**Report Healty food form 6, 7 en 8**

In the different classes we have been busy with the taste lessons. In these flavor lessons we talked about the different types of flavors (sweet, sour, salt and bitter) and also about the mouthfeel (spicy, filming, crunchy, slippery, juicy, stimulating, smooth, dry, fresh).

We have talked about using your senses for testing. How does it smell? How does it look? How does it feel? What do I hear when I put it in my mouth?

Afterwards, the children were allowed to taste all kinds of products in pairs.

Questions were: What did you taste? What does the re look like? How does it smell? How does it feel in your hand? How does it feel in your mouth? How does it taste? Do you like it? Why?

We also gave a lesson about energy. The disk of five explained. You have to eat something from every box every day. The size of the course indicates how much you can eat.

We have looked at how many sugar cubes there are in a can of cola and in a bottle of cola. How much sugar is there in a can of energy drink?

Afterwards, with the children they look at what they eat in between meals and how many calories you get. How much you have to move and exercise a day (1 hour) (3 times a week, about 20 minutes each time). What is a good energy balance? How much do you have to eat? And how much do you burn in a day?

We have also given a lesson about Faire Trade products, regional products and seasonal products. What that contributes to the environment, but also to farmers in poor countries.

The last lesson was about additions. Colorants, emulsifiers, thickeners, anti-oxidants, fragrances and flavors. Also during this lesson the children were allowed to do experiments. Place smarties in water. What is happening? Does it taste different? Vitamin C pills with orange flavor. Compare pudding powder with fragrance and flavorings. It smells like strawberries, is there strawberry in it?

Make mayonnaise with egg yolk, oil and vinegar.

We went to the taste center. There the children were given an explanation about healthy eating and they were also allowed to cook dishes with healthy products.

In the spring we started planting potatoes, grain, beet and corn. In the autumn we were allowed to harvest our own sown products. Digging up potatoes, pulling beetroot out of the ground, picking grain and grinding between two stones and our hands.

We also made a recommendation poster, with everything we learned during the Healthy Food weeks. We have hung those posters so that other people can learn from them too.













