





Introduction to Healthy Food Choices and Malnutrition (Science, PSHE)

The resources below support teaching young people the skills to carry out their Youth Social Action projects. It should:

- Introduce the young people to the project to get an understanding of the topic
- Go through understanding what Youth Social Action is by analysing an already taken approach
- Inspiring young people to act within the school and possibly out of the school

The teacher (any adult supporting the learning) must emphasise the key skills covered at each step. The skills are transferable and can be applied across different subjects and contexts. The possible delivery method below is a guide. The resources are flexible and can be taught according to your curriculum model.

Learning Objectives	Skills Objectives
<ul style="list-style-type: none"> • Understand that many factors influence our food choices, including family, friends, media and the environment. • Explore how these influences affect their own food choices • Investigate how advertisements and other media can influence our food choices 	<ul style="list-style-type: none"> • Communication - I can present ideas with great impact and clarity. • I can use problem-solving skills to back my ideas with evidence.

				Curriculum Link: PSHE, and Science
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Timings	Teachers Guide	Resources
10 mins	Divide young people into pairs and provide each group with a sticky note. In teams, have them discuss and record times when they can choose the food they eat and when someone else chooses them. Have each group share their response with the class and compile these responses on the front board using a T-chart with "When I choose My food, When someone chooses for me" (e.g. football game, birthday party, holiday meals etc.)	Reflect on food choices and the environment

20 mins	Ask young people why they make the food choices they do. What factors are important when deciding what to eat for a snack or meal? In groups, pairs, trios etc.	Develop self-awareness on food choices and the environment
20 min	<p>In groups, reflect on some unhealthy food advertisements and how they influence our choices. What language is used? What kind of music and images are used? Do you think it is correct to present these foods as good for you, even when they are not?</p> <p><u>M&S Advert</u></p> <p><u>Nutella Advert</u></p>	<p>Increase awareness of corporations strategies to influence our food choices. Using Problem Solving skills back your ideas with evidence.</p>

Supporting Slides for Lesson 1

These slides support the teaching of lesson 1 and should guide the young young people through the tasks that need to be completed.

1

Lesson 1: Who influences our food choices?

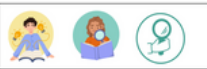


Healthy Habits

2

Learning Objectives:

- Understand that many factors influence our food choices, including family, friends, media and the environment
- Explore how these influences affect their own food choices
- Investigate how advertisements and other media can influence our food choices

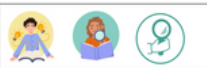


Curriculum Link: PSHE, Citizenship

3

Skills Objectives:

- Understand that many factors influence our food choices, including family, friends, media and the environment.
- Explore how these influences affect their own food choices.
- Investigate how advertisements and other media can influence our food choices



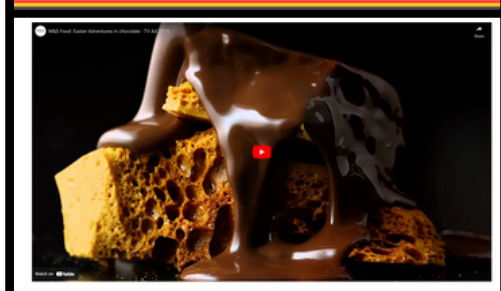
Curriculum Link: PSHE, Citizenship

4

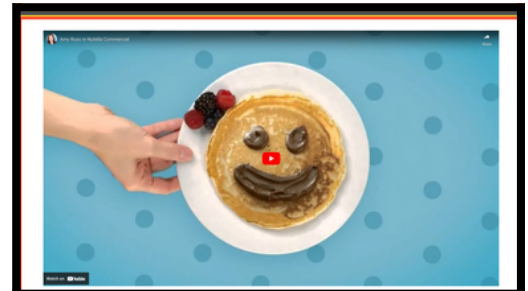
"When I choose My food, When someone chooses for me"



5



6



7

Why do you decide to buy certain foods?

8

Why do you decide to buy certain foods?



9



Did you buy the prime drink? Why?

10

Investigate how advertisements and other media can influence our food choices.

Choose your favourite food advert

11

Choose your favourite food advert

- Reflect on some unhealthy food advertisements and how they influence our choices.
- What language is used?
- What kind of music and images are used?
- Do you think it is correct to present these foods as good for you, even when they are not?