

# myfoodspace



**Price:** See website for details  
**KS:** 2  
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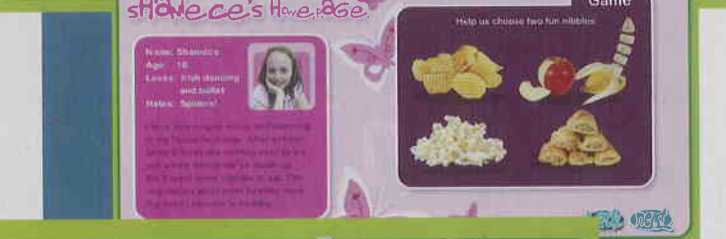
**M**yfoodspace is an excellent resource. It's been developed by the Food Standards Agency to help teachers engage children in learning about food labelling within the context of healthy eating and a balanced diet.

The interactive DVD-ROM opens with a welcome from John and Food Fanatics Shaniece, Aqib, Tireke and Alicia - four children who care about what they eat. To find out more about the children and their cultural backgrounds you can click on their own homepage, which contains information about their loves and hates, and the foods they eat.

The Food Fanatics invite you to help them make healthy food choices for a class party based on

their likes and dislikes, and using the eatwell plate. Choices have to be made carefully to suit the needs of everyone in the class. For example, some of the children have an intolerance to the gluten in wheat and others are vegetarian. This is a brilliant way to get children to think about food choices, and teachers too for that matter. There was a time when an end of term class party amounted to nothing more than 10 bags of multi-pack crisps, cake, biscuits, coke and hyperactive children being peeled off the ceiling. This DVD is long overdue.

We then go on to explore food labels and what they mean, an area which can be confusing and mind-



boggling to adults. The DVD helps children to take control of what they eat and make positive food choices by showing how Traffic Light Labels can make decisions easier, and that going for green means a healthier choice. The 'Know your label' activities will really help pupils focus on the nutritional information displayed on food packaging and what is healthy and what isn't. Children are shown some possible food contenders for the party and decide whether they should be selected or not. Again, this is an excellent way of focusing children's attention on sugars, salt, fat and saturated fat and which foods shouldn't attend the party.

From here, children can look at the Food Fanatics' recipes for their selected party food and watch videos of children giving a demonstration of how to make a smoothie, a tuna boat, pizza and chocolate brownies. The videos are a wonderful addition to the resource and will readily engage children.

Clicking on the Teachers' Area unearths a pdf gem of teachers' notes with two excellent science lesson plans, assembly ideas, and curriculum links, and useful contacts. There are also 13 thought-provoking pupil sheets, slide presentations, the children's cooking videos, and four professional development eatwell plate and food labelling videos.



## VERDICT: TUCK IN!

myfoodspace is one of those must-have resources. Packed full of information and meaningful activities, it's easy to use and destined to make children stop and think. It would be absolutely perfect for supporting a whole-school 'healthy eating week'.

If you haven't been on the FSA website yet then do, there's more on there than you might imagine and it's well worth a look. Click on 'Nutrition' then 'Schools'.