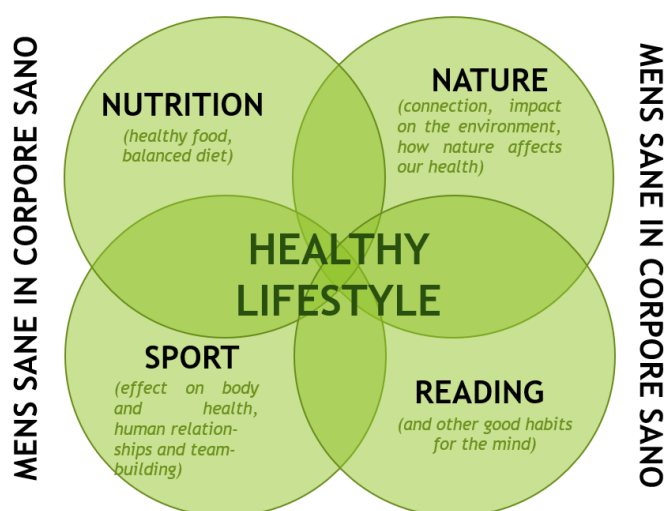




ACTIVITY TO INCREASE STUDENTS SKILLS AND KNOWLEDGE ABOUT HEALTHY LIFESTYLE



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1. COURSE TIME, TARGET AND TOPIC

- **Age of target students:** 13-14
- **Teaching time:** 1 hour
- **Topic:** Nutrition
- **Title:** Essential elements and food labels understanding.

2. COURSE OBJECTIVES

Skills promoted in this lesson:

- Know the essential elements for the body (carbohydrates, lipids, proteins, micronutrients) and their function.
- Read and understand food labels.

3. LEARNING – TEACHING PROCESSES

1. Read the introduction with students.

INTRODUCTION

To be healthy, we need to eat well, but why?

Because our bodies have different needs. Food is made up of biomolecules: the constituents of food. Digestion transforms them into nutrients which, once assimilated, pass into the blood and lymph and are transported to our cells where they are used. Nutrients have several roles: they can be used as "fuel" to make cells work: this is the energy need; as "materials" to build cells: this is the plastic (or constructor) need; or to make cells function properly: this is the functional need. Needs vary from person to person, and scientists recommend the following nutritional reference values.

2. In group of two students, play the game « fact or fiction »

- One player draws a card,
- He/she indicates whether it's fact or fiction,
- The other player checks the answer with the help of the card number,
- If it's correct, the first player gains one point,
- The additional explanations and informations are read and discuss,
- When all the card have been played, the player with the most points wins the game.



3. In group of 3, ask students to:

1. **Fill** the table using informations from the website « open food facts » (for 100 g).
2. **Compare** products 1 to 3 in terms of nutritional and energy values. (Wich one should you choose ? And Why?)
3. **Compare** with the fourth product and conclude.

Student document:

1. Weetabix: <https://fr-en.openfoodfacts.org/product/5010029220773/weetabix>
2. Bjorg: <https://fr-en.openfoodfacts.org/product/3229820769165/bjorg>
3. Froot loops: <https://fr-en.openfoodfacts.org/product/0038000937675/kellogg-s-cereal-fruity-flavorful-breakfast-kids-love>
4. Apple compote: <https://fr-en.openfoodfacts.org/product/3045320517071/pomme-morceaux-sans-sucre-ajoute-andros>



Food	1 - Weetabix	2 - Bjorg	3 – Froot loops	4-Apple compote
nutriscore				
Energy value				
Number of ingredients				
Fibres				
Protein				
Lipids (fat)				
Carbohydrates				
Sugars				
Salt				



CORRECTION

Food	1 - Weetabix	2 - Bjorg	3 – Froot loops	4-Apple compote
nutriscore	A	B	D	A
Energy value	362 kcal	397 kcal	379 kcal	49 kcal
Number of ingredients	10	27	40	2
Fibres	10 g	9.5 g	10.34 g	1.2 g
Protein	12 g	11 g	3.45 g	0.3 g
Lipids (fat)	2g	10 g	3.45 g	0.2 g
Carbohydrates	69 g	61 g	86 g	11 g
Sugars	4.2 g	9.1 g	34 g	11 g
Salt	0.28 g	0.075 g	1.3 g	0 g

Analysis:

- The first 3 products are breakfast cereals. To choose the healthiest one, you can use the nutriscore, which is a good indicator of nutritional qualities. The number of foods is also important, as the greater the number, the more modified the product.
- Product 3 can be discarded because it is nutriscore D and has a high number of components. It's not too fatty, but very sweet, with a high intake of simple sugars. It's also very salty.
- Products 1 and 2 are fairly comparable, but the Bjorg has more food and is fatter, so product 1 is the healthiest.
- By comparing cereals with compote (product 4), we conclude that each food provides specific nutrients. For example, compote does not provide protein, and is comparatively very low in calories
- For a balanced breakfast, we could propose a fruit + a cereal + a source of protein (yoghurt or eggs).

4. EVALUATION

Questions: true or false?

1. It is important to read the label when choosing a food product. **TRUE**
2. The greater the number of foods in the product, the healthier it is. **FALSE**
3. To choose a product, you can compare energy intake, fast sugars and fat content. **TRUE**