

# Healthy and unhealthy

These are ideas for a community of enquiry around the concepts of *healthy* and *unhealthy* food, and also the influence of advertising.

**Applications:** Standalone P4C session; health and nutrition; PHCSE.

**Preparation:** Game of *fruit salad*. Generate as many fruit words as you need for small groups (eg 6 words for 6 groups of 4 children). Allocate one of these fruits in turn to individuals around the group. Remove a chair from the group and ask for a volunteer to go in the middle. The volunteer shouts out one or more fruits. People in those categories exchange seats while the volunteer tries to get into one of the vacant seats. The person left without a chair goes in the middle and the process is repeated. 'Fruit salad' means everyone must exchange seats.

**Initial Presentation:** Mr and Mrs X's lunch boxes – one full of 'healthy food' – fruit, vegetables, wholemeal bread etc, one of 'unhealthy' food – crisps and so on. Display these in the centre of the circle.

**Conversation:** Form small groups (made up from the 'fruit' groups as established in the game). Generate associations with the two lunch boxes. Publicly list the associations given by each group.

**Second presentation** Display advert about one of the 'unhealthy' foods. We used cheestrings [www.cheestrings.co.uk](http://www.cheestrings.co.uk) because the site has purposely been made very attractive to children, for example with games they can play. Compare the claims in the advert with the food labels.

**Formulation:** Ask the fruit groups formulate a thinking question.

**Questions:** Display questions on a flipchart or whiteboard.

**Airing:** Using methods you and the children prefer – we simply asked each group to read out and explain their question in turn.

**Selection:** As you wish. We used a 'blind vote' – heads down, thumbs up and using two votes, one of which could be for a pupil's own question.

**Building:** Lead a discussion about the chosen question.

**Last words:** With talk partners – something to add, something you agree with (or, as you wish)

**Notes** I used this session with a group of year 4 children who have been practising P4C for a term and a half. Their questions were:

- Could advertising during children's TV be the reason for demand?
- Why do we have to eat healthy food?
- Are they (*adverts*) misleading you to make money?
- What you eat can damage your health so watch out
- Just because it looks nice doesn't mean you have to have it
- **Will we think again when buying our lunch?** (the selected question)

At our end of term evaluation, this session was picked by one child as their favourite session.