each time. What does a 30g portion of cereal look like in a bowl? That's the portion size suggested for adults on the boxes of many cereals.

### Our Healthy Year resources for Year 6

Have you seen the Change4Life Our Healthy Year resources for Year 6?

Year 6 is a good time to establish healthy habits. It coincides with the onset of puberty for some pupils and they are preparing to become more independent at secondary school. This combined with SATs can make Year 6 a busy and stressful time. Pupils are also weighed and measured in Year 6 as part of the National Child Measurement Programme.

Search [Change4Life/schools](#) to find out more.

### Optional homework activity

Pupils could keep a 'food diary' of everything they eat and drink for one week. Using a bar chart, or similar, they should plot how much of each product they eat each day e.g. how many sugary drinks, pieces of fruit, vegetables etc.

Either by using the [Be Food Smart app](#), or by reading food labels, they should tally up the amount of sugar, saturated fat and salt they are consuming each day. Are they exceeding their daily maximums?

Where can they make healthier swaps to reduce their intake? Why is this important?

Pupils should be encouraged to help their parents out with their grocery shopping by using the app and talk about products in terms of their sugar, saturated fat and salt content.

