

Erasmus + Gesundheit/Health



The Better Choices

Our Case Study:

- ❖ The Social- and health students made healthy food and drinks in class
- ❖ It was served to all students, teachers and administration -free of charge- during lunch break in the commons area
- It was followed by a Kahoot health quiz

It was a major success!

- ❖ See the invitation (in Norwegian) and pictures on the following slides:

This Session

- ❑ Why choose healthier food?
 - ❑ What happens if I don't?
- How do I make the right choices?
 - ❑ Knowledge is important
 - ❑ Grounded in the curriculum
- Does commercial advertising influence my choices?
 - ❑ The importance of being critical;
Who is saying what and why?
- Cooking the food and comparing
 - ❑ Taste, nutrition, price etc.

Branding Bread in Norway

0 - 25% sammalt mel/
hele korn



25 - 50% sammalt mel/
hele korn

50 - 75% sammalt mel/
hele korn



75 - 100% sammalt mel/
hele korn

The more red – the more fiber

Advertisements Affects our Choices

- ❑ **Unhealthy advertisements make us fatter**
- ❑ **Children eat what they see on television**
- ❑ **Studies confirm that advertisements work;**
Viewers eat more of the food they see.

In Norway it is prohibited to show advertisements directed towards children.

Source: VG nett



**What do you associate with
this picture?**

**Nature?
Milk?
Or Chocolate?**



De gode valg – et sunnere kosthold



**Elevene i 1 HOA, 1HOB, 1HOC og 1HO01
inviterer til smaksprøver**

Mandag 17. september i matfri i kantinen



**Og
Kahoot**



**Vi vil vise hvordan du kan gjøre maten
sunnere – og at den smaker godt**

Making smooties





Warm Food



Information

