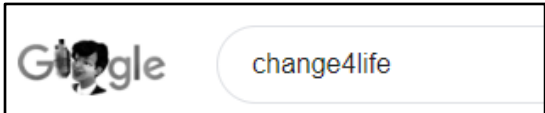
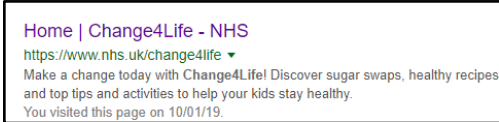


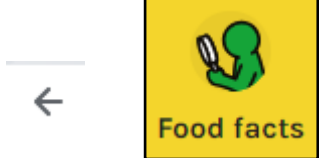

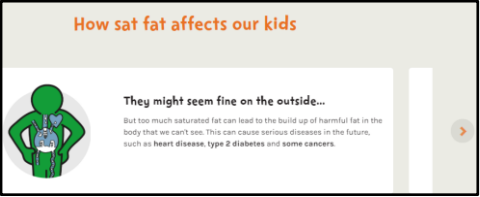
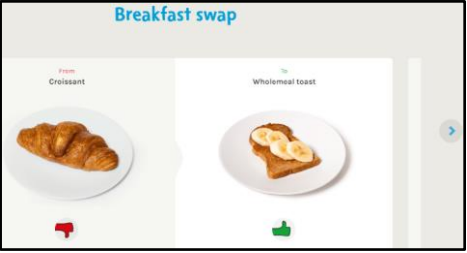







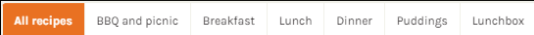
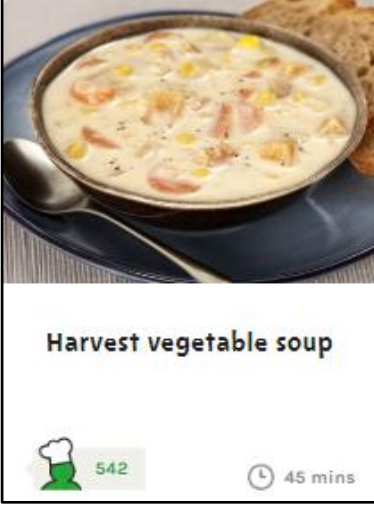



# Change 4 life

<p>Continuing with the theme of health we are going to look at a website called Change4Life. Change4Life is a website to help you &amp; your family be healthier and happier. Find out more about what's really in the food your family eats.</p>	
<p>1</p> <p>The first thing we need to do is use a search engine to search for 'Change4life'. Or You could type the full address into your address bar. Change4life.com</p>	
<p><b>Q</b></p> <p>What does the AD mean next to the website address?</p> 	<p><b>A</b></p>
<p>2</p> <p>Select the website as shown.</p> <p>You can download the app from your relevant app store.</p>	
<p>3</p> <p>Whilst this website refers to Children there are things that adults can learn from it.</p>	
<p>4</p> <p>Select the link - Food facts</p>	
<p>5</p> <p>We all hear about eating 5 portions of fruit and vegetables a day but what equates to a portion.</p> <p>Select the link – At least 5 a day.</p>	
<p><b>Q</b></p> <p>How much in grams is a portion of fruit or vegetable? Is this the same for dried fruit?</p>	<p><b>A</b></p> <p><b>A</b></p>

6	Go back to the previous page. Using your back arrow or by selecting on the Food facts link at the top of the page.		
7	Select the link – Saturated fat.  Scroll down the page reading the information.		
8	Locate the text How Sat fat affects our kids.  Using the arrows on the right, read through the screens		
Q	What is the maximum saturated fat an adult should consume a day?	A	
9	Continue to read down the page and scroll left and right on the food swaps you can make.		
10	Locate the dots below the screens you have been viewing. These dots show how many screens there are, and which screen you are currently on. Scroll left or right and see what happens to the dots.		
11	Go back to the previous page. Using your back arrow or by selecting on the Food facts link at the top of the page.		

12	<p>Select the link – Food labels. Read through the page.</p>		
Q	<p>What colour are the labels on food and what do they mean?</p>	A	
13	<p>Play the short video explaining food labels.</p>		
14	<p>If you own a Tablet or mobile phone you can download the Food Scanner app. This app allows you to scan food to identify the sugar sat fat salt &amp; calories.</p> <p>You may need to insert your Apple Password to allow this App to be installed.</p>		
15	<p>Open the App once its downloaded.</p> <p>Scan the barcode off your food item to see what your product contains.</p> <p>It's a really useful app, you will be surprised at how much sugar is in baked beans.</p>		
16	<p>The Change4life website has some great recipes for you to try. If you have been trying the App, return to the change4life website Select the link – Recipes at the top of the website.</p>		

17	Using the links along the top select from the different categories to view healthy recipes.	
18	<p>The recipes show how long they take to make and how many people have made the recipe.</p> <p>Select a recipe to see ingredients &amp; Method.</p>	
19	Use your search engine to search for the British heart foundation website. bhf.org.uk	
20	Select information & support then Heart Matters magazine for some interesting articles to read.	