

Encourage pupils to make healthier choices



NHS

Better Health Let's do this



Research shows that nearly 28% of pupils in Reception are overweight or obese, rising to over 40% of pupils in Year 6.¹ **The NHS Food Scanner app** is a handy health hack to make it easier for families to find healthier food and drink options.

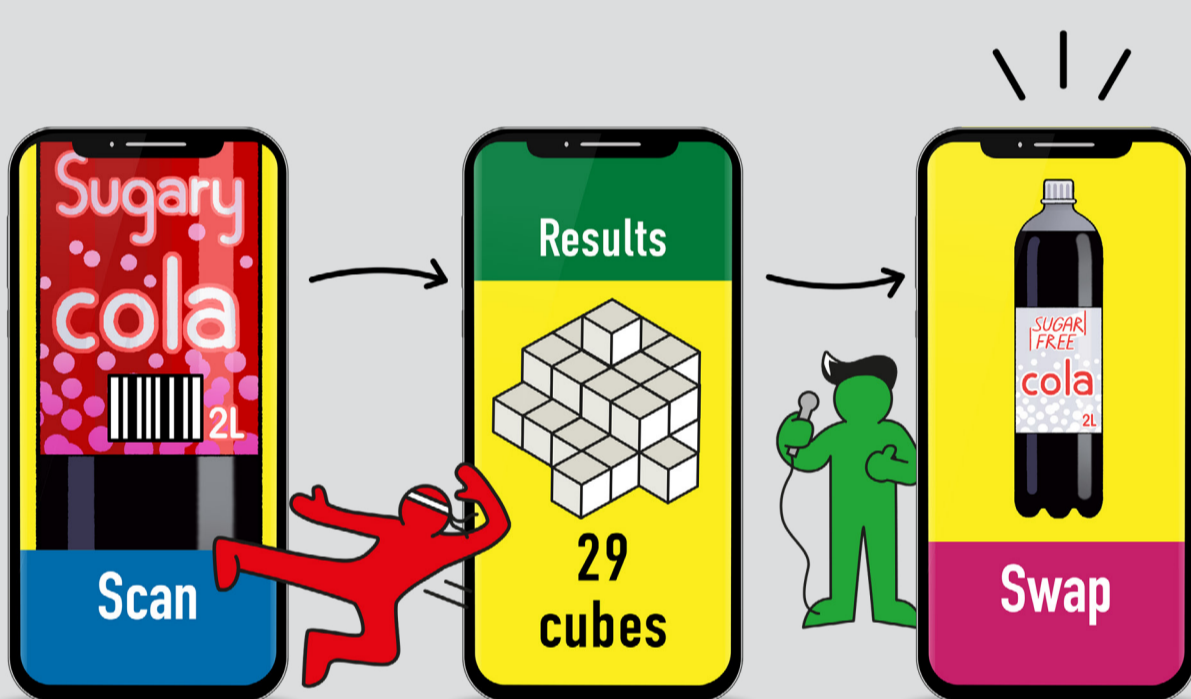
Our new **Scan, Swipe, Swap activities toolkit** uses the excitement of the app to encourage young people to explore what's in their food and make healthier choices.

Engaging AR technology brings food labels to life as your pupils scan their way to healthier swaps.

Look out for a class set of take-home leaflets being delivered with your school fruit and veg box to inspire pupils and their families to make healthier swaps at home. Want to send all pupils home with the leaflet? **Simply order more here** and you'll also receive **free classroom display assets and an Eatwell Plate poster**.

Alternatively, call: **0300 123 1002** or email: foodscanner@prolog.co.uk

[Order more take-home leaflets](#)



It's time to Scan, Swipe, Swap!

Our new cross-curricular healthier eating resources are filled with fun health hacks for your pupils to try! **The NHS Food Scanner app** is a handy hack featuring 'Good Choice' and 'High-5' badges to help young people celebrate healthier swaps. Ask pupils to scan a barcode to bring the sugar, salt and saturated fat to life to help them visualise what's in their food.

Why not kick-start the new year with our **Scan, Swipe, Swap assembly** and use our **Leaderboard display assets** to see if your class can work together to become 'Swap Ninjas' or 'Swap Rockstars' using the Food Scanner App!

Sign up and download our full **'Scan, Swipe, Swap' activities toolkit** on the School Zone today.

[Download toolkit](#)

"I really like the resources and feel they have a positive impact on the healthy eating habits of children. I think the inclusion of app technology is effective in making this relevant for children and will help them take a healthier approach into their teenage years and beyond."

C Mortimer, Hurst Primary School

1. <https://digital.nhs.uk/data-and-information/publications/statistical/national-child-measurement-programme/2020-21-school-year>