



Foods High in Fat/ Sugar/Salt

Time Taken:
15 Minutes



Objectives

To learn more about the Foods High in Fat, Sugar and Salt.



Step 1

Which Foods?

- Inform participants that today's topic will be foods high in fat, sugar and salt.
- Use the food pyramid/Eatwell Guide poster to point out the smallest section which contains these foods.
- Ask participants to name the different types of foods that are in the pictures.



- | | | |
|-----------|--------------|-----------------|
| - Salt. | - Pastries. | - Biscuits. |
| - Sugar. | - Ice Cream. | - Cakes. |
| - Butter. | - Chips. | - Fizzy Drinks. |
| - Oil. | - Chocolate. | |
| - Crisps. | - Sweets. | |

Step 2

Why Not?

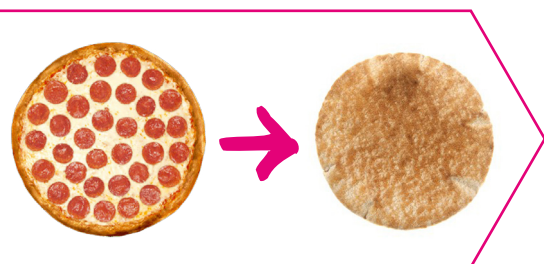
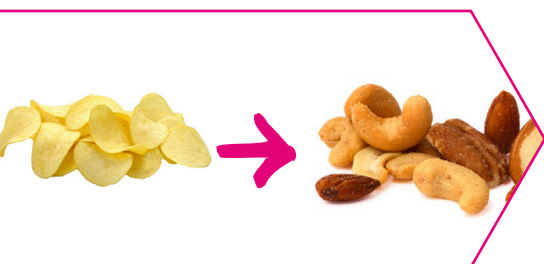
Ask participants why they think this section of the food pyramid/Eatwell Guide is so small?

Explain that all these foods are high in fat, sugar or salt and so should only be eaten in moderation.

These foods can cause us to become overweight or develop diseases like heart disease and type 2 diabetes.

Step 3**Small Changes**

We can make small changes to our daily diets to cut down on treats – can you think of any?



- Take one spoon of sugar instead of two in tea/coffee.
- Have a funsize chocolate bar instead of a regular one.
- Have water or milk instead of fizzy drinks.
- Swap a packet of sweets for some dried fruit like raisins.
- Enjoy some mixed unsalted nuts instead of crisps.
- Have fruit salad and yogurt for dessert.
- Have oven baked chips instead of fried.
- Make a homemade pizza with pitta bread base (see recipe card).

Step 4

Task Time

Ask participants to think of ways of cutting down on these foods in their daily diet. Remind them of some of the changes that they can make from the above list.

Ensure each participant has decided on one change and remind them to make note of it in their task diary.