




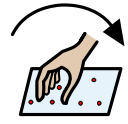





 Going shopping for



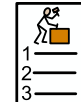
 groceries


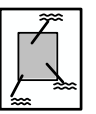


 Food shopping is an important life skill. Why not try one or



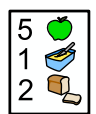
 more or these activities.




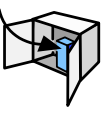


 Planning meals

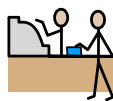
 Food labels and colours



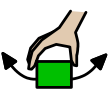

 Recipe list to shopping list



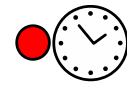

 Where to store the food








 you buy?






 Sell by, use by

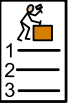

 and best before dates



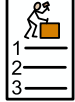



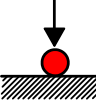












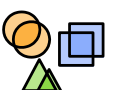

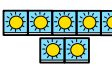
 I love seeing all your hard work on Evidence for

 Learning - keep sharing your great work!



 Planning meals




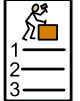

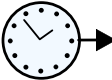




 Why is it a  good idea to  plan your  meals? What  reasons can you  think of? Here  are some  ideas: 

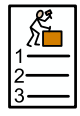
 • Help you get  all the  right  food  groups  throughout the  week.

 • Make healthier  choices.  Home-made  food is usually  less  salty,  fatty and  better  for you than  ready meals or  takeaways.

 • Save money as it  prevents you  throwing out  food you had  forgotten were  in the  fridge.

 • Save time. Having a  plan means you can  make a  shopping list and  save  time just  looking for the  food you  need.

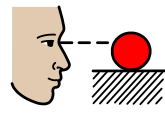
 • Less  stress as  you can  plan  who  will  cook  what  and  when



Planning



meals



Look at

the

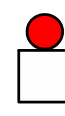


eat



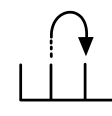
well

guide



on

the



next

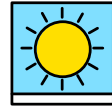


page

to



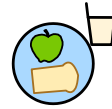
help



Day



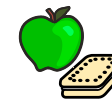
Breakfast



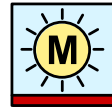
Lunch



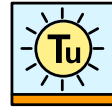
Dinner



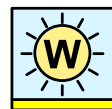
Snacks



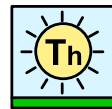
Monday



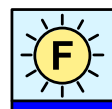
Tuesday



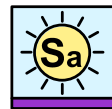
Wednesday



Thursday



Friday



Saturday



Sunday

Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

| Energy | Fat | Saturated | Sugars | Salt |
|-------------------|------|-----------|--------|------|
| 1046kJ 250kcal | 3.0g | 1.3g | 34g | 0.9g |
| | LOW | LOW | HIGH | MED |
| 13% | 4% | 7% | 38% | 15% |

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Eat at least 5 portions of a variety of fruit and vegetables every day

Fruit and vegetables



Choose wholegrain or higher fibre versions with less added fat, salt and sugar

Potatoes, bread, rice, pasta and other starchy carbohydrates



Beans, pulses, fish, eggs, meat and other proteins

Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat



Dairy and alternatives

Choose lower fat and lower sugar options



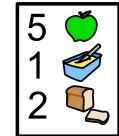
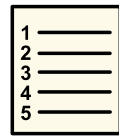
Oil & spreads

Choose unsaturated oils and use in small amounts



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS



Recipe List to shopping list

Choose one of the meals that you are planning to make this week at home. Write a shopping list giving the amounts that you need- remember the at



the supermarket usually items come in larger sizes. Here is an example:

Scone Recipe : 350g strong white bread flour

3 tsp baking powder

90g butter chopped

50g caster sugar

1 egg beaten (and 1 egg for egg wash)

60ml yogurt

100ml milk

Shopping List

Strong white bread flour (packets usually come in 500g)

1 packet butter (usually this is 250g)

1 box of eggs

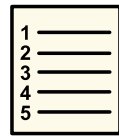
1 tub of yoghurt (60ml- usually it comes in bigger tubs)

1 pint of milk

I checked and I already have baking powder and caster sugar at home so I don't need to add these to my shopping list. If you see the above list, I will have leftovers to use for another recipe.

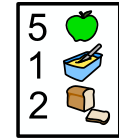


Recipe



List

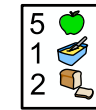
to




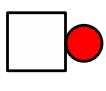
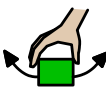
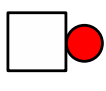


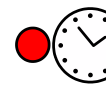

shopping list

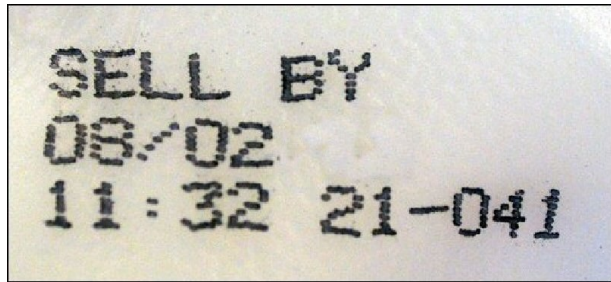



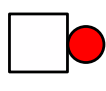

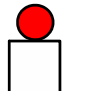









Recipe





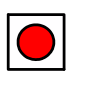
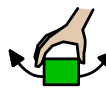
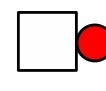
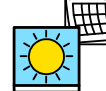
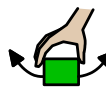
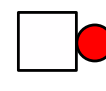
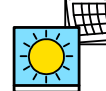


Shopping List


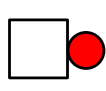







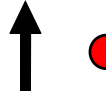





 Sell
  by,
  use
  by
  and
  best
  before
  dates




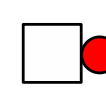










 Sell
  by
  date.
  Shown
  on
  food
  items that will
  go
  bad.
  This is the
  date
  they
  need


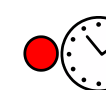





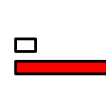
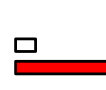

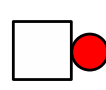
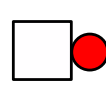
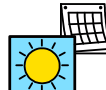
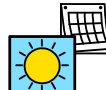
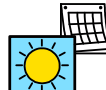
 to be
  sold
  by..
  Can usually still be
  eaten
  if
  within
  it's
  use
  by
  date.



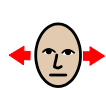







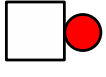
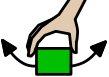
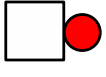




 Use
  by
  date.
  For
  food
  items that
  must
  be
  used
  up
  before
  this
  date.
  It is a
  safety






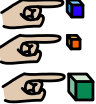





 warning.
  If you
  use
  it
  after
  this
  date
  you
  may
  get
  food
  poisoning.









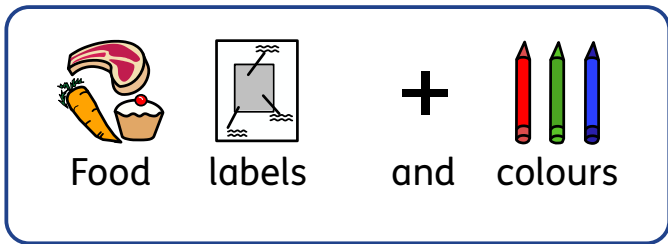
 Best
  before
  date.
  For
  food
  items that can
  last
  for
  longer.
  If
  used
  after
  this
  date,
  it

 is probably
  safe
  but might
  not
  taste
  as
  good.

 Sell
  by,
  use
  by
  and
  best
  before
  dates

 Kitchen hunt!
  Can you
  find
  two
  food items for
  each
  of these categories.
  What
  dates
  did you
  find?

|  Type of label |  Name of item |  Date |
|---|--|--|
|  Sell by | | |
|  Use by | | |
|  Best before | | |



Some labels use red, amber and green colour coding. This tells you at a glance if the food has high, medium or low amounts of fat,

saturated fat, sugars and salt:

Each burger contains:




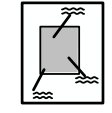

% of an adults reference intake.
Typical values per 100g: Energy 966kJ/ 230kcal

red means high
amber means medium
green means low




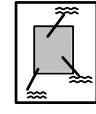
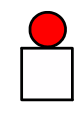
The more green on the label, the healthier the choice. Amber means neither high nor low, so you can eat foods with all or mostly amber

on the label most of the time. Any red on the label means the food is high in fat, saturated fat, salt or sugars, and these are the

foods we should cut down on. Try to eat these foods less often and in small amounts.



 +
 




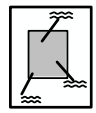

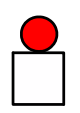
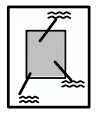


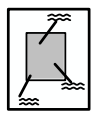


 Food labels and colours


 hunt!
 
 Can you
 
 find a
 
 label with
 1
 of these colours
 
 on?

Each burger contains:

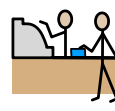
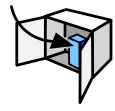


% of an adults reference intake.
 Typical values per 100g: Energy 966kJ/ 230kcal

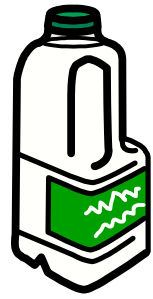
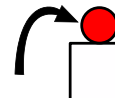
| | |
|--|--|
| |    What was the food item? |
|  A label with one  red colour  on | |
|  A label with mostly  amber and some  green | |
|  A label with mostly  green and some  amber | |



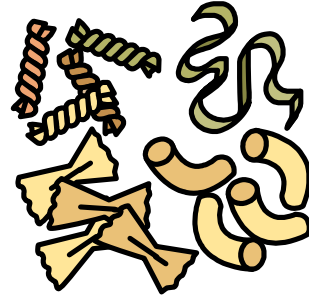
Where to store the food you buy?



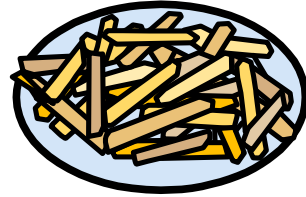
Cut out these symbols and stick them onto the correct page



milk



pasta



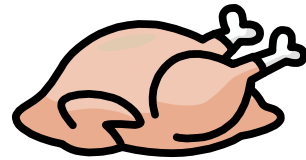
oven chips



broccoli



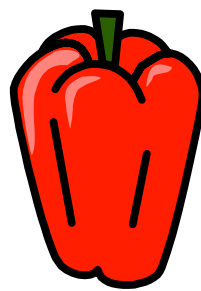
flour



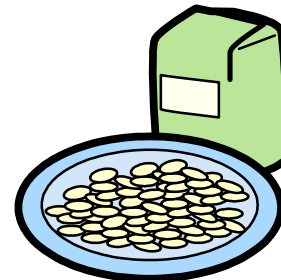
chicken



ice cream



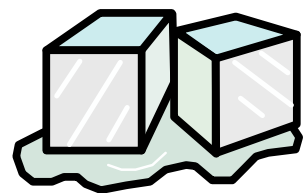
pepper



rice



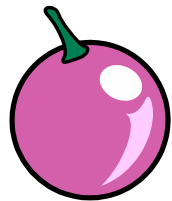
tin of sweetcorn



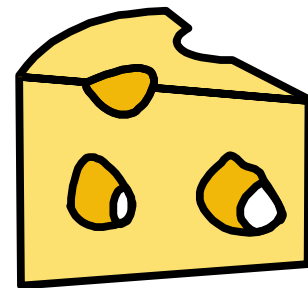
ice cubes



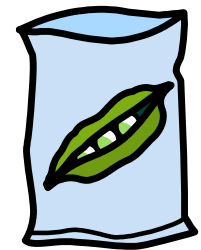
frozen berries



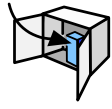
jar of pasta sauce



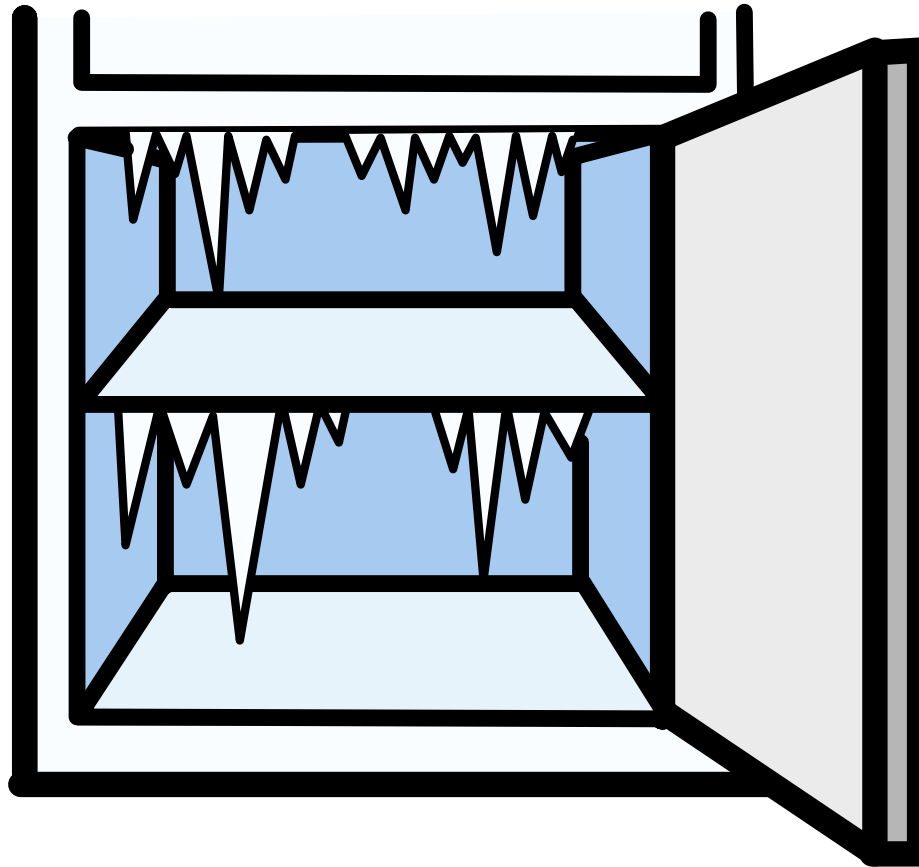
cheese



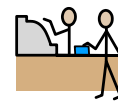
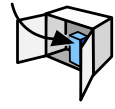
frozen peas



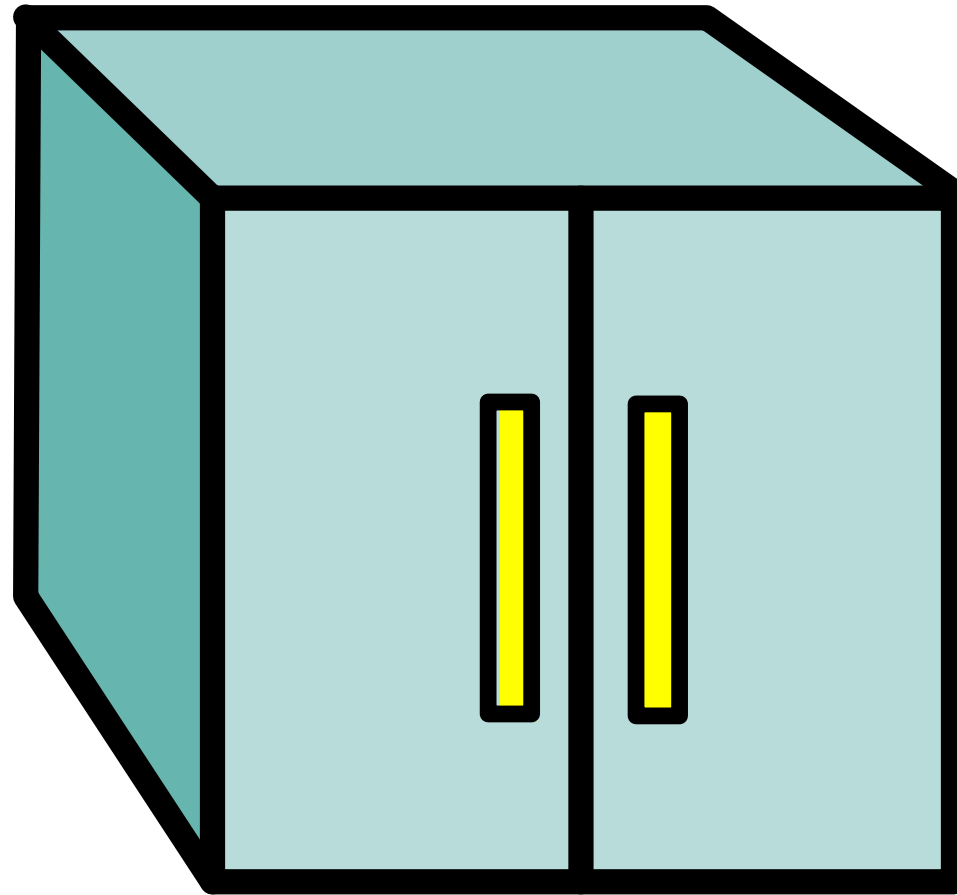
Where to store the food you buy?



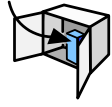
Freezer



Where to store the food you buy?



Cupboard



Where to store the food you buy?



Fridge