

Holiday Activity and Food Programme Nutrition and Education Resources

A guide for Organisations

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Introduction

As part of the Holiday Activity and Food Programme you are committed to providing education around healthy eating and nutrition. This document is designed to provide a variety of resources to support the delivery of the healthy eating and nutrition education.

Alongside key messages around the eat well guide there will be a variety of practical resources and recipes for families to take away and try at home.

How you deliver the education element of the programme can be flexible to meet your needs however we ask that during lunch times you promote healthy eating messages to the children and ask them questions associated to the eat well guide to help increase awareness and understanding of a healthy balanced diet. We also ask that the practical resources are made available to parents both electronically and in paper form.

If you require paper copies we can print these upon request. To request paper copies email:
Nathan.smith@solihull.gov.uk

Eat Well Guide

The Eatwell Guide shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet.

You do not need to achieve this balance with every meal, but try to get the balance right over a day or even a week.

The Eatwell Guide divides the foods we eat and drink into 5 main food groups.

Try to choose a variety of different foods from each of the groups to help you get the wide range of nutrients your body needs to stay healthy.

It's important to get some fat in your diet, but foods that are high in fat, salt and sugar have been placed outside of the circular image as they're not necessary as part of a healthy, balanced diet and most of us need to cut down on these.

Unsaturated fats from plant sources (for example, vegetable oil or olive oil) are healthier types of fat.

But all types of fat are high in energy (calories), so they should only be eaten in small amounts.

On average, women should have around 2,000 calories a day (8,400 kilojoules) and men should have around 2,500 calories a day (10,500 kilojoules). Most adults consume more calories than they need.

Activity Idea: Use the blank Eat Well Guide in Appendix 1 and ask each child to fill in their favourite foods from each group. This will help them to create their own eat well guide which they can take home and use to help prepare healthy meals.

To encourage a varied diet ask them to also include three foods from each group which they would like to try. (If they are struggling try to give them some ideas of exciting foods)

Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

| Energy | Fat | Saturated | Sugars | Salt |
|-------------------|------|-----------|--------|------|
| 1048kJ 250kcal | 3.0g | 1.3g | 34g | 0.9g |
| | LOW | LOW | HIGH | MED |
| 13% | 4% | 7% | 38% | 15% |

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Eat at least 5 portions of a variety of fruit and vegetables a day



Most of us still are not eating enough fruit and vegetables. They should make up over a third of the food we eat each day.

Aim to eat at least 5 portions of a variety of fruit and veg each day. Choose from fresh, frozen, tinned, dried or juiced.

Remember that fruit juice and smoothies should be limited to no more than a combined total of 150ml a day.

Fruit and vegetables are a good source of vitamins, minerals and fibre.

Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates



Starchy food should make up just over a third of the food we eat. Choose higher fibre wholegrain varieties, such as wholewheat pasta and brown rice, or simply leave skins on potatoes.

There are also higher fibre versions of white bread and pasta.

Starchy foods are a good source of energy and the main source of a range of nutrients in our diet.

Have some dairy or dairy alternatives (such as soya drinks and yoghurts)



Milk, cheese, yoghurt and fromage frais are good sources of protein and some vitamins, and they're also an important source of calcium, which helps keep our bones healthy.

Try to go for lower-fat and lower-sugar products where possible, like 1% fat milk, reduced-fat cheese or plain low-fat yoghurt.

Eat some beans, pulses, fish, eggs, meat and other protein



These foods are good sources of protein, vitamins and minerals. Pulses, such as beans, peas and lentils, are good alternatives to meat because they're lower in fat and higher in fibre and protein, too.

Choose lean cuts of meat and mince, and eat less red and processed meat like bacon, ham and sausages.

Aim for at least 2 portions of fish every week, 1 of which should be oily, such as salmon or mackerel.

Choose unsaturated oils and spreads, and eat in small amounts



Unsaturated fats are healthier fats and include vegetable, rapeseed, olive and sunflower oils.

Remember all types of fat are high in energy and should be eaten sparingly.

Eat foods high in fat, salt and sugar less often and in small amounts



These foods include chocolate, cakes, biscuits, sugary soft drinks, butter, ghee and ice cream.

They're not needed in our diet, so should be eaten less often and in smaller amounts.

Drink plenty of fluids – the government recommends 6 to 8 cups or glasses a day



Water, lower-fat milks and lower-sugar or sugar-free drinks, including tea and coffee, all count.

Fruit juice and smoothies also count towards your fluid consumption, but they contain free sugars that can damage teeth, so limit these drinks to a combined total of 150ml a day.

Food Diary

Use the food diary to record your food and drink throughout the week. At the end of the week review your diary and see if you can make between 1 and 3 healthy choices for the following week.

| Date | Breakfast | Mid - Morning | Lunch | Mid - Afternoon | Evening Meal | Supper |
|-----------|-----------|---------------|-------|-----------------|--------------|--------|
| Monday | | | | | | |
| Tuesday | | | | | | |
| Wednesday | | | | | | |
| Thursday | | | | | | |
| Friday | | | | | | |
| Saturday | | | | | | |
| Sunday | | | | | | |

Physical Activity Diary

Use this diary to record any physical activity you do throughout the week – this includes things like walking, using the stairs instead of the lift or carrying light loads as well as sports and going to the gym. Write down how long you do these activities for. At the end of the week see which days you have been least active and plan at least one thing you can do to be more active.

| Date | Morning | Afternoon | Evening |
|-----------|---------|-----------|---------|
| Monday | | | |
| Tuesday | | | |
| Wednesday | | | |
| Thursday | | | |
| Friday | | | |
| Saturday | | | |
| Sunday | | | |



**eat well,
move more**



Recipe Ideas

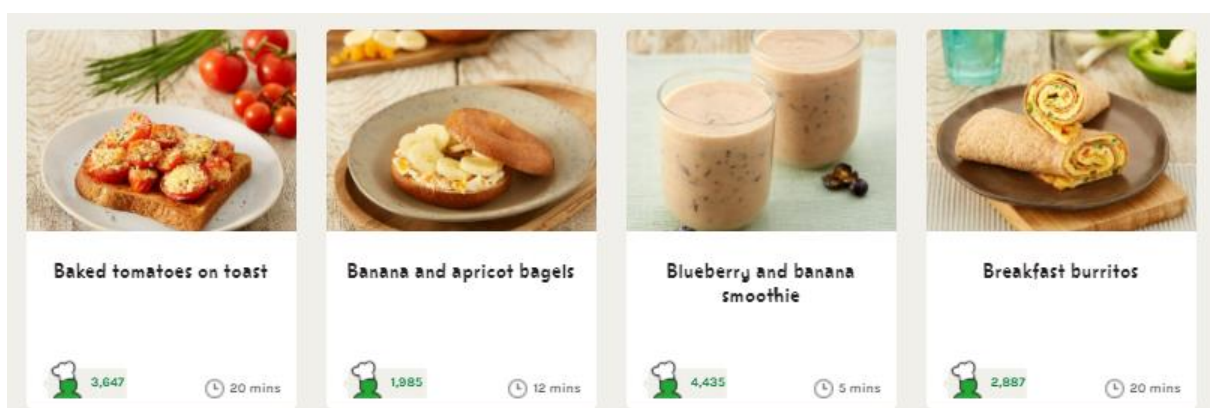
Sometimes healthy eating carries a stigma of being expensive, time consuming and consists of boring foods. However, this is not the case and the key to removing the stigmas attached to healthy eating centralise around a varied and exciting diet.

These recipe suggestions are designed to allow children to explore new foods, use their imaginations and encourage families to create fond memories through cooking together.

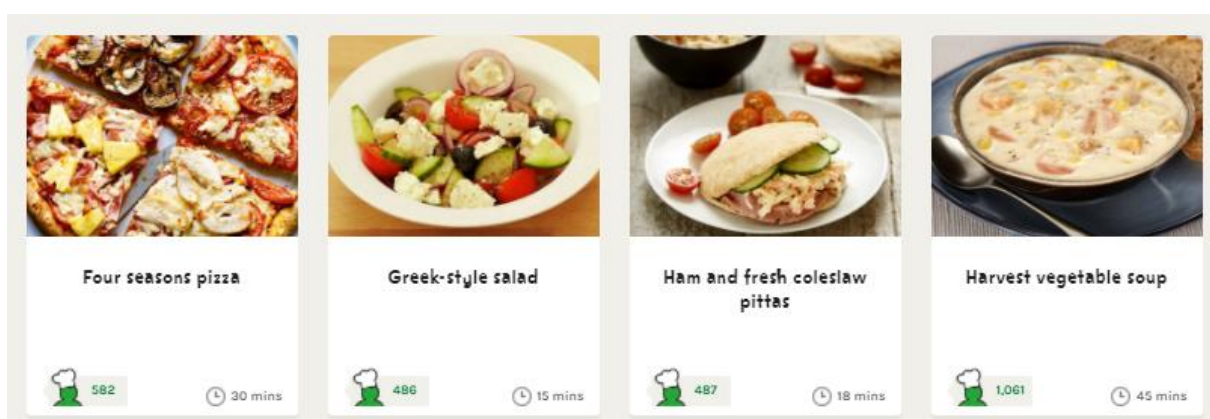
Change 4 Life

Visit the Change 4 Life website and explore their wide range of recipe options. Or see **appendix 2** for shopping on a budget.

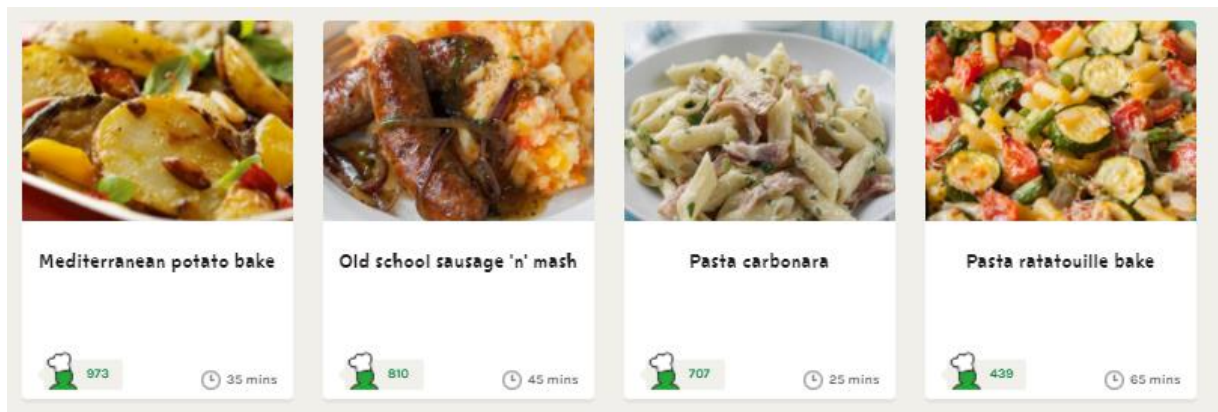
<https://www.nhs.uk/change4life/recipes>



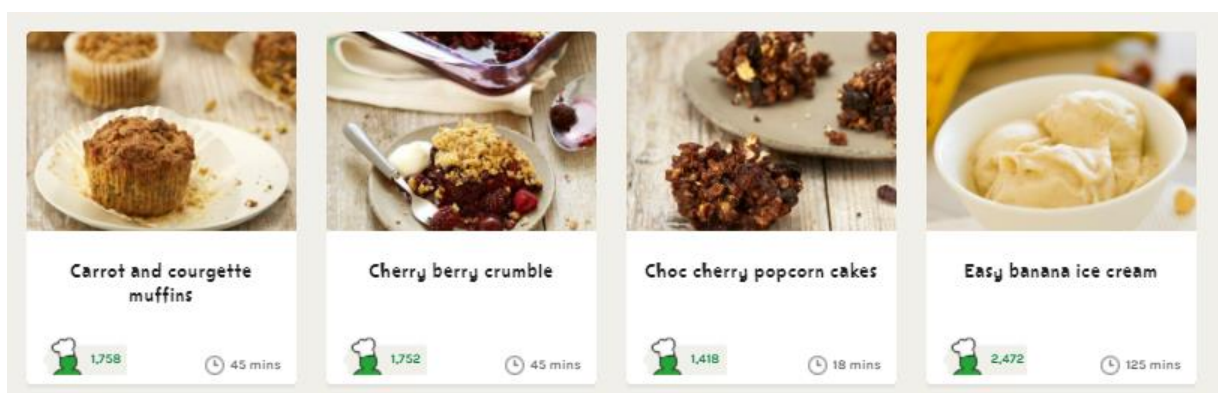
Breakfast Ideas: <https://www.nhs.uk/change4life/recipes/breakfast>



Lunch Ideas: <https://www.nhs.uk/change4life/recipes/lunch>



Dinner Ideas: <https://www.nhs.uk/change4life/recipes/dinner>



Pudding Recipes: <https://www.nhs.uk/change4life/recipes/pudding>

Eat Well Move More

Solihull Active's Eat Well Move More team have partnered up with Funky Foods to provide a variety of exciting recipe cards. The recipe cards provide a list of ingredients as well as cooking instructions. Alongside this, each card will have a QR code that can be scanned using a smart phone. Once you have scanned the code it will take you to the Eat Well Move More Youtube channel where you can watch recipe cook along videos to help you make your delicious meal.

These are a great resource to encourage families to learn how to cook healthy meals together.

See **appendix 3** for all of the recipe cards.

If you have families that would like to learn more about how to lead a lifestyle and would benefit from some support to help make healthier choices with regards to food and physical activity then please signpost them to our Eat Well Move More programme. Families can refer themselves onto the programme and will receive 12 weeks of personalised support to encourage a healthy and balanced lifestyle whilst learning more about the benefits of healthy eating and taking part in regular physical activity.

For more information visit: <https://www.solihullactive.co.uk/eat-well-move-more-family-healthy-lifestyle/>

Education Ideas

If you are looking to provide education lessons alongside the practical resources that you can give to the participants to take home, then please see **appendix 4** for a variety of lesson plans that can be targeted at different age groups.

Each plan targets a different aspect of healthy eating and focuses on the following topics:

- Eat well guide
- Mindful Moments
- Strive for 5
- Phunky15 physical activity

Home Activities

Being active isn't just for when you are at school or on holiday camps. There are plenty of fun and exciting ways you can get active in your own home. Below is a variety of links to websites which provide activities for you to try, whether it is by yourself, with friends or with the whole family.

- <https://www.nhs.uk/change4life/activities>
- <https://www.youthsporttrust.org/family-activities>
- <https://www.thinkactive.org/gettingactive/kids-active-learning/>
- <https://kidsactivitiesblog.com/62829/active-indoor-games/>
- <https://disneymagicmoments.co.uk/this-girl-can-videos>
- <https://www.nhs.uk/10-minute-shake-up/shake-ups>

