

Checklist Healthy Food During Breaks

School:.....

Group (names of all pupils):.....

.....
.....

Taker of the minutes:

Tutor of the group (name, position):

Dialogue partner (name, position):

Date:



Find out what is part of a healthy diet and make a guess about how healthy the food and drinks are at your school.

Answer the questions in sequence! Be considerate when walking through the school! If possible take pictures that are in line with your topic!

1 Food provides energy

- a) Food provides the energy we need to live. Our body needs food and energy to grow and to move; but even at rest, like when you are sleeping, you burn up energy.

Try to estimate – each of you for yourself! – how many minutes of rope skipping you have to do to equal each of the following snacks:

One packet of Capri-Sonne (200 ml)

One Kinder Happy Hippo (20,7 g)

One small pot of cream yoghurt (150 g)

One big packet of potato crisps (175 g)

One apple (125 g)

One egg (60 g)

One ice cream Magnum White (110 ml)

One Knoppers (25 g)

One Cheeseburger (170 g)

One banana (230 g)

- b) Ask your teacher for the solution and write it down!

- c) Take the skipping ropes, look for a suitable place and jump. How long are you able to jump without getting totally out of breath! Which of the snacks can you eat now to refill the lost energy?

.....
.....
.....
.....

2 Ingredients of the food

Our food contains a lot of different compounds, and it depends on this how much we should eat of it. Write down which nutritive substances the following food contains!

a) This is what you may eat or drink plenty of:

Beverages (not or only slightly sweetened)

Bread, cereals or (little sweetened) cereal flakes

Potatoes, spaghetti, rice or other cereals

Vegetables

Fruit

b) This is what you should eat moderately:

Milk, milk products

Meat, sausages

Eggs

Fish

c) This is what you should eat rarely:

Oil, margarine, butter

d) This is what you should eat very scarcely!

Greasy snacks (crisps,...)

Sweets, cakes, biscuits

3 The warm lunch

It is recommended to eat one warm meal each day – best would be a warm lunch at school! There are some simple rules for a healthy diet as well.

a) Examine the present menu of the school! Write down which meals there are and tick off which food is in it. If there are two or more meals to choose take the meal you ate or would eat.

	Monday	Tuesday	Wednesday	Thursday	Friday
Our menu:					
<u>This should be part of it every day:</u>					
A drink that is only little or not sweetened (tea, water, apple spritzer)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Potatoes, spaghetti, rice or other cereal, pulse	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Vegetables or salad	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>This should be part of it once or twice a week:</u>					
Meat (or sausages, meat balls...)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>This should be part of it about once a week:</u>					
Fish	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>This should be part of it less than once a week:</u>					
Eggs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A sweet lunch	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

