

## **A fizzy drink and a bag of crisps**

### **Task 1 Food and health**

**Make a list of foods or drinks that are considered essential to eat in your country.**

**For example, in some cultures a meal is not a meal if there is not any bread on the table. Wine is an important drink.**

**How much do you know about the nutritional content of the food you eat? Divide your foods into the following categories:**

Foods that contain:

- Fat
- Sugar
- Fibre
- Protein
- Carbohydrate
- Vitamins

Do any of your foods contain a high quantity of fat? Sugar? Fibre?

Are people in your country interested in what their food contains? Why? Why not? Are you interested in looking at what you eat?

### **Task 2 Eating habits**

**Describe the contents of a typical packed lunch you might take to work, school or on a day out.**

- Compare to your partner's tastes and habits.
- Have all the class made similar choices?
- Are there any main foods? Drinks?

**Check the facts on School lunchboxes in the UK.**

- Are UK kids making similar choices to you?
- Does anything surprise you?
- What's the problem with their lunch boxes?

### **School lunch boxes**

A government research body in the UK studied school lunch boxes brought from home. The boxes contained:

- Too many sweet, fizzy drinks
- Crisps (high in salt and fat)
- Chocolate bars (instead of a dessert)
- Biscuits (high in sugar and fat)

The findings concluded that British children eat twice as much sugar as they should at lunchtime and many do not eat any of the fruit or vegetables recommended to stay healthy.

### **Task 3 Menu planning**

**Make a special 'Kid's menu' for a restaurant in your country. Think of 4-5 dishes that young people might like to eat. Which dishes will help bring young customers to your restaurant? Think of some desserts too.**

**Compare your menu to the typical Kid's menu from a UK restaurant. Do you have similar tastes? Are there any foods that surprise you? Which menu is healthier: your menu or the one from the UK? Why?**

### **The Bluebell pub Kid's menu**

#### **Main courses:**

- Chicken nuggets or teddies and chips
- Cheeseburger and chips
- Sausage, beans and chips
- Lasagne and frozen peas
- Tinned alphabet spaghetti

#### **Desserts:**

- Ice cream and M&Ms with chocolate sauce
- Tinned fruit and ice cream or custard
- Strawberry cheesecake

#### **Drinks:**

- Fizzy orange or lemonade
- Coke
- Milkshakes (strawberry, banana, chocolate)

Many kid's menus include a drink in the price but this does not always include water!

#### **Task 4 Changing habits and lifestyles**

**Is it usual in your country for children to eat different food or meals to their parents?**

**Do you share mealtimes? Has it always been this way?**

**Have any of the following things changed much since your grandparents were children?**

- Foods that are on sale in shops and markets
- Methods of cooking (new machines like microwaves)
- Meal times and the places where people eat (eating out more)
- The size of meals (bigger portions? Smaller portions?)
- Ideas about what is healthy to eat or drink

**The government and health experts in the UK are now warning that young people will have shorter lives than their parents' generation: Why is this?**

**Use the facts and food examples in the texts to explain the possible reasons.**

#### **The UK kid's food scandal: The facts**

- 15% of 15 year olds in England are now classified as obese.
- In 2002 more than 200 litres of fizzy drink were consumed by the average child.
- Special food sold for kids in tins or packets contains more sugar and salt than the normal versions for adults.
- Cartoon characters and famous people are used to sell food that is too high in sugar, salt or fat.
- Food and drinks companies advertise unsuitable foods on children's TV to children of pre-school age.
- It is now official that young people today will have shorter life expectancy than their parents because of bad eating habits learned in childhood.

**What methods do you think might be used to encourage young people and their parents to make better choices of food?** For example: Ban all fizzy drinks from schools and children's TV advertising.

Who is responsible: schools? Parents? The food industry?

Do you agree that this is important?

### **Task 5 Life expectancy**

**There are many factors which influence how long people live. Do you think diet is so important?**

Put these factors in order of importance:

- Wealth( How much money you earn)
- Diet ( the food you eat)
- Education (your level of study)
- Happiness (how happy you feel)
- Geography (the type of place you live in)
- Habits (smoking/drugs/wild parties)
- Family inheritance (how long your parents and grandparents live)
- Personality type (optimistic/pessimistic)
- Marital status (married or single)
- Occupation (stressful or physically difficult work)
- Fitness level (sports played, exercise you do)

### **Task 6 Messages about health**

**People in the UK, especially children, get their messages about healthy eating from the Media. Television advertising plays a big part in showing kids unhealthy food and drink. Some of the negative messages in the adverts were summarised by an MP:**

- This food or drink will make you a fun and happy person.
- This food or drink is enjoyed by this famous person and you can enjoy it too and be like them.
- This special diet will make you very slim, very quickly.

Find examples from adverts, TV or magazines. Summarise the messages about health and eating that you are receiving.

Who is giving you these messages – TV? Newspapers? teachers at school? Friends? Adverts? Parents? Other?

Do you agree with the messages you are receiving? Are they all positive? Are they honest?