



The Real Food Rebellion Secondary Programme Contents Headlines

Objectives

The Real Food Rebellion programme will educate Key Stage 3 students about:

- Basic nutrition; real food, nutrients, food processing and sugars.
- Navigating food in our world; food labelling and personal responsibility for getting the correct food we want and need.
- Managing lifestyle and how to become resilient in the face of erroneous food and nutrition messaging.

Success Criteria

- The Real Food Rebellion programme will be fit for purpose – it will sit within the DfE PSHE Programme of Study for KS3; Core Theme 1: Health and Wellbeing. There are six 1-hour lessons designed specifically to be taught by classroom teachers within a timetabled PSHE curriculum.
- Young people will gain a basic knowledge of the key objectives and rationale behind the programme (tackling childhood obesity and rise of Type 2 diabetes, better metabolic health, the influence on their food choices of the food industry and marketing).
- There will be increased student self-awareness of their current diet – and how to improve and sustain a lifelong healthier lifestyle.
- Staff will understand the programme and key messages.
- All stakeholders will be able to access key messages via The Real Food Rebellion website www.realfoodrebellion.org



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Lessons	Student Lesson Contents	KS3 PSHE PoS Link
<p>Lesson 1: Food Affects Everything</p> <p>Objective: To understand how food affects the body</p> <p>Aims: By the end of this lesson, you will know:</p> <ul style="list-style-type: none"> • Why health outcomes have declined over the years • What real food looks like 	<ul style="list-style-type: none"> - Understand how our food environment has changed over the last 40 years and the impact this has had on both adolescent and adult health statistics. - How our diets have changed over the last 40 years. - Begin to understand the definition for an ultra-processed food. - Understand what real food is withing the 3 basic food groups. - Why we eat and how food affects out body. - Small steps to recognising real food. 	<p>Statutory: <i>Mental Wellbeing: H2, H10</i> <i>Physical health and Fitness: H17, H18,</i> Core Theme 1: Health and Wellbeing <i>Self-Concept H2, H5</i> <i>Healthy lifestyles H14, H17, H18</i></p>
<p>Lesson 2: Ultra processed Food</p> <p>Objective: To understand how some foods can harm the body if eaten in excess. (Part 1 UPF)</p> <p>Aims:</p> <ul style="list-style-type: none"> • What a UPF is • How to make healthier swaps 	<ul style="list-style-type: none"> - Deeper dive into UPF and definition - Recognise the different degrees of food processing, what is necessary to make food bioavailable and what is ultra processed for taste and shelf life. - Introduction to the impact of UPF on health - how to take the first steps to improve diet. - See the making of an UPF item of food 	<p>Statutory: <i>Mental Wellbeing: H2</i> <i>Physical health and Fitness: H17, H18</i> Core Theme 1: Health and Wellbeing <i>Self-Concept H5</i> <i>Healthy lifestyles H17, H18</i></p>
<p>Lesson 3: Sugar</p> <p>Objective: To understand how some foods can harm the body if eaten in excess or over time. (Part 2 Sugar)</p> <p>Aims:</p> <ul style="list-style-type: none"> • How too much sugar affects the body • How to make healthier sugar swaps 	<ul style="list-style-type: none"> - Understand the concept of hidden sugars in everyday foods. - Learn about blood sugar swings and how to control these. - Understand that a diet high in processed, white carbohydrates is also a high sugar diet to the body. - Effect of a prolonged high sugar diet on health and disease. - Recognising sugar in disguise – 55 names for sugar and how to identify these in food labels - Sugar savvy food swaps 	<p>Statutory: <i>Mental Wellbeing: H2</i> <i>Physical health and Fitness: H17, H18</i> <i>Health and Prevention: H15</i> Core Theme 1: Health and Wellbeing <i>Self-Concept H2, H3</i> <i>Healthy lifestyles H17, H18, H19, H20</i></p>
<p>Lesson 4: Mental Health and Lifestyle</p> <p>Objective: to understand how food affects mental and physical health.</p>	<ul style="list-style-type: none"> - Nutrition for a healthy brain and mental well-being. - Sleep habits and how to improve these. - Social media awareness, it’s impact on health and how to have a better relationship with social media. - Taking control of stress. 	<p>Statutory: <i>Mental Wellbeing: H7, H11, H12</i> <i>Physical health and Fitness: H10, H13, H14</i> <i>Health and Prevention: H15</i> Core Theme 1: Health and Wellbeing</p>



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<p>Aims: - how food and lifestyle affect mental health - what to eat for optimum health</p>	<ul style="list-style-type: none"> - Optimum nutrition for exercise. - Safeguarding your mental health. 	<p><i>Self-Concept H3 Mental Health and Emotional Wellbeing: H10, Healthy lifestyles H13, H14, H15, H16</i></p>
<p>Lesson 5: Be Fuelled – Not Fooled</p> <p>Objective: To understand how young people are manipulated by big food companies.</p> <p>Aims: By the end of the lesson, you will:</p> <ul style="list-style-type: none"> - know how to understand a food label - recognise marketing strategies and misleading health claims - know how to make more informed choices when you shop for food 	<ul style="list-style-type: none"> - Understand the concept of big food companies around the world - In depth knowledge of food labelling and what to check for. - Food advertising strategies - Marketing strategies aimed at young people - How to make better food choices when shopping. 	<p>Statutory: <i>Internet safety and harms: H3 Physical health and Fitness: H10, H13, H14 Health and Prevention: H15</i></p> <p>Core Theme 1: Health and Wellbeing <i>Self-Concept H3, H5 Mental Health and Emotional Wellbeing: H10, Healthy lifestyles H16, H17, H18 Media literacy and digital resilience: L18</i></p>
<p>Lesson 6: Food Smartz</p> <p>Objective: To be able to make changes that can impact your future health and well-being</p> <p>Aims:</p> <ul style="list-style-type: none"> - Understand how your choices are influenced - Know what foods to choose and why - Putting your knowledge into practice 	<ul style="list-style-type: none"> - Understanding your current food choices - Concept of big food industry being for profit not for health - Real food swaps. - How to build real food breakfast, lunch and dinner. - Understanding your barriers to eating more real food and how to overcome them. - Small changes can lead to big results. 	<p>Statutory: <i>Mental Wellbeing: H7, H11, H12 Physical health and Fitness: H10, H14, H17 Health and Prevention: H15</i></p> <p>Core Theme 1: Health and Wellbeing <i>Self-Concept H3 Mental Health and Emotional Wellbeing: H9, H10, H12 Healthy lifestyles H13, H14, H15, H16, H17, H18, H19, H20, Managing Risk and Personal safety: H31</i></p>