

Junk foods

<i>Theme</i>	Food and health
<i>Level</i>	Middle and higher
<i>Academic Objective</i>	Introduction to processed food. Effect of food additives on health. Techniques used by food processing companies to fool us for their profit
<i>Attitudinal Objective</i>	Will become aware of importance of healthy home-made food. Become cautious while choosing processed food.
<i>Action Objective</i>	Children develops the habit of looking at the labels before buying. Might avoid the food containing some of the harmful chemicals
<i>Items/ Resources needed</i>	Projector setup for video display
<i>Links</i>	https://www.youtube.com/watch?v=R30fWVks0oI https://www.youtube.com/watch?v=wBhxIW24jaE https://www.youtube.com/watch?v=HzTvEK1sVi0

Activity 1:

Day 1- 45mins

- Facilitator can start the class by asking some leading questions like what's your favourite food? how often do you eat food that comes packed with labels etc
- A short video on "Does my junk food love me" will be screened
- The class can end up with a request to read out any material on processed food or packaged food from the internet, newspaper, magazine etc at home

Day 2 - 30mins

- The facilitator can form a group of 4-8 members and asked to discuss the following questions, where does the food come from? what are the sources of raw unprocessed food? what word or image comes to your mind when you hear 'healthy eating habits'? what word or images comes to the mind when you hear 'unhealthy eating habits'? what is processed food? and give example. why processed food? why do food companies advertise their products? what are the different techniques/gimmicks used to attract?
- End of the class each group must be requested to bring different packs/labels of different categories of foods: soft drinks, biscuits, noodles, breakfast cereals, fruit juices, chips, ice cream, jam/ketchup. each group must have atleast one of these items so that they have different labels to study.

Day 3 - 45mins

Let the children sit in their small groups but work individually with the different packs to:

- a) identify place of manufacture and date of manufacture of the product
- b) classify in 2 columns the ingredients they can recognise and understand from the unknown ones
- c) research the unknown ingredients
- d) find out if any ingredient is harmful and how? as a part of home work

Day 4 - 45 mins

- Children work in their small groups and share the research they have done with each other
- Children may be given some leads to focus on certain chemical additives like
 - a) MSG and other names it goes by Aginomoto or hydrolysed vegetable protein
 - b) Aspartame
 - c) Food colorants
 - d) Excito toxins and in what way they are harmful
- Each group presents their learning to rest of the class as a booklet or group presentation or role play or mind map etc

(Facilitators, Prakriya Green Wisdom School)