

# Category One: Let's shop sensibly!

## LEARNING OBJECTIVES

To understand why it is important to take care of our money

To understand why it is important to take care of our health

To recognise the choices that we can make that will help us take care of our health and our money

## FINANCIAL EDUCATION PLANNING FRAMEWORK LINKS

I can make simple choices about how to spend my money (3-5)

I know I have choices about saving and spending my money (5-7)

## CHALLENGE ENTRY OPTION

Introduce the Young Money Challenge:

**Create something that helps people make healthy choices without spending too much money**

Create something to help people remember to buy healthy foods and only buy what they need. This could be a poster or sign, or even a shopping list template that people can use each time they planning their shopping.

## Q: HOW CAN WE MAKE HEALTHY CHOICES FOR OUR BODY AND OUR MONEY WHEN WE GO SHOPPING?

### INTRODUCTION

Every day we make **choices**. Ask the children if they can think of some choices they've made today. You can share some to start e.g. what to eat for breakfast, what to wear, what to teach etc.

*To take care of our bodies, we need to make choices. We need to make choices about the foods we eat and the exercise activities we do.*

Then show the children this short video about keeping our bodies healthy.

<https://www.bbc.co.uk/teach/class-clips-video/science-ks1-keeping-my-body-healthy/zk4dwty>

Note: This is the same introduction and video as in *Let's workout wisely!*

### ACTIVITY

*To be happy and healthy, we need to take care of our bodies and our money.*

- *We need to take care of our bodies so we have enough energy to do the things we need e.g. go to school, do our chores, finish our homework, play with our friends, walk our dog etc.*
- *We need to take care of our money so we have enough to buy the things that we need e.g. house/flat, food, medicine etc.*

*Did you know that we can make healthy choices that will help us take care of our bodies and our money?*

1. **Share this example of a choice about healthy eating that also involves money too and discuss as a class which choice Zara should make to help her best take care of her money and her health.**

*Zara is in the corner shop. She has £1.00. She can either buy an apple that costs 50p or a packet of sweets that costs £1.00. Can you help her make a choice?*

Zara can take care of her money and her health by choosing to buy an apple. She will be eating one of her five fruits and vegetables a day and spending less money too.

Ask the class if they can remember what the different food groups mentioned in the video are and how they help us stay healthy? i.e. carbs for energy, protein for muscles etc.

2. **Introduce Jacob and Mia, who have been asked to help write a shopping list for their family.**

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**In pairs, ask the children to help Jacob and Mia choose 6 food items to include on their list that will help keep their family healthy?**

As a class, discuss what items the children chose to include on the list. You could use the following questions to get them thinking about their choices: Was it easy to choose your items? Would it have been easier if you were able to choose more items? Why did you choose these particular items?

Then ask the children why they think Jacob and Mia could only choose 6 items and not as many items as they wanted?

Encourage the children to consider that all the foods they have found out about in the video cost money, even if we grow the food ourselves. It's important to take care of our money, so we have enough for all the things we need now and in the future.

If Jacob and Mia added more than 6 items to their list, they would buy more items than they needed and they would spend more money than they had planned. They might then not have enough money to buy the healthy foods they need during their next shopping trip.

*We can look after our money and our health by making healthy choices.*

**3. Ask the class what advice they would give people before they go grocery shopping?**

- a. Buy healthy foods
- b. Make a plan e.g. a shopping list, so we only buy the foods we need
- c. Know how much money you have to spend
- d. Shop around for the best deals

## **LEARNERS' NEEDS**

You could also share this interactive version of the *NHS Eatwell Guide* to support discussions.

<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

