C	hecklist Healthy Food During Breaks
	hool:pup (names of all pupils):
O.	
Та	ker of the minutes:
Tu	tor of the group (name, position):
Dia	alogue partner (name, position):
Da	te:
	d out what is part of a healthy diet and make a guess about how healthy the food and drinks are at your nool.
	swer the questions in sequence! Be considerate when walking through the school! If possible take pictures it are in line with your topic!
1	Food provides energy
a)	Food provides the energy we need to live. Our body needs food and energy to grow and to move; but even at rest, like when you are sleeping, you burn up energy.
	to estimate – each of you for yourself! – how many minutes of rope skipping you have to do to equal each the following snacks:
	One packet of Capri-Sonne (200 ml)
	One Kinder Happy Hippo (20,7 g)
	One small pot of cream yoghurt (150 g)
	One big packet of potato crisps (175 g)
	One apple (125 g)
	One egg (60 g)
	One ice cream Magnum White (110 ml)
	One Knoppers (25 g)
	One Cheeseburger (170 g)
	One banana (230 g)
b)	Ask your teacher for the solution and write it down!
c)	Take the skipping ropes, look for a suitable place and jump. How long are you able to jump without getting totally out of breath! Which of the snacks can you eat now to refill the lost energy?

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Our food contains a lot of different compounds, and it depends on this how much we should eat of it. W	rite
down which nutritive substances the following food contains!	

a)	This is what you may eat or drink plenty of:
	Beverages (not or only slightly sweetened)
	Bread, cereals or (little sweetened) cereal flakes
	Potatoes, spaghetti, rice or other cereals
	Vegetables
	Fruit
b)	This is what you should eat moderately:
	Milk, milk products
	Meat, sausages
	Eggs
	Fish
c)	This is what you should eat rarely:
	Oil, margarine, butter
d)	This is what you should eat very scarcely!
	Greasy snacks (crisps,)
	Sweets, cakes, biscuits

## 3 The warm lunch

It is recommended to eat one warm meal each day – best would be a warm lunch at school! There are some simple rules for a healthy diet as well.

a) Examine the present menu of the school! Write down which meals there are and tick off which food is in it. If there are two or more meals to choose take the meal you ate or would eat.

	Monday	Tuesday	Wednesday	Thursday	Friday	
Our menu:						
This should be part of it every day	:					
A drink that is only little or not sweetened (tea, water, apple sprit	O zer)	0	Ο	Ο	Ο	
Potatoes, spaghetti, rice or other cereal, pulse	0	0	Ο	Ο	Ο	
Vegetables or salad	0	0	0	0	0	
This should be part of it once or tw	vice a week:					
Meat (or sausages, meat balls)	0	0	0	0	0	
This should be part of it about onc	e a week:					
Fish	0	0	0	0	0	
This should be part of it less than	once a week:					
Eggs	0	0	0	0	0	
A sweet lunch	0	0	Ο	0	0	

		ow evaluate your examination of task a)! You simply have to count how often each food was on the and compare it to recommendations.				
	Write down w					
4	A healthy	menu				
sc		u were the head chefs: create a one week! Take the recommend example.	FIND AN ATTRACTIVE NAME FOR EVERY DISH!			
		r clients! Assemble a diversified ents of each meal.	menu. Note the most			
		Name of the meal	Most important ingredients			
	Monday					
	Tuesday					
	Wednesday					
	Thursday					
	Friday					
5	Evaluation	and presentation				
Tr	y to evaluate y	our results: What is good – wha	t is less good about the p	provision of food during breaks?		
Ju	stify your asse	ssment as best as you can.				
lt i	s good		It is less good			

## Climate detectives: checklist healthy food during breaks S. 4

Discuss what we could do better!	
Think about how you would like to present your results to other pupils and	d teachers!
Also compare your healthy menu to the menus of the groups "Satisfaction with food during breaks" and "Environmentally sensible food during breaks".	PREPARE A
If you are not content with what is provided during breaks think about how you could get teachers and parents to campaign for improvements together with you. For this you should present to them your most important findings and ideas and ask for support as clearly as possible.	HEALTHY LUNCH FOR THE WHOLE CLASS!
Think about how you could explain a healthy diet to younger pupils for example!	
Design a poster for example with your best texts, ideas and schemes.	
Now get ready to present your results!	

This Climate Detectives Checklist from Tilman Langner / Environmental Office North, registered association, <a href="www.umweltschulen.de/klima/climatedetectives.html">www.umweltschulen.de/klima/climatedetectives.html</a> is provided under the terms of Creative Commons Attribution-NonCommercial-ShareAlike 3.0 Unported (CC BY-NC-SA 3.0, <a href="http://creativecommons.org/licenses/by-nc-sa/3.0/">http://creativecommons.org/licenses/by-nc-sa/3.0/</a>). Translation: BUPNET, <a href="www.bupnet.de">www.bupnet.de</a>

