

God is Truth Teacher's Topic Guide Year 6

Topic: Smart shopping

Duration: 3 weeks

Spiritual Awareness: Wise choices and decisions

There are many voices of persuasion, trying to pull us in different directions. It is important to know the truth and stand firm in our beliefs. This applies not only to our faith, but our beliefs and opinions expressed in the media. We need to be able to discern where there is deception, not be gullible, and understand when the voices around us are not telling the truth.

Throughout life we are constantly faced with making choices and decisions. Choices can be right or wrong. In order to make wise choices, and right choices, we need to rely on the Holy Spirit who can guide us into all truth. Discernment of truth is necessary in making decisions. This is something we acquire as we learn to hear God's voice.

Bible references

Bible stories and passages about truth

Matthew 19:16-29 The rich young ruler's choice.

John 10:1-8 The Good Shepherd. The sheep recognize His voice.

Joshua 24:14-28 A choice between the true God and false gods.

Matthew 7:15-21 Wolf in sheep's clothing.

Bible verses

1 Corinthians 10:23 GNB "We are allowed to do anything," so they say. That is true, but not everything is good. "We are allowed to do anything", but not everything is helpful. (As Christians we have freedom to choose, but some choices will benefit us more than others.)

James 1:5 Ask God for wisdom.

John 18:37 Everyone that is of the truth hears my voice.

Proverbs 2:11 Discretion will protect you, and understanding will guard you.

Proverbs 12:19 Truthful lips endure forever, but a lying tongue lasts only a moment.

Proverbs 12:19 – Truthful lips endure forever, but a lying tongue lasts only a moment.

Values: Our response to knowing that 'God is Truth'

- Discernment of truth
- Seeking the truth
- Not following the crowd
- Wisdom and responsibility in choosing products

Outcomes: Students will

- understand how our health & wellbeing is influenced by advertisements.
- assess food advertisements for the degree of honesty and persuasion
- learn how to avoid being persuaded by 'artful' sales people and marketers of wasteful products
- show wisdom and responsibility in choosing products
- Learn how to make healthy food choices by gaining a knowledge of
 - the difference between good fats and bad fats
 - the problems associated with sugar and salt
 - the problems caused by some food additives
 - the difference between 'processed' and 'unprocessed'
 - food labeling

Key Questions

About smart shopping

- Do advertisements always tell the truth? Why do they want to mislead you?
- Can you think of an advertisement that is misleading?
- Where could we go to get correct information on food?
- What are the influences on what we buy?
- How do friends influence our choices?
- What tempts us to buy junk food?
- How do advertisements get us to buy things we don't really need?

About making choices and decisions in life:

- What kinds of choices does God ask us to make?
- How do we know whether something is good or evil?
- How can I know the right decisions to make?

Background information

The effects of advertising

Advertising creates a 'want', even if you don't really 'need' the product. Millions of dollars are spent every year on advertising, to make a customer want to buy a new product, or choose a particular brand over another.

For each product, e.g. soft drink, there are so many competing brands. So there is much competition to make you buy the product. An advertisement will often have an explicit message: 'Here is a great product, buy it!' and, 'If you buy this product, you will be like the people you see in this ad, and you will get closer to living the lifestyle that they have. Here are some advertising tactics. A product will become popular if it:

- Makes you look attractive, or cool'.
- Makes you want to have what everyone else is having
- Makes you feel that it is the right thing to do
- Makes you think that you will be popular if you buy it
- Makes you think you will look better if you have it
- Makes you think that it is good value for money
- Makes parents think that they need to buy it for their children

Does advertising influence our choices?

Common techniques used in advertising include:

- catchy jingles and repetition of slogans to create familiarity with the product
- celebrity or expert endorsement, to boost the credibility of the product
- endorsement of the product by an association that allows its logo to be used
- use of key words, music and images to appeal to various emotions and desires, concerns and fears

Here are the techniques used when developing TV commercials:

- **Attention** – Grab the attention of the audience in the first 5 seconds.
- **Interest** – Make the content of the commercial interesting to the audience you are appealing to.
- **Desire** – The audience should feel a desire or need for the product.
- **Conviction** – The audience should be assured that the commercial is honest, (even if it isn't)
- **Action** – Use the words "NOW ON", "SALE ENDS SUNDAY", "WHILE STOCKS LAST!"

Activities

- Describe and report on advertisements, e.g. on TV, or on posters outside shops or on billboards. Report on *what* is being advertised. Describe the *techniques* used in the advertisements. How do they get people's attention? Describe the purpose of the advertisements. What audiences are the ads targeting?
- Explain why some advertisements are not really true. Do they exaggerate?
- Explain why some advertisements can be helpful.
- Make a list of foods/items we really need, and those we don't really need.
- Describe the techniques are being used to influence people to buy things
- Explain the 'desirable lifestyle' messages are being presented in these ads. Are there any significant facts that you feel may have been deliberately left out?
- Play the truth game: Prepare a selection of real and artificial items. e.g. fruit juice/fruit drink; a drinking glass/a clear plastic one; real plant/imitation plant; real fruit/plastic fruit. From a distance, guess which is real.
- Detect foods that contain colours or flavours that pretend to be natural, e.g. is orange drink from a bottle always made from orange juice?
- Act out TV food commercials, or devise new ones.
- Design advertisements in two categories: helpful and misleading.

Are you a smart shopper?

Do you...

1. think carefully about why you want the product and what you expect from it?
2. know whether or not you can afford it?
3. work out what you can afford to spend, before you go shopping?
4. consider alternatives, such as second-hand rather than brand new?
5. research the product and shop around for the best deal, comparing quality and price?
6. inspect goods thoroughly?
7. read the labels and check use by dates?
8. buy on impulse at the checkout? (You see, want it and buy it!)

Score

If you said 'yes' to 7 or more, well done!

If you said 'yes' to 5 or 6, you are getting there!

If you said 'yes' to less than four, you need to sharpen your smart shopping skills.

Activities for food choices

Processed foods contain man-made chemicals

The purpose of food additives, (man-made chemicals in food):

1. To create brighter colours
2. To create extra tastiness
3. To make the food last longer

Food additives in small amounts may not harm us, but no one knows the long-term effects of food additives and other man-made chemicals in our environment.

Analyse food packets for content of sugar, salt, fat and food additives. e.g. breakfast cereals, packaged snack foods and biscuits. List all the ingredients. Which ingredients might not be good for us? (Possible problem ingredients: colours, flavour enhancers, preservatives, sugar, over-heated oils called 'trans-fats')

Make a list of the junk food currently eaten, and decide on some healthier alternatives. Some of these can be home-made.

Let's check out fast foods!

- What are 'fast foods'? Are they the same as junk foods?
- How often do you eat fast food, where and when?
- Why are fast food outlets popular?
- Name five popular fast food items.
- Why are many people concerned about eating fast food?
- If you need a quick, cheap and tasty meal, what are your healthy and nutritious options?

Promoting healthier fast food choices

In a small group, complete one of the following tasks:

- Create a poster for display in your school, listing options for healthy, inexpensive and convenient food.
- Write a submission to your school council, proposing a healthier menu at the school canteen, while still offering inexpensive options.
- Plan and present a demonstration for classmates, in which you prepare a simple and nutritious snack or meal that is convenient and inexpensive per serve.

Report on a TV commercial advertising food or drink

Explain how advertising influences our choices? e.g.

- makes us want to have what everyone else is having
- makes us feel that it is the right thing to do
- makes us think we will be popular if we buy it
- makes us think we will look better if we have it
- makes us think that it is good value for money
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Design two types of advertisements: 1. helpful 2. misleading.

Analyse food packets for content of sugar, salt, fat and food additives. e.g. breakfast cereals, packaged snack foods and biscuits.

Are there any ingredients that they might see as being a problem to good health?

(Possible problem ingredients: colours, flavour enhancers, preservatives, sugar, over-heated oils called 'trans-fats')

Make a list:

Students can make a list of the junk food they currently eat, and decide on some healthier alternatives. Some of these can be home-made.

Design ways to advertise healthy foods.

Some definitions

Natural food: Also called 'unprocessed food'. These are foods directly from nature, such as fruit, vegetables, nuts, meat, fish and eggs, dried beans, lentils, rice, butter, milk.

Fast food: Convenience food from outlets. Ready-to-eat foods such as hamburgers, hot dogs, fried chicken and chips. These have some nutritional value but contain ingredients that are not good for our health. Should be eaten rarely.

Food additives: Chemicals added to give artificial colour or flavour, or to preserve the food.

Processed food: These are foods that are changed from their natural state and sold in packets, cartons and cans. Some have nutritional value. Some have additives. Food labels should be checked and assessed for health benefits.

Junk food: food with no nutritional value and food that may be bad for our health. These include sweets, sugary foods, savoury snacks such as potato crisps, and soft drinks or imitation fruit drinks. Should be consumed rarely.

Values education Year 6

God is Truth

Fairness

Fairness is ...

- Treating everyone as they should be treated
- Not favouring one person over another

Say whether these situations are fair or not fair:

- Giving prizes to all girls who did well in exams, but not giving prizes to the boys.
- Giving detention to a student who spoke disrespectfully to a teacher
- Only allowing people who have passed a driver's test to drive a car
- Only allowing people who are well-dressed to come to church
- Sending a student home for not wearing school uniform
- Only allowing people born in your country to play on a national football team
- Not allowing smoking in restaurants

What does the Bible say about fairness?

Romans 2:11 God shows no partiality.

James 2:1-26 This passage speaks against showing favouritism to the rich above the poor.

Art Year 6

God is Truth

Smart shopping

Biblical wall art and text: Your word is a lamp to guide me, and a light for my path.
Psalm 119:105

Make a NEW START poster.

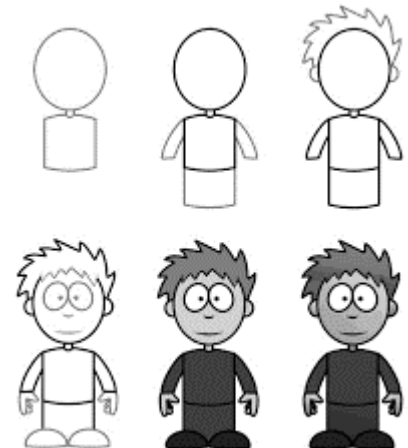
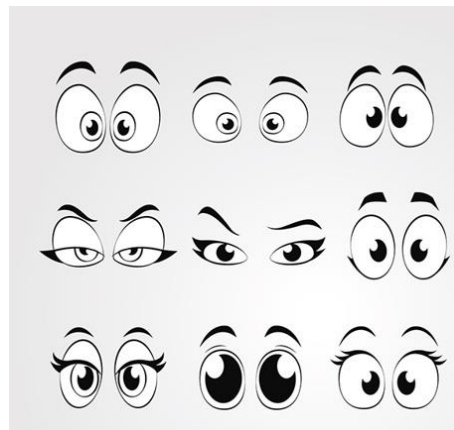
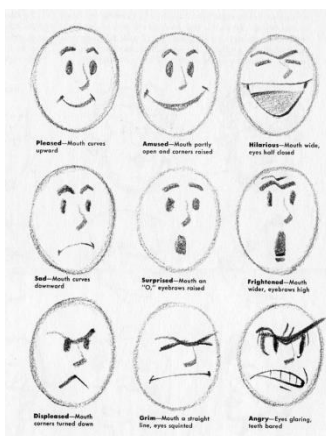
NEW START stands for:

- **Nutrients** – are the parts of food that makes us grow, and stay healthy. Only healthy foods do this.
- **Exercise** – at least half an hour every day
- **Water** – 6 glasses a day, (not fruit juice or fizzy drink)
- **Sunlight** – for vitamin D for strong bones.
- **Toxin-free** – avoid artificial food additives and avoid toxic chemicals in the environment
- **Air** – get fresh air every day
- **Rest** – don't stay up late
- **Think happy thoughts and trust in God**



Drawing

Students can invent cartoon characters that can be used to create food advertising posters.



Thinking Skills

Year 6 Truth

<p>Smart shopping 1</p> <p>Make a shopping list for a Christmas lunch that is economical, healthy and delicious.</p>	<p>Smart shopping 2</p> <p>Design a pair of sports shoes and explain why these are better than most on the market.</p>
<p>Smart shopping 3</p> <p>Make an acrostic poem for:</p> <p>S A L E</p> <p>It has to be to do with shopping.</p>	<p>Smart shopping 4</p> <p>Compare a piece of fashion clothing with a school uniform. What are the advantages and disadvantages of each?</p>
<p>Smart shopping 5</p> <p>Invent a new brand of ice-cream. Design an advertising poster for it.</p>	<p>Smart shopping 6</p> <p>Make an improvement to the way that your local fruit and vegetable market is run.</p>