

Healthy School Week- focus on Eating Well

If you are planning a healthy school week and decide to focus on healthy eating the following information will provide you with activity ideas to last the week. These suggestions are targeted more towards Key Stages 1 and 2.

The Eatwell Plate illustrates the main food groups needed to make up a healthy balanced diet. It shows the importance of choosing a variety of different foods, particularly from the 4 main food groups. Achieving a balanced diet will ensure that all nutritional needs are met.



How to best use the week.....

There are five food groups pictured on the plate, and so one group could be covered each weekday (Monday- Friday) during the healthy school week. It may be that between 30 minutes → 1 hour is dedicated to the topic each day.

Monday- Fruit and vegetables

- Discuss why these are important
- Select different ones for the children to look at & discuss, hold, taste
- Try making a "feely" bag where the children have to guess the fruit/vegetable by touching and not seeing
- Make fruit salads using different fruits e.g. tropical fruit salad using fresh pineapple, mango, kiwi, papaya, melon, and banana. Use fresh fruit juice such as mango or pineapple.
- Discuss the 5 portions a day message- set out different fruits and vegetables in their correct portion sizes. Talk about how different ways to eat 5 a day. Ask the children which are their favourites, what they haven't tried before etc.
- Use the fruit and vegetables resources/ activity sheets provided to reinforce messages.
- Make a rainbow on your plate. Using paper plates ask the children to draw their favourite fruit and vegetables making a rainbow of colours this could reinforce the importance of eating a variety of different fruit and vegetables each day.

Tuesday- Bread, rice potatoes, pasta and other starchy foods

- Discuss why these are important
- Select some varieties to show the children & involved some tasting if possible.
- Discuss their favourite meals and which "starchy" foods they have e.g.
breakfast- porridge
dinner- sandwich (bread)
tea- spaghetti bolognese (pasta)
- Perhaps try and involve some bread making? If there is access to a bread maker it could be used to enable the children to learn more about bread's ingredients, smell etc.

Wednesday- Milk and dairy foods

- Talk about why these are important and talk about healthier alternatives such as semi skimmed instead of full cream milk
- Select some varieties to show the children & do some tasting
- Talk about their favourite foods from this group
- Try making fruit smoothies (recipes available on request from the community development dietitian)
These use fruit, plus milk and yoghurt so are a good nutritious snack- perhaps they could provide an alternative to a break time drink/ snack for the children during their healthy week?
- Talk about foods/ meals that contain these foods e.g. cheese and potato pie, lasagne, milkshake, rice pudding, custard etc.

Thursday- Meat, Fish, eggs, beans and other non-dairy sources of protein

- Talk about why these foods are important
- It is not practical to bring in some of these foods but perhaps try to show different varieties of beans, lentils and pulses (tinned or dried, including baked beans, red kidney beans, chick peas, red and green lentils, pearl barley etc)
- Perhaps there may be the opportunity for the school canteen to prepare a lunchtime meal using a mixture of lentils/ beans e.g. a hot pot or mixed bean salad (further ideas are available from the community development dietitian)
- Talk about the children's favourites, what varieties they like to eat etc.

Friday – Food and drinks high in fat and/or sugar

- Discuss why it is important to limit these foods to more occasional treats.
- Explain that these foods provide no important nutrients (only energy which is better obtained from the starchy foods) and that the other 4 food groups already covered are much more important in helping to keep the body healthy
- Talk about what foods would be included within this group and why e.g. cola because it contains so much sugar which is bad for our teeth
- Ask the children what their favourite foods are from this group, perhaps looking at ways to make them healthier e.g. fruit with ice cream, or encouraging a **reduced** consumption of such foods

Supporting resources

- “Healthy Eating- the main messages”
- Flintshire school nutrition resource boxes

Note

Wherever possible use meal times to reinforce healthy eating messages. Involve the school canteen during the week.

Talk with the children during lunchtime, is their meal balanced, have they got any vegetables/salad, a starchy food, a protein source (meat/fish/ egg/ cheese/ beans/ pulses)?