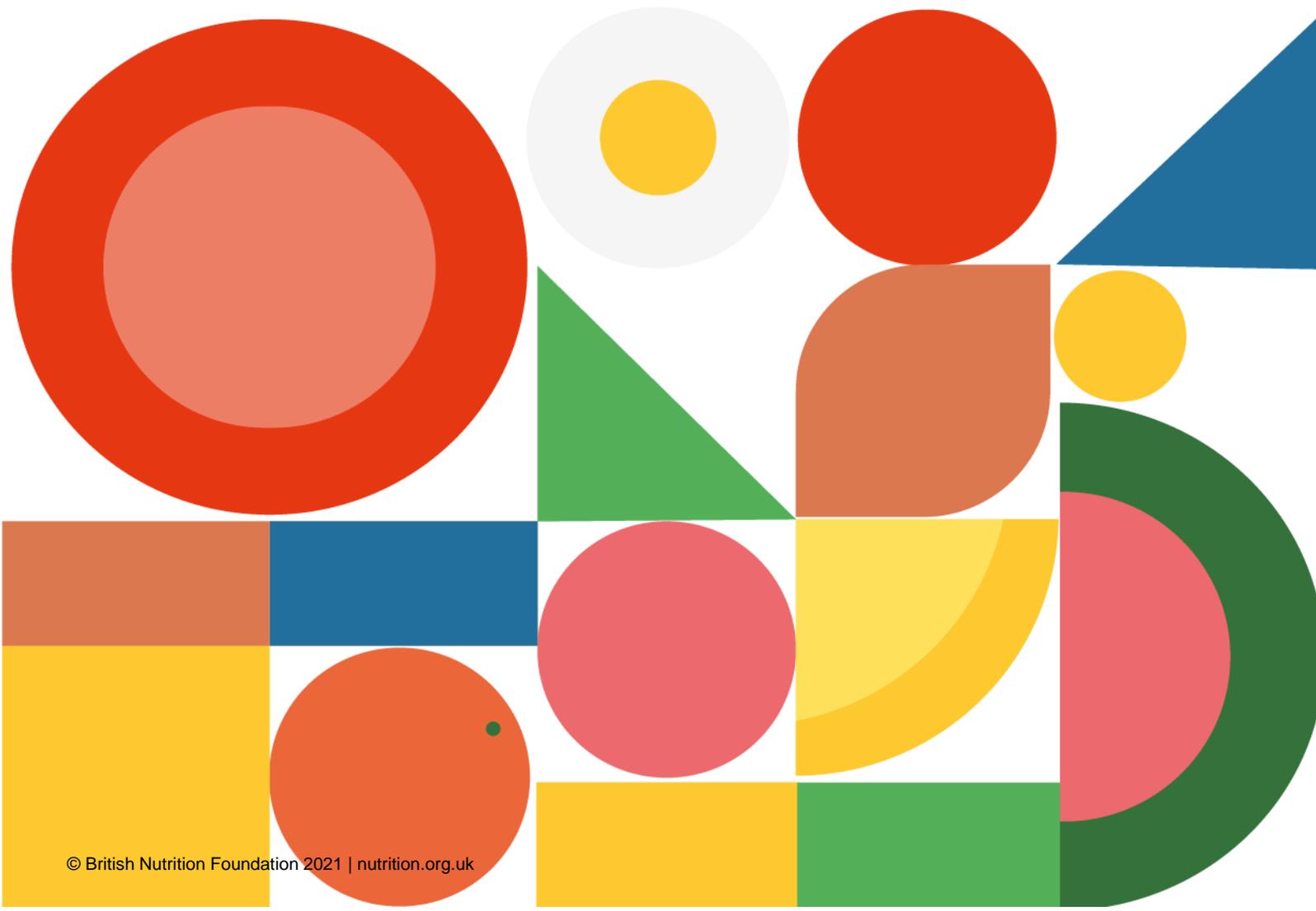


Healthy Eating Week

Find your **healthier** you

For primary school teachers



Welcome to the week

The **British Nutrition Foundation's** Healthy Eating Week is all about '*Find your healthier you*'. We are encouraging everyone to reflect on their lifestyles and look to make improvements to enhance their own health and wellbeing – particularly around what they eat and drink. There's no 'one size fits all' approach – so we are providing a variety of information and resources that can be used to plan your week!

This guide provides inspiration around what you can do in primary schools – there lots of links to activity ideas and resources. You can use a many or as few of these as you wish to support your teaching.

'Find your healthier you' is supported by five themes across the week:

- Know the facts;
- Make a healthier choice;
- Plan for success;
- Be the chef;
- Keep moving.

On pages 3 to 7, you'll find a range of activities and links to information to help you create your very own Healthy Eating Week.

Get organised for the week!

- Put the date in the school calendar.
- Speak to your Headteacher and senior team and get them on-board.
- Meet with your catering team to see how they can support the Week, e.g. planning special menus/dishes, 'flagging' healthier menu options on the 'make a healthier' choice day, displaying the Week's posters in the lunch hall.
- Consider forming a small group to plan and coordinate activities for the Week. You could have a member of senior staff, class teachers, a member of the catering team, a parent/carer and pupil representatives.
- Books rooms or areas for any special activities.
- Order any special supplies.
- Invite guest speakers.
- Read through or present to your class the [Find your healthier you presentation](#) to introduce the Week.
- Let all school staff, pupils and parents/carers know!
- Use your school website, Twitter feed and newsletters to let everyone know that your school will be taking part in BNF Healthy Eating Week! Remember to say what the themes are, what your pupils will be learning and encourage parents/carers to embrace the Week's themes at home. You could share links to this pack with parents/carers.
- Download and share the [Pupil tracker](#), which supports the Week's challenges.

National virtual assembly

Join us at 10am on Monday 14 June for a Healthy Eating Week assembly!

No need to register! Just join on the day via this [link](#).

Monday: Know the facts

We're focusing on the basics of healthy eating, busting the myths and giving practical advice. It's all based on the latest evidence, to help you make a difference.

Quick wins

- Display copies of the [Know the facts poster](#) around school and send it to staff.
- Email staff to remind them about the activity ideas and resources in this pack to support the *Know the facts* theme.
- View and share the [Know the facts video](#).
- Set up a healthy eating display in class and allow pupils to add to this.

Activities, ideas and resources

- Here's what you and your pupils can do to *Know the facts*.

Eat well – Choose a wide range of healthier foods in the right proportions

The UK healthy eating model is called the Eatwell Guide – it shows the balance and variety of foods that make up a healthy diet – you can find a teachers' guide [here](#).

- Get started by letting your pupils play [The Eatwell Challenge](#) to see if they can sort different food into the correct food groups.
- Show your pupils these [short videos](#) about the different Eatwell Guide groups (suitable for 7-11 years).
- Get pupils to track their fruit and veg intake with this [5 A DAY tracker](#), or [track as a class!](#)
- Play the Eatwell Guide race! Split your class into two groups and give each group a set of [food cards](#) and some tac. Attach a [Blank Eatwell Guide](#) for each group to a wall (inside or outside). Each group will need to send one person at a time to run to their group's Blank Eatwell Guide and attached a food card to the correct group. When they return to their starting place, the next group member can go. The first group to attach all their food cards to the Blank Eatwell Guide, in the correct food groups, is the winner!
- Plan a whole lesson exploring The Eatwell Guide using the age [5-7](#) or [7-11](#) years lesson notes and resources!

Increase your fibre - Make sure you get your 5 A DAY and eat more wholegrains

- Use these [lesson notes and activity ideas](#) to teach your pupils about 5 A DAY.
- Use the [Vegetable cards](#), [Fruit cards](#) and [Fruit and vegetable snack cards](#) for display and discussion. Can pupils name all the vegetables and fruit? Have they tried all these? How much would count as one portion of 5 A DAY? You can let the pupils put a spot sticker on the ones they eat during BNF Healthy Eating Week. Which are the most popular?
- Use the [activities here](#) to help your pupils learn more about the importance of fibre and food that can help increase fibre intake.

Drink plenty - Have at least 6-8 drinks a day

- Use this [presentation](#) to talk to pupils about healthy hydration.
- Read more about [hydration for children](#). You could share the [Healthy Hydration for children guide](#) with your pupils and discuss this.
- Use this [worksheet](#) to teach pupils about drinking plenty, with Olaf, Anna, Elsa and Sven from Frozen!
- Get pupils to [track the drinks](#) they have over the Week, or [keep track as a class!](#)

Tuesday: Make a healthier choice

Tips and tools are shared to help you make better choices. From reading food labels and getting to grips with portion sizes, there's a range of handy pointers to help you on your journey.

Quick wins

- Display copies of the [Make a healthier choice poster](#) around school and send it to staff.
- Set up a fruit and vegetable bowl and a 'hydration station' in the classroom to 'nudge' pupils towards making healthier choices.
- Share and show the [Make a healthier choice video](#).

Activities, ideas and resources

Here you will find suggestions of activities and resources to help your pupils learn about making healthier choices.

Read the label - Compare nutrition labels to make healthier choices

- Talk about [food labels](#) and how they help us to make healthier choices. Show pupils the [Food labels presentation](#) (suitable for 7-11 years).
- Ask pupils to bring in empty cereal boxes and collect these for a few weeks. Task pupils to record the salt, fat and sugar in 100g of each breakfast cereals. Which are highest and lowest in salt, fat and sugar? Which do pupils usually eat? Would they make a different choice now they have looked at these more closely?
- Ask pupils to collect the packaging from some foods and cut out or copy their nutrition labels and paste them on a sheet. Compare three of the nutrients (e.g. energy, fat and sugar) and get pupils to say whether they should go for the higher option or the lower option.

Get portion wise - Choose the right size portion for you

- For younger primary pupils, share the 5532 portion size for [preschool children](#) with parents/carers.
- Print out and share the [Energy cards](#) around the class. Get pupils to compare the different serving sizes and make a list of foods where they would have larger servings and smaller servings. You can set them an activity to calculate the amount of energy that is in the smallest and largest portion sizes given and calculate the difference.

Make super swaps - Go for lower salt, fat and sugar options

- Plan a wholegrain tasting activity to help pupils become familiar with wholegrain varieties of different food. By swapping to wholegrain varieties we can increase our fibre intake which is important for health – most people in the UK don't eat enough fibre! Try wholegrain varieties of - different breads, crackers, pasta. Use this [tasting guide](#) to organise your session. Your pupils could [record](#) their responses to the food they taste.
- Get pupils to fill out the two day [Food and drink diary](#). Get them to write down some 'super swaps' that they could make to go for lower salt, fat and sugar options.
- Set up a 'snack table' with the [food cards](#) laid out on the table. Ask the children to pick three snacks they enjoy, and challenge them to find healthier choices.
- Share this information on [healthier snacking](#) for children with parents/carers, via email or as part of a newsletter.

Wednesday: Plan for success

Making a plan and keeping track of what you do can all help in changing your behaviour for the better. Small changes can result in big gains too when planning meals and snacks, and eating out – and perhaps also save the pennies.

Quick wins

- Display copies of the [Plan for success poster](#) around school and send it to staff.
- Plan your meals for the week and share this with your class. Ask pupils to help check your menu, e.g. have you planned in your 5 A DAY, wholegrain options, a variety of different foods?
- Share and show the [Plan for success video](#).

Activities, ideas and resources

Below you will find suggestions of activities and resources to help your pupils track behaviours and plan for success.

Plan ahead - Make a food plan for the week and keep it varied

- Why not plan a class 'buffet' breakfast with your pupils? Work together to make a list of what a healthy breakfast should include (e.g. fruit/vegetables, a drink, wholegrain varieties). Let pupils research different breakfasts for ideas. You could make and serve your class breakfast on Thursday to support the 'Be the chef' theme. (See the Thursday 'Be the chef' support in this guide for some breakfast recipe ideas.)
- Challenge pupils to record the food they eat for a day or two in this [Blank Eatwell Guide](#). Are they eating a variety of food? Is what they eat roughly in the proportions shown in the Eatwell Guide, e.g. around a third of what they are eating is fruit and vegetables? What changes can they make to improve their diet?

Track your progress - Set goals and track how well you do

- Give pupils a copy of the [Drink plenty](#) worksheet to complete. Get them to answer the following questions: Did they have 6-8 drinks? What did they drink? Did they make healthier drink choices? (e.g. water, milk). How could they improve their drink habits?
- Display the [Are you drinking plenty?](#) class drink tracker and task pupils to record the number of drinks they have each day for a week. Reflect on the class drinking behaviours and discuss tips and ideas for helping everyone have at least 6-8 drinks a day.
- Ask pupils to keep track of what they have for breakfast using this [Breakfast diary](#). Get them to answer the following questions: Are they having breakfast every day? Are they including a drink? What changes would they make now they have tracked their current breakfast behaviour?
- Take a look at this selection of [Food route trackers](#) and choose suitable ones to use with your class this week to help them track and reflect on their behaviours. Challenge them to set themselves targets for the future. Why not collate the targets and set up a display on the wall.
- Get pupils to use the [weekly trackers](#) to support them over the week.

Change your normal - Small changes can help you achieve your goals

- Show pupils the [Gone away 5 A DAY](#) presentation slide. Discuss the meals shown and possible fruit and vegetable options that could be added.
- Task pupils to write a day's menu for a parent/carer that includes at least five portions of fruit and vegetables.
- Why not challenge your pupils to have 25 different fruit and vegetables over a week? They could use the [Strive for 25](#) tracker to plan what they will have before the Week, or to track what they have as they go along.

Thursday: Be the chef

Pulling together healthy eating know-how with practical cooking tips can help you make tasty, healthier dishes/meals. Healthier cooking tips will be given, with recipes and ideas for inspiration.

Quick wins

- Display copies of the [Be the chef poster](#) around school and send it to staff.
- Email staff to remind them about the activity ideas and resources in this pack to support the *Be the chef* theme.
- Share and show the [Be the chef video](#).

Activities, ideas and resources

Here you will find suggestions of activities and resources to help your pupils learn about cooking.

Get cooking - Encourage a love of cooking

- Show pupils these [food skills videos](#) and talk about what's happening.
- Let pupils practise the bridge hold and claw grip by making one of these simple recipes: [Fabulous fruit salad](#), [Potato salad](#) or [Stripy salad pot](#). They could watch these videos to support: [bridge hold](#) and [claw grip](#).
- Watch these [Cook creation videos](#) and choose one of them to make with your pupils. No hob or oven needed!
- Try some of these breakfast recipes and hold your own class breakfast! [Fruit smoothie](#), [Tasty toast](#), [Awesome overnight oats](#), [Brunch packed omelette](#).
- Take a look at this [pack](#) of resources about bread, including a [step-by-step bread making presentation](#) and [using dough in other dishes](#).

Cook healthier - Make healthier meals by changing ingredients and the way you cook

- Show the [Healthier cooking videos](#).
- Use these [notes](#) and the *Healthier cooking presentation* to talk to pupils about the ways we can cook more healthily.
- Thinking about what they have learnt about healthier cooking (activity above), show pupils this [pizza recipe](#) and challenge them to make changes to the recipe to make it healthier. Can they add more vegetables? Choose lower/reduced fat options? Try wholegrain flour or use half wholegrain flour? Can they add a vegetable side dish?

Be inspired - Use recipes and tips from friends, and share your success

- Use the search function on the *Food – a fact of life* [recipe area](#) to find recipes for the pupils you teach. Make a recipe with your class ensuring the correct [food skills](#) are used!
- Get pupils to bring in a copy of a family recipe from home and create a class recipe book with the recipes.

Recipes

There's lots of places to find recipes. As a guide, look for recipes that have plenty of fruit and veg, don't add salt and use wholegrains. When serving, think about the right portion size. Here's are a few links to recipes available on our BNF Healthy Eating Week supporter sites, and from other sources:

- [BBC Good food](#)
- [BHF recipe finder](#)
- [Change for life recipes](#)
- [Food – a fact of life recipes](#)
- [Love potatoes](#)
- [Love pork](#)
- [Old El Paso](#)
- [Green Giant](#)
- [Simply been and lamb](#)
- [Waitrose recipe ideas](#)

Friday: Move more

It's not just about what you eat and drink. Moving more, by being active, has many benefits for health and is an important part of a healthier lifestyle.

Quick wins

- Display copies of the [Move more poster](#) around school and send it to staff.
- Email staff to remind them about the activity ideas and resources in this pack to support the *Move more* theme.
- Share and show the [Keep moving video](#).

Activities, ideas and resources

Here you will find suggestions of activities and resources to help your pupils be more active.

Get active - Find ways to be more active everyday

- Plan some of your teaching and learning on the move! You could walk around the playground with your pupils practising timetables or spellings!
- Why not plan some whole school 'active' competitions? You could set up a series of skills tests – dribbling a ball around cone, skipping non-stop or hula hooping for 30 seconds.

Get on track - Follow the physical activity recommendations

- Recommendations for children and young people (aged 5 -18 years) are to be active for at least 60 minutes every day, engage in a variety of types and intensities of physical activity across the week, to develop movement skills, muscular fitness and bone strength.
- Use these [5-7](#) or [7-11](#) years lesson notes and resources to help your pupils learn about why it is important to be active and what counts.
- You can keep pupils proactively active during the day by getting them to stand and stretch between lessons, incorporate activity into daily learning or take part in the Daily Mile!
- Get inspired with your pupils and choose one of the [10-minute shake up](#) Change 4 life activities each day!
- Use the [Get Active Tracker](#), or the [Team tracker](#), to help your class track their progress in completing the challenge. Set a challenge of how many minutes to reach as a class!

Keep it fresh - Stay motivated by trying new ways to be active

- Invite guests into school to teach pupils some new activities.
- Set activity challenges where pupils can compete against teachers! Take a look at the [Beat the teacher sheet](#) for ideas.
- Let pupils cut out and construct their own [Physical activity dice](#). They can roll this for ideas of activities to try. Let them create their own games and rules based around using the dice.
- Task your pupils to [track their activity](#) this Week to see if they get their 60 minutes. Encourage them to review what they did and if they can make any improvements. Why not give a healthy prize or a [certificate](#) for those who meet the recommendations.
- Get pupils to take part in the [Keepy-uppy challenge](#) and get pupils do as many keepy-uppies as they can in one minute. Record the scores and set it as a challenge for the Week.
- Play the [Skipping rope activity](#) and get pupils to see how many skips they can do in one minute. Record the scores and set it as a challenge for the Week.

Beyond the week

Keep it up!

Once the week is over, keep up the good work and use what you've learned and done. Celebrate the successes of your pupils – award the BNF Healthy Eating Week [certificate](#) in assembly, highlight pupils for special praise in your newsletter.

Consider what worked well and see if you can include new healthier behaviours in everyday school life.

Here's some ideas to sustain 'Find your healthier you':

- Remind pupils about the key messages from the Week in assemblies and lessons.
- Ensure that the materials and links from the week are available throughout the year.
- Have a 'healthier you' display on the wall in your classroom – give top tips for everyone to try and get pupils to add their own information to the display.
- Keep up with the [class trackers](#)! If you think the class trackers worked well, why not keep them going and set up some class challenges!
- Work with your senior management team to set up an active travel scheme, encouraging pupils to walk or cycle to school.
- Work with the school caterers to ensure the options in the school canteen are healthier.
- Share the [parental engagement resources](#) and *Food – a fact of life* [recipes](#) with parents and carers through school newsletters to encourage a whole school approach to healthy eating.
- Set up a [whole school food policy](#), if one is not already in place.
- Keep up to date with food education via [Food – a fact of life training](#) (conferences, webinars and online courses).

You'll also find lots of information and support at www.foodafactoflife.org.uk and www.nutrition.org.uk

...and for those learning from home!

- Pupils can learn about healthy eating from home, with these [remote learning tasks](#)!

Supporting you and your professional development

- [Keeping well at home online course](#) – why not go that extra mile and complete this free online course which includes tips and ideas of how to keep well at home.
- Stay up to date with the [FFL training](#).

Other useful sources of information

Healthy Eating

British Nutrition Foundation www.nutrition.org.uk

NHS Eat Well <https://www.nhs.uk/live-well/eat-well/>

Food Facts British Dietetic Association <https://www.bda.uk.com/food-health/food-facts.html>

Change 4 life Healthy Eating <https://www.nhs.uk/change4life>

British Heart Foundation <https://www.bhf.org.uk/informationsupport/support/healthy-living/healthy-eating>

Diabetes UK <https://www.diabetes.org.uk/>

Physical Activity

Change 4 life Activities <https://www.nhs.uk/change4life/activities>

Couch to 5K <https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/>

Get active with a disability <https://www.nhs.uk/live-well/exercise/get-active-with-a-disability/>

Activity ideas for older adults <https://www.goldencarers.com/exercise/>

Mental health and wellbeing

Every mind matters <https://www.nhs.uk/oneyou/every-mind-matters>

Mind <https://www.mind.org.uk/>

Charlie Waller Memorial Trust <https://charliewaller.org/>

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