

**BBC**

**Scotland Learning**



# **AROUND SCOTLAND**

**Spring 2009**

Monday 2 March 11.40–12.00

BBC 2

## **Health Education: Food Matters**

### **Curriculum for Excellence**

These notes relate to re-transmitted programmes, and were conceived within the 5–14 framework. While the 5–14 terminology has been retained, teachers are encouraged to consider the content in terms of its contribution to promoting successful learners, confident individuals, responsible citizens and effective contributors.

# **Around Scotland**

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## **Health Education: Food Matters**

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# Health Education: Food Matters

## Introduction

This programme is aimed at the higher primary stages. Its overall aim is to enable children to connect the implications of their eating habits now with their long-term health prospects.

The programme uses animation, documentary and reportage to inform its audience. However, the recurring theme is 'choice and consequence'. The programme is split into three sections so teachers have the flexibility of using each section independently.

## The teacher's notes

The teacher's notes which accompany the programme consist of a summary of each programme section, preliminary activities and a list of follow-up activities. Much of the follow-up work centres around issue based dialogue. In addition, a forward plan outlining strands and attainment targets is provided.

## Learning outcomes

The learning outcomes of this programme are:

- to develop an understanding of the impact of an unhealthy diet on future well-being
- to develop an awareness of healthy living by helping pupils make better and informed decisions based on their needs rather than their wants
- to promote health advice and further the pupils' understanding of the danger and challenges that they face
- to develop active lifestyles and exercise
- to develop an understanding of food issues in developing countries.

## Useful resources

- [www.takelifeon.co.uk](http://www.takelifeon.co.uk)
- [www.healthpromotingschools.co.uk](http://www.healthpromotingschools.co.uk)
- [www.nutrition.org.uk](http://www.nutrition.org.uk)
- [www.foodafactoflife.org.uk](http://www.foodafactoflife.org.uk)

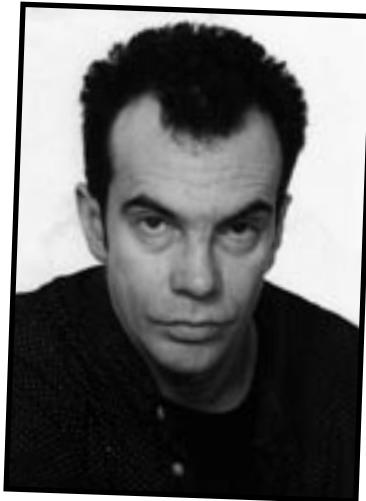
## Background

'What we eat has a profound effect on our health. A balanced and nutritious diet supports fitness and health. A poor diet can lead eventually to serious illness.'

— *Eating for Health: A Diet Action Plan for Scotland*  
(Scottish Office Department of Health, 1996).

Any discussion of food in respect to health provides challenges and pitfalls for both teachers and students. The science of nutrition is both complex and full of controversy. For that reason this programme is deliberately broad in its interpretation of current health guidelines. It also focuses on a healthy diet rather than about people's shape or look.

The programme is presented by Gavin Mitchell, of Still Game and Monarch of the Glen.



## Programme content

### Section 1: A weighty problem

The first section is a light-hearted but informative animation which tells the story of a young boy called Tommy who apparently falls into the clutches of two very strange scientists. The story reveals Tommy's poor judgment regarding his diet but ends by demonstrating that Tommy does know a lot about healthy eating. This is knowledge which, if he chooses, he can put to good use.

### Section 2: World report

This contrasting section takes us to the developing world and introduces us to some South African high school students who have so little money that they frequently have to go without food. Their resilience and determination to continue their education regardless of their circumstances is inspiring. By making hard choices today they demonstrate their desire to change their future for the better

### Section 3: Whose menu is it anyway?

A visit by our presenter Gavin Mitchell to a primary school in Stirling reveals that the children know a lot about healthy eating, food groups and exercise but 'they just aren't doing it!' However, with the help of a little make up and some role play the children start to glimpse their unhealthy future.

## Before the programme

Hold a class discussion, and list what kinds of foods the pupils like to eat.

Ask what attracts them to fast foods and convenience foods.

Identify food ingredients that we have to be careful of, such as salt, saturated fat and sugar.

## Follow-up activities

Start a class collection of food labels and classify them by the amount of sugar, salt and saturated fats they contain. Add them to wall charts to identify high-risk foods.

Audit the school for healthy eating. How healthy are the packed lunches? Check to find out.

Design and make posters promoting positive eating habits within the school.

Audit the amount of exercise pupils take each day. Is there any room for improvement?

Ask the pupils to work in groups to present a number of short drama sequences called 'My Health Thirty Years On'.

Involve the student councils in making changes to improve the wellbeing of the school.