

## 5 - What's good for you?

### Choose the best supermarket foods

Fill Sniffer's shopping trolley with healthy food.



Sniffer is checking around the supermarket for foods that may not be so good for us. He does not want to buy foods with added colours and flavours.

Put a tick next to the foods that have no added colours and flavours.

Put a cross next to the foods that might have added colours and flavours.

- coloured icy poles
- oranges
- soft drink
- lamb chop
- egg
- coloured lolly pops
- coloured breakfast cereal

# 11a - Taste and smell facts

## A reading or listening activity:

Think about your favourite tastes.

Now think about some of your favourite smells.

How does our body give us a sense of taste or smell?

The nose contains millions of little cells called *receptors*. A receptor is part of a *nerve*. Nerves are like very thin threads that carry messages to the brain.

The receptors in the nose are found in the tiny hairs inside the nose. They recognize particles in the air and tell the brain about it. That is when we smell something.

There are sweet smells, delicious smells and bad smells.

What smells sweet? \_\_\_\_\_

What smells delicious? \_\_\_\_\_

What smells bad? \_\_\_\_\_

Sometimes smells can tell us that there is something wrong. Perhaps the food smells “off”. Then we know not to eat it. Perhaps there is a smell of gas. It may be a leak of poisonous gas. Our nose tells us to get out of the room or else the gas will make us sick. This is the protection God has given us through our nose.

*What are your favourite tastes?* \_\_\_\_\_

There are four kinds of tastes: sweet, sour, bitter, salty.

**Taste** is when you can tell the flavor of food and how nice the food tastes. Taste gives you signals of dangerous gases and toxic food. All over your tongue, there are little bumps called taste buds. There are four different types of **taste buds**: sweet, sour, bitter, salty.

### **You can taste:**

sweet things in the front of your tongue

sour things at both sides of your tongue

bitter things at the back of your tongue

salty things all over your tongue

**Did you know** that taste buds and smell receptors have the ability to **adapt**. ‘Adapt’ means ‘to get used to something’. This means that when you first taste something or smell something new, the taste or smell may be very strong. But the more you smell or taste that substance, it becomes not so strong. This is very important to remember when trying new foods. At first you may think. “Oh no, I could never eat that!” But keep trying it, and before long your taste buds will adapt.

Indian food is very spicy. Even young children in India eat very spicy food. If you tasted it for the first time, you would probably think this food is far too spicy for you. This is not because Indian children have different taste buds to everyone else. It is because they have adapted, or got used to spicy food.

Sadly, there are some children who think they cannot accept the taste of fruits and vegetables. This is because they have been allowed to eat mostly junk food. Can you imagine that! Some children have never even tried vegetables like lettuce or raw carrots. If they were to try them, at first their taste buds would tell them that these foods are far too strong.

*How could you help a child who does not eat fruits and vegetables, and who does not think they like the taste of fruits and vegetables? What would you say to them?*

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Our sense of taste and sense of smell are very similar. In fact they work together. The receptors we use for tasting are found mostly on the tongue, and some in the roof of the mouth. Taste buds are connected to nerves that send messages to the brain. When the brain receives the message, we “taste” something.

Our sense of taste protects us from eating food that has gone “off”. Our taste buds can also protect us from eating things that are poisonous. If something tastes unusual then we shouldn’t eat it.

**Answer these questions:**

Why is it important to be able to smell?

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Why is it important to be able to taste?

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Why do many people like to lick ice-cream using the tip of their tongue?

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What could you do if you don’t like the taste of a new healthy food at first?

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## 12b - Choosing healthy foods

On the back of this sheet draw a healthy breakfast. Here are Supermax's favourites:

water  
fresh fruit  
porridge  
egg on toasted rye bread



Now draw a healthy lunch. Here are Sniffer's favourites:

rye bread  
raw carrots  
boiled egg  
salad  
soup  
sultanas  
sunflower seeds  
bananas



Draw a healthy main meal:  
Here are some foods you might choose:  
potatoes or sweet potatoes  
rice  
fish  
roast lamb  
cooked vegetables  
raw salad vegetables  
lentils  
cooked dried beans or chick peas  
plain yoghurt with honey

Colour this badge, stick it to cardboard and cut it out. Attach a safety pin.



## 16b - Be a detective

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

**Preservatives:**

320, 321 - in bread, cakes and biscuits

282 – a mould inhibitor in bread that may cause allergic reactions in some people

310, 311, 312 – in vegetable oils, chips and fried foods

200, 201, 202, 203 – in some cordials and soft drinks

210, 211, 212, 213 – in some cordials, soft drinks and sausages

249, 250, 251, 252 – in processed meats like ham and salami

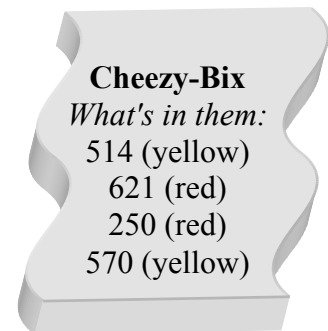
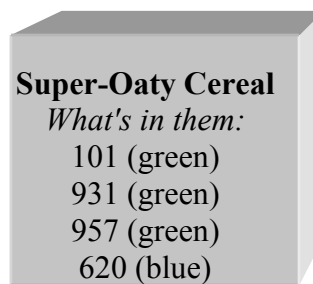
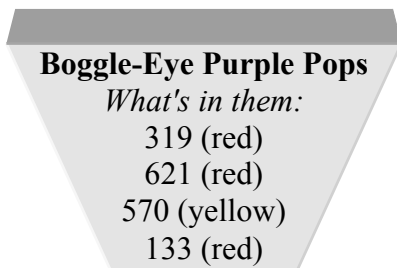
**Colours:**

102, 104, 107, 110, 122, 123, 124, 125, 126, 127, 128, 129, 133, 142, 155

**Flavours:**

621 or 635 – MSG, used in instant noodles, pies, sausage rolls and take-away chickens.

Use the code to work out which of the following three products is the healthiest. Tick the healthiest product:



- Boggle-eye Purple Pops
- Super-oaty cereal
- Cheezy-Bix

Code:

red= could have bad effects

yellow = might have bad effects

blue = probably safe

green = safe

## 16c - My personal eating plan

Make up a personal plan for improving your diet. 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 2 weeks and write a report on how well you stuck to your plan.

*This is what I plan to eat for:*

### **Breakfast**

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### **Lunch**

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### **Evening meal**

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### **Snacks:**

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### **Drinks:**

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*After 2 weeks...*

I think that my diet over the last 2 weeks has been:

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

I think my diet was healthier than before because:

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### **Can you help?**

Here is a list of food that a boy eats in one day. On a separate sheet of paper, make a new list for him, giving some suggestions for improving his diet. Also think about his water intake.

#### **Breakfast**

1 glass chocolate milk  
2 slices of white toast with jam

#### **Mid- morning**

2 chocolate biscuits  
1 fruit box drink

#### **Lunch**

Peanut butter sandwiches made with white bread and margarine  
2 sweet biscuits

#### **After school**

1 strawberry flavoured milk drink  
1 packet potato crisps

#### **Evening meal**

1 ham and cheese pizza  
1 serving of hot chips  
1 corn on the cob  
1 serving of Neapolitan ice-cream

### **Food rhyme**

There once was a man who lived in a tower.  
He hated vegetables, especially cauliflower.  
He ate junk food instead,  
No matter what was said,  
And preferred to drink fizz on the hour.

