INSTRUCTIONS: CHOOSE THE HEALTHY OPTION GROUP DISCUSSION
Module 1: Topic 5

Duration 40 minutes

Required Examples of everyday food and drink such as bread, fruit, crisps, fruit juice, water, sugary fizzy drinks, chocolate bars, pizza or baked beans. Try to include examples of the same food or drink with different fat, sugar and salt contents, for example, a sugary fizzy drink and a sugar-free drink. Include one potato to prompt the discussion about healthy/unhealthy cooking methods. Flip chart and pen.

Learning outcomes Understand that foods and drinks have different salt, sugar and fat contents and that some are healthier than others. Understand that food labelling and cooking methods help control the amount of fat, sugar and salt you consume.

Preparation Discuss that foods and drinks have different salt, sugar and salt contents. Explain that sugar, salt and fat exist naturally or may be added during the production and/or cooking processes. Explain that some salt, sugar and fat are necessary to maintain a healthy diet but too much can lead to significant health issues.

Instructions Start by asking:
• What foods and drinks do they consume?
• Is it important to limit the amount of fat, sugar and salt they consume?
• What foods contain a lot of fat, sugar and salt?
• How are fat, salt and sugar added to food? Prompt them to talk about the ingredients in the food and how it is prepared.

Now show the group the food packaging and discuss:
• What foods or drinks have the highest and lowest fat, sugar or salt content?
• How do they know?
• Can they find information about fat, sugar and salt on the food labelling? This can include claims such as lower fat or nutritional information.
• How would they use food labelling to choose foods or drinks that are lower in fat, sugar or salt?

Now show the group a potato and discuss:
• The many ways to cook a potato, you can list the answers on a flip chart.
• What cooking method is the healthiest?

Discussion can include the difference between chip shop chips and oven chips, chunky and thin chips.

Conclude the discussion by asking them to suggest ways to cut down on the amount of fat, sugar and salt they consume. List the ideas for each on the flip chart.

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