

Smart shopping: Teacher's topic guide

God is Truth Year 6

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!

- a) What are 'fast foods'? Are they the same as junk foods?
- b) How often do you eat fast food, where and when?
- c) Why are fast food outlets popular?
- d) Name five popular fast food items.
- e) Why are many people concerned about eating fast food?
- f) 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
- makes parents think that they need to buy it for their children

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.

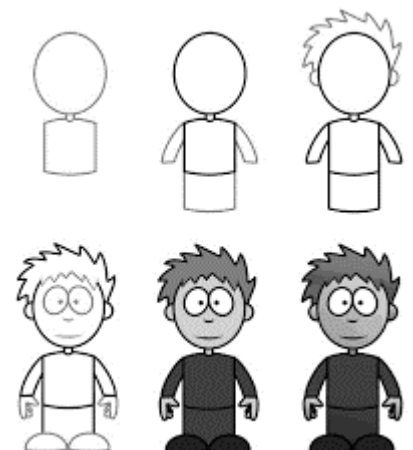
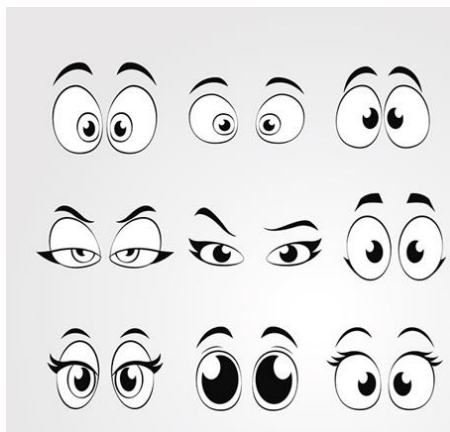
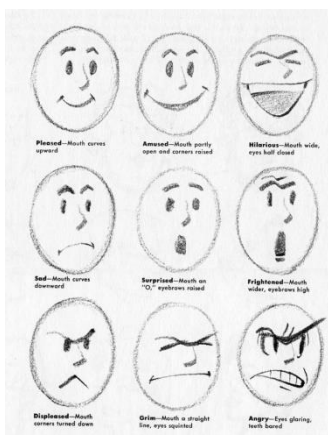
NEW START stands for:

- **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.



St Alban

Biography

In the year 205, (205 years after the birth of Jesus), a man called Alban lived in a town called in England called Verulamium. By this time the Gospel had spread from the Bible lands to England.

One day, Alban met a rather unusual man, Amphibulus, who was a Christian priest (or minister). He must have been one of the very first in England. In those days, England was ruled under the Roman Empire. The Romans were hunting Amphibulus, as it was illegal to be a Christian.

Alban felt sorry for the hunted man and took him into his home, to hide him from the Romans. Over some time, Amphibulus talked to Alban about being a Christian, and Alban decided that he would like to follow Jesus. He was baptized in the local river, the Ver, and became a Christian.

Some time later, the Romans discovered where Amphibulus was hiding. Amphibulus always wore a long cloak with a hood. This was the type of cloak worn by Christian priests in those days. Alban did a very brave thing. When he saw the Roman soldiers coming, he swapped cloaks with Amphibulus, which meant that when the soldiers entered the house to arrest Amphibulus, they actually arrested Alban because they thought he was Amphibulus. So Amphibulus escaped, and Alban was taken away.

Alban was taken to the Roman courthouse, where he was questioned. The Governor realized that he wasn't Amphibulus, so he asked him who he was. Alban is said to have replied, 'I am Alban, and I worship the true and living God.'

The Governor was furious that the soldiers had brought the wrong man, and asked Alban where Amphibulus was. But Alban said nothing. So Alban sealed his fate - he was condemned to death.

The Romans killed their prisoners outside the city, so Alban was taken up the local hill. The executioner killed him by cutting off his head with a sword. He became the first English martyr.

Alban was buried at the top of the hill, and over the years, pilgrims began to travel there, to worship God at that place.

The most important things about Alban were his kindness to Amphibulus and his bravery in sticking to what he knew to be the truth. Like Daniel in the Bible, he would not deny knowing the true God. He knew the truth and stood up for those beliefs.

Food advertising & processed food 1

Chemicals

The world around us is made of chemicals. All food is made of chemicals. Chemicals are the “stuff” that something is made from. Chemicals can be safe or unsafe. They can be helpful or harmful. They can be good or bad.

Man-made chemicals are the problem chemicals. They are often sprayed on the fruit or vegetables to keep the bugs away. These chemicals are not good for us so we should always wash our fruit and vegetables before we eat them.

Chemicals are added to processed foods, to make them last longer (preservatives), to make them look or taste better (artificial colourings and flavourings) or to change the texture. These are called food additives. We are told that all food additives are safe because they have been tested for safety. But the truth is, some food additives have a bad effect on the health of some people. Some children have allergies and other have their concentration is upset by certain additives. No one really knows what the long-term effects might be. Eating natural foods is always better!

1. What is a chemical?
2. Are all chemicals bad?
3. What are the three types of food additives?
4. What do these additives do to the food?
5. Name two foods that contain food additives.
6. How can we avoid eating food additives?

Food advertising & processed food 2

Food additives

Food additives are substances that are added to food.

Here are a few of the most common food additives that may not be so healthy:

Preservatives:

Used to make the product last longer.

Found in:

bread, cakes and biscuits

in vegetable oils, chips and fried foods

in some fruity drinks and soft drinks

in some sausages

in processed meats like ham and bacon

Colours:

These are made from man-made dyes

Found in:

Sweets, icing, ice-cream, drinks

Flavours:

Used to make a product taste spicier or saltier

Found in:

instant noodles, savoury snacks, pies, take-away food, sweets, and drinks

Make a chart of processed foods. Make three columns with the three headings. Draw and label foods in each column.

Food advertising & processed food 3

My personal eating plan

Make up a personal plan for improving your diet for one week. Decide which foods you are going to cut out, or cut down on, and which foods you are going to eat more of. Remember to include drinks too. Write down your plan. Include the date. Review your plan after a week and write a report on how well you stuck to your plan.

This is what I plan to eat for:

Breakfast:

Lunch:

Evening meal:

Snacks:

Drinks:

After one week...

I think that my diet over the last week has been:

- the same as before
- a little healthier
- very healthy

I think my diet was healthier than before because....

OR I could have done better if I had

Food advertising & processed food 4

Food advertisements

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

Do you ever get the feeling that advertisements are trying to fool you? It is very easy to be tricked when you see picture of junk food. It makes us feel that we must have whatever we see in the picture.

We see food advertising on TV, on signs and posters all around us when we go to the shops.

However, commercials do not tell us about all the bad effects this junk food will have on our bodies. That is a deception. Deception is making something look good, when it is really not good at all.

The advertisements do not tell us about the bad effects of sugar and salt the bad fats. Sometimes advertisement will tell us that a food is healthy when it is really not-so-healthy.

We don't need to be deceived by misleading information. God has given us wisdom. We can think carefully about the information we hear, and say, "Is it really true?" Ask God for wisdom and He will give it to you. Try to find out who's telling the truth.

- 1. Where have you seen food advertising?*
- 2. Make a poster to advertise one or more natural foods. Give some true information about the food on the poster.*

Food advertising & processed food 5

Food advertisements: Are they telling the truth?

Some food advertising tells us that sugar will give us energy, but this is not the whole truth. Sugar gives us a spike of energy for a short time, then we suddenly have a drop in energy making us feel more tired than before.

Here are some junk food advertisements. Explain why they might be misleading. Explain how the words in the advertising are trying to tempt you into buying the product. Is it true? Why?



Chocobars: "give you more energy" and "you really need them".

Lickety Pops: "more sugar. It's good for you".

Fizzo: "for people on the go".

Food advertising & processed food 6

Food advertisements: learning their tricks

Advertisements often try to trick people into buying products they don't really need. This is true about junk food. We don't need it. It is bad for our bodies and an absolute waste of money. If we want a delicious snack, then there are plenty of healthy snacks we can make to replace junk food.

Here are some of the things advertisers say to make you buy things:

- “Everyone else is buying one so you must get one too.”
- “It tastes good.”
- “It is good for you.”
- “It is recommended by important people.”
- “It gives you energy.”
- “It will make you happy.”
- “You get a lot for your money.”
- “You need to buy it **now**.”
- “You get a free gift if you buy one.”
- “Buy one and get one free.”
- “You deserve it.”
- “Spoil yourself”

Here are some other methods that advertisers use to trick you:

- big packets but only small quantities
- close-up photographs to make you think that the item is bigger than it really is

Choose an advertisement that you have seen. Think about the tricks that have been used. Try to find anything about the advertisement that is not completely true or honest. Now write about the advertisements you have chosen. Draw the product.

Food advertising & processed food 7

Food Labels

If we want to know the truth about the packaged food we eat, then we must find out what's in it. All processed packaged food should have a list of ingredients. We can read the labels to find out more about the ingredients.

Collect information from food wrappers and food packets. Look at the ingredients list. Write the name of the product you are investigating. Give comment on how healthy the food is.

Does it have any food additives?

Read the food labels and choose products without additives.

Name of product	Food additives
Rice	no
Biscuits	yes



Food advertising & processed food 8

Good fats, bad fats

Bad fats:

Fast food and junk food usually contain bad fat. Let's find out what bad fats are.

Vegetable oil in plastic bottles have been processed with heat. The oil then cools and gets heated again in cooking. These oils are not good for our health. We don't see the effects straight away, but over time bad fats can cause health problems.

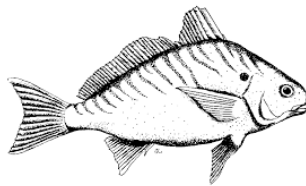
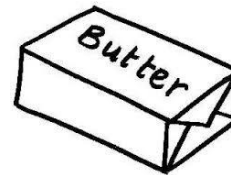
Margarine is another example of a heat processed oil and is a bad fat. However olive oil is an exception. It is a good oil because can withstand heat.

We find heat-processed vegetable oils in foods cooked in oil. Chips, crisps, deep fried foods and pastries are examples.

Good fats:

Butter, olive oil, coconuts, avocados, nuts, fish

Make a list of good fats and a list of bad fats.



Food advertising & processed food 9

White salt

White salt, used in most processed foods, is called refined salt, and contains no goodness. If we could get salt straight from the sea, that salt would contain minerals that are useful to our bodies.

Where do we find white table salt?

Apart from on the table, it's in potato crisps, most breakfast cereal, tinned foods, cracker biscuits, bought bread, tomato sauce, hamburgers, sausages, hot dogs and many other foods.

What can I eat instead?

Avoid junk food and processed foods and eat real food.

List some healthy foods that you could make or buy:



Food advertising & processed food 10

Sugar

Although this comes from natural sugar cane, it is no longer natural once it has been processed. This type of sugar is called refined sugar, unlike the sugar you would find naturally in a piece of fruit. People who eat a lot of sugar have less energy and can catch colds more easily.

Where do we find it?

Refined sugar is found in sweet foods and soft drinks. It is also added to many other foods, like tinned foods, sauce, bread, cakes and biscuits.

What can I eat instead?

Eat fruit in which there is natural fruit sugar. The body can use this type of sugar more easily.

Sugar comes from a plant called sugar cane. The stalk of the plant, which looks a bit like bamboo, contains a very sweet liquid. This is natural sugar and has nutrients. However, very few people eat sugar in this way.

The sugar we use as food today is a white crystal substance that can cause damage to our bodies because:

- People eat sugar in large quantities.
- Babies and toddlers are given sugary drinks, and they want to keep having it.
- People cannot stop eating it. (addicted)
- Sugar causes tooth decay.
- Sugar is the main cause of diabetes.
- Sugar weakens our immune system, so that we catch colds more easily.
- Sugar can make us feel tired.
- Sugar can cause people to gain weight.

Make a poster, "Eat less sugar" and give 4 reasons why.