



Delivery guide

Delivery guide

Delivery notes

BEAR'S Grrreat Food Quest is a suite of resources created by **BEAR**. We've designed it to help learners **aged 5-7** understand the importance of a healthy, balanced diet and to make it simpler for them to make informed, healthier choices about what they eat and how they snack. With a core focus on **fruit and vegetables** the resource supports PSHE, Health and Wellbeing and PSE, and features other cross-curricular activity ideas.



About BEAR

BEAR make **delicious natural foods** from gently baked fresh fruit, vegetables and wholegrains with **no added nonsense**. We make our fruit snacks the traditional and simple way; by dried fruit baking. We only use **100% pure fruit** and **vegetables** and our gentle baking ovens are set to a low temperature. This ensures that all of the fresh fruit and veg goodness stays where it belongs!

Unlike many other kids snacks, **we don't add anything to our products**; no added sugars, concentrates, preservatives, salt, stabilisers or gumming agents...absolutely nothing. The only sugar in our products is the naturally occurring sugar from the fruit itself; **one BEAR yoyo contains the same amount of natural sugar as one medium apple.*** With only **1 in 6** children in the UK currently achieving their **5-a-day**, we believe that real fruit snacks play an important role in school lunchboxes or as a break-time snack.



Our Products

We create delicious natural nibbles that are perfect for lunchboxes and snack times. Our products contain **just fruit, just veg and absolutely nothing else.**



*Data from McCance and Widdowson (coFID 2015) for one medium apple

Summary of resources

Delivery notes



Information about the programme, summary of resources and curriculum areas

Session plan



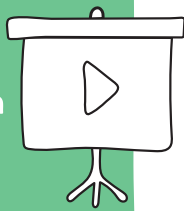
Curriculum-linked lesson plan helping learners understand how to make healthier food choices, packed with extra activity ideas to extend learning.

activity sheet



A fun 'draw, write and colour' activity in which learners share ideas about healthy snacks for BEAR

presentation



Cubs join BEAR on his Grrreat Food Quest, as he shows how fruit, vegetables and other foods form part of a healthy, balanced diet and how this helps the body. Read through this presentation together with your cub and use it to facilitate a conversation with them around the importance of healthy eating.

competition leaflet



Take-home leaflet for learners and their parents, containing information about the 'Share with BEAR' competition, as well as additional guidance on healthy eating. There are some great prizes to be won, check out the leaflet for further details.



Session Plan

The following session has been designed to help learners aged 5-7 understand the importance of, and the kinds of foods that constitute a healthy, balanced diet. Learners will explore the different types of foods and the proportions in which they should be eaten. Learners then put their learning into practice by sharing their ideas around healthy snacks for BEAR.

Resources needed



Presentation



Activity sheet



competition leaflet

(Additional resources needed for optional extra activities)

To start... (10 minutes)

Ask learners to **think** about some of their favourite foods and how/where they like to eat them. Take learners through the **Presentation**, which contains key information about the importance of a healthy, balanced diet, and the types of foods we should eat occasionally, more often or everyday, before exploring fruit and vegetables in more detail.

Main activity... (15-30 minutes)

Give each learner a copy of the **Activity Sheet**. Read the instructions aloud to assist any learners who may have difficulty reading. Explain that learners can use the information at the bottom of the sheet to help them remember how much of each type of food we should eat to stay healthy. You may wish to ask pupils to share their ideas with a partner or group before they put pen to paper.

At the end of the session... (5-10 minutes)

As a recap, show some images of different types of food and ask learners to use their hands and arms to show how much of the food we should eat (only a little, some or a lot). Encourage learners to share their drawings of their chosen BEAR's snacks with other people by emailing or sending pictures to teachers/family/friends.



Timings

Allow approximately 30-50 minutes, but this can be extended if you wish to include additional activities.

Learning outcomes

- 1 I can name some of the foods I should eat as part of a healthy, balanced diet.
- 2 I can describe some of the benefits of healthy foods for my body.



Extra activity ideas (optional)

You could select from the following fun, cross-curricular activities ideas to extend the learning. These are designed to be taught flexibly, according to the time you have available and the needs of the learners. You may choose to focus on the main activity (described above) but you could also set up a carousel of different activities within one session, or spread activities over two or more sessions.

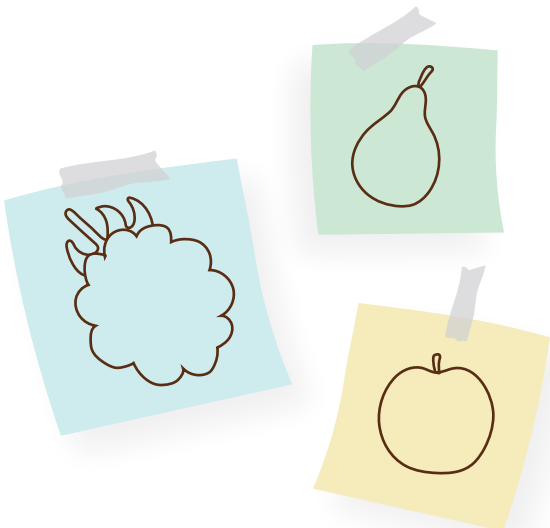
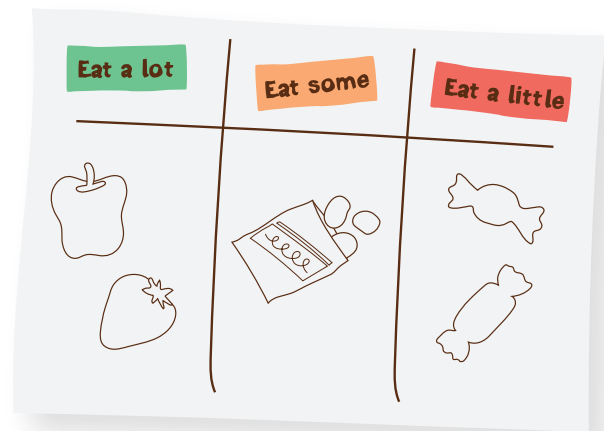


Word wall

Come up with as many words as possible to **describe the way things taste** (e.g. tangy, delicious, salty, creamy, sweet, bitter, spicy, scrumptious) and create a word wall for display.

Food choices

Give learners an A3 sheet divided into three sections titled '**Eat a lot**', '**Eat some**' and '**Eat only a little**'. Ask learners to draw examples of foods that should appear in each category.

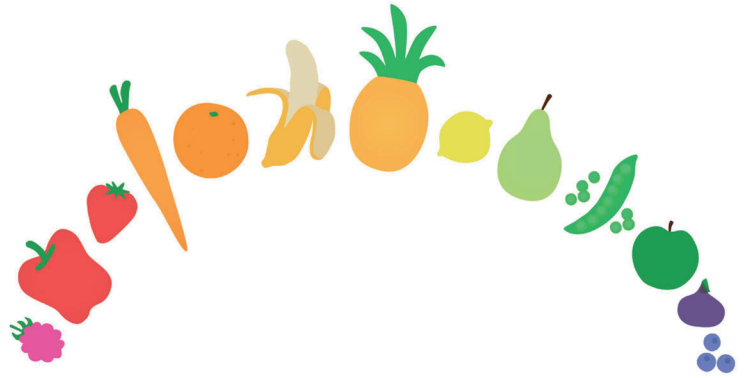


Favourite fruit pictogram

Ask learners to draw or write their **favourite fruit** on sticky notes. Use the pictures to decorate your fridge at home, to remind you to eat these foods.

Fruit rainbow

Explain that we need to eat lots of different **fruit and vegetables**, as they each help our body in different ways. One way we can remember to do this is to eat fruit from all the **colours of the rainbow**. Ask learners to categorise different fruit or vegetables according to colour. They could draw the items or cut out images from a magazine. These could be used to create a **fruit rainbow wall display**.



1. Grate the cheese
2. Slice the cucumber and tomato
3. Butter two slices of bread
4. Place the slices of cucumber and tomato on one slice of the buttered bread and top with cheese.
5. Place the second slice of bread, butter side down, on top.

Snack Instructions

Ask learners to **write instructions** for preparing their favourite **healthy sandwich, smoothie or snack** (e.g. banana and mango smoothie; cheese, tomato and cucumber sandwich). They should remember to use numbered steps and imperative ('bossy') verbs, so that the reader can easily understand what to do. **If you have food and preparation space available, learners could swap and make each other's recipes.**

Book time!

Read '**The Very Hungry Caterpillar**'. Ask the children to give a **thumbs up** or **down**, depending on whether the caterpillar makes a healthy or less healthy food choice.



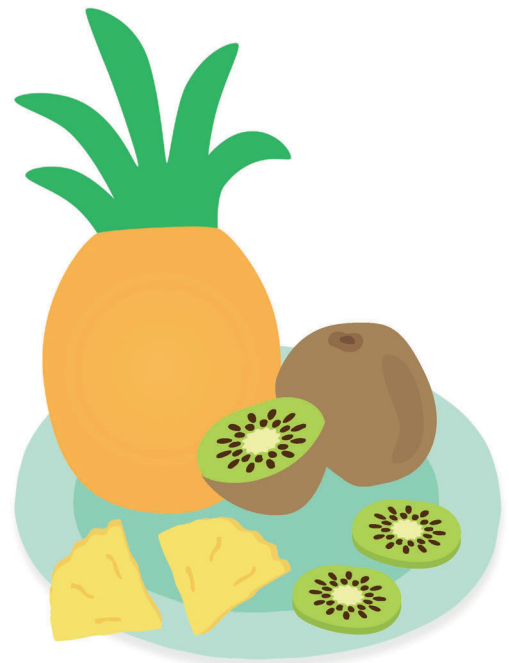


Swap a snack

Show some images of **snacks** or **lunch boxes** containing less healthy choices. Challenge learners to swap the foods for **healthier alternatives**.

Taste test

Try a **selection of fruit**, including fruit that children may not have tasted (e.g. passion fruit). Cut it into small pieces and ask learners to try it, using their vocabulary to describe what they **see, smell and taste**.



BEAR art

Ask the learners to design a healthy eating **poster, comic or leaflet**, featuring BEAR.



Curriculum links

England

PSHE Association programme

Key Stage 1 Health and Wellbeing

H1. What constitutes, and how to maintain, a healthy lifestyle including the benefits of healthy eating.

H2. To recognise what they like and dislike, how to make real, informed choices that improve their physical and emotional health, to recognise that choices can have good and not so good consequences.

Science - Year 2

Describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.

Wales

Personal and social development, well-being and cultural diversity

Children should know about the importance of food and water for their bodies, how to make healthy food choices and the importance of exercise.

The importance of healthy eating and how to make healthy food choices that include the foods that should feature in a balanced diet.

Northern Ireland

Personal Development and Mutual Understanding - Health, Growth and Change

Recognise and value the options for a healthy lifestyle including the benefits of exercise, rest, healthy eating and hygiene.

Scotland

Health and wellbeing - Physical activity and health

I understand that my body needs energy to function and that this comes from the food I eat.

Food and health

Together we enjoy handling, tasting, talking and learning about different foods, discovering ways in which eating and drinking may help us to grow and keep healthy.

I know that people need different kinds of food to keep them healthy.

By investigating the range of foods available I can discuss how they contribute to a healthy diet.

By applying my knowledge and understanding of current healthy eating advice I can contribute to a healthy eating plan.

Technologies - Food and textile technology

I enjoy exploring and working with food in different contexts.

