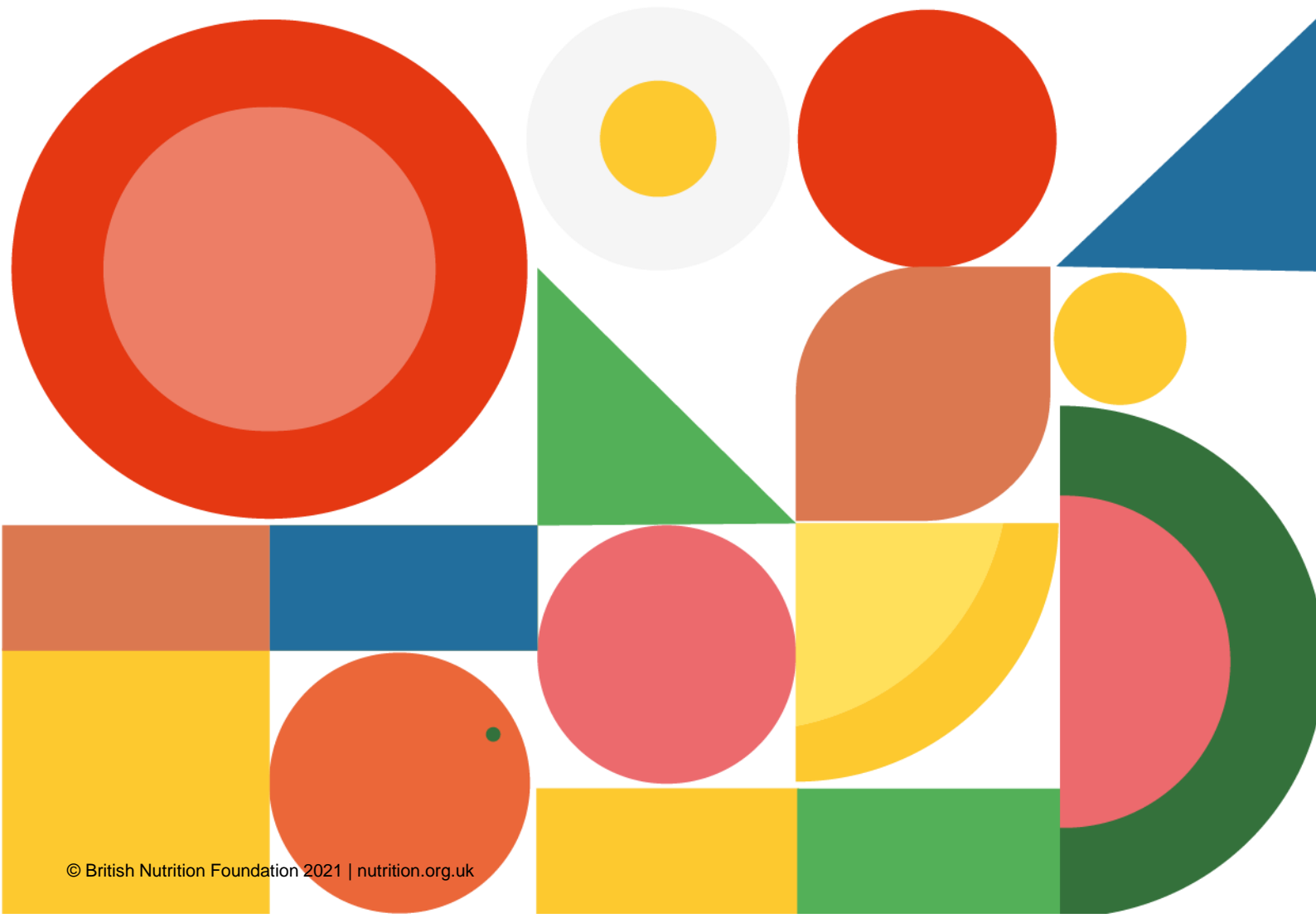


Healthy Eating Week

Find your **healthier** you

For secondary 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 information and tools to help tailor healthier eating for you, your family and friends.

This guide provides inspiration around what you can do in a secondary school.

'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 and resources to help you create your very own Healthy Eating Week. There are also some suggestions to 'keep it going' in the longer term.

Get organised for the week!

- Put the date in the school calendar.
- Speak to the senior leadership team and get them on-board.
- Book rooms or areas for any special activities.
- Set some time aside to take on the Week's challenges.
- Order any special supplies!
- Invite guest speakers, such as a nutritionist or yoga teacher.
- Let other staff, as well as pupils and parent/carers know about the week!
- Read through or present to your class the [Find your healthier you presentation](#) to introduce the Week.
- Share the [tutor time activities](#) with staff.
- Download and share the [Pupil tracker](#), which supports the Week's challenges.

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 the [Know the facts poster](#) around your school.
- Share and show the [Know the facts video](#).
- Get pupils to take the [healthy eating quiz](#), and identify healthier choices.
- Set up a healthy eating display in class and allow pupils to add to this.
- Watch the live [Find your healthier you webinar](#) on Monday 14 June, at 1pm.

Activities and ideas

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 out more [here](#).

- How much do your pupils know about the Eatwell Guide? Task them to complete [The Eatwell Guide hotspot activity](#) and make notes on each of the videos. They can then test their knowledge with [The Eatwell Challenge](#).
- Challenge pupils to create a menu showing food and drink for a day that reflects the Eatwell Guide and includes foods that they enjoy. They could draw some pictures to bring their menu to life! Use the [Eatwell Guide videos](#), [menu planner](#) and [Eatwell food list worksheet](#) to support this activity.
- Ask pupils to write a list of the foods they have eaten in the last two days and write down which [Eatwell Guide](#) food group they fit into. They should then create their own [Eatwell Guide](#) with the foods they have eaten. What should they be eating more or less of?
- Get pupils to track their fruit and veg intake with this [5 A DAY tracker](#), or [track as a class!](#)

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

- Test pupil knowledge on healthy hydration with the [Hydration handouts](#). Pupils can complete these and use them to compare different drinks.
- Task the pupils to keep a drink diary over a day or week. Here are two diaries ([example 1](#) and [example 2](#)), but pupils could create their own! For more information about drinking plenty, click [here](#).
- Where possible, set up water stations for pupils to have a drink. Provide jugs of chilled water with infusion options such as slices of cucumber, lemon wedges and mint leaves.
- Get pupils to [track the drinks](#) they have over the Week, or [keep track as a class!](#)

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

- Teach pupils about the importance of getting 5 A DAY with this [presentation](#) and test their knowledge with the [5 A DAY worksheet](#) and interactive [Kahoot quiz](#) or [self marking quiz](#).
- Small changes to recipes can make a difference to health. Task pupils to consider at least six recipes/dishes that they like to cook and identify how they could adapt them to meet [current healthy eating recommendations](#), in particular increasing fruit and vegetables.
- Task pupils to create a poster about fibre, outlining why it is important, how much we should have, and how we can have more in our diet. Pupils can use the [Fun way to fibre](#) poster for inspiration. Information on fibre can be found in this [presentation](#).

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 the [Make a healthier choice poster](#) around your school.
- Share and show the [Make a healthier choice video](#).
- Task pupils to write down three healthier 'swaps', in relation to what they eat, drink or how active they are, that they will make during the week. How many can they stick to?
- Set up a fruit and vegetable bowl and a 'hydration station' in the classroom to 'nudge' pupils towards making healthier choices.

Activities and ideas

Here's what you and your pupils could do to *Make a healthier choice*.

Read the label - Compare nutrition labels to make healthier choices

- Conduct the [Food labelling class activity](#) with the whole class. This activity uses wheat and non-wheat based foods to investigate the information found on labels and focuses on energy, carbohydrates and fibre, but can be edited. The pupils should use the [Comparing food labels worksheet](#) to record their results. Find out more about nutrition labels [here](#).
- Using the [Front-of-pack nutrition labels](#) worksheet, task pupils to measure the quantity of sugars and/or fat provided by the food and drink in the worksheet and compare the front-of-pack label amounts to the reference intake.

Get portion wise - Choose the right size portion for you

- Did you know you could use your hand to calculate portion sizes? Task pupils to use the BNF's [Find your balance](#) resource to list the weights of common 'handy' measures (for adults). For example, a baked potato is about the size of your fist (220g).
- Use the [Serving size problems worksheet and Food labels](#) to support pupils learning about managing their serving sizes.

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

- Ask pupils to create a poster showing lots of different snacks that they enjoy, writing down the reasons they enjoy these snacks. They should also include lower salt, fat and sugar alternative snacks, that could fit into their diet, to their poster. Use the [Healthy snacks information](#) to support.
- Challenge pupils to consider how a few tweaks can make all the difference and complete the [Food route Cooking Journal](#).
- Use the five [Modifying a recipe worksheets](#) to teach pupils about how changing a recipe can make it healthier. Use the [Recipe modification and cooking for health presentation](#) to support this activity.

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 the [Plan for success poster](#) around your school.
- Share and show the [Plan for success video](#).
- Plan your meals for the week and share this with your class. Ask pupils to do the same.

Activities and ideas

Here's what you and your pupils could do to *Plan for success*.

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

- Challenge pupils to plan three menus for themselves and their friends using the [Food route Cooking journal](#).
- Teach pupils how to plan a day's food intake. They can use the [My diet worksheet](#), and analyse their planned diet using [Explore Food](#) – what could they change to make it more healthy? You can take this learning further by using the other [nutritional analysis resources](#).
- Look at how to plan new recipes and how to make healthier choices whilst saving money with the [Food life skills pack](#). Choose one of the thirteen modules and get your whole class involved with the planning and cooking of different recipes.
- Task pupils to create a poster that shows at least six ways you can eat on a budget, with some top tips on how to save money when shopping and cooking. Use the [Economy gastronomy poster](#) and the [Budgeting presentation](#) for inspiration.

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

- Use the BNF HEW 2021 [trackers](#) to track if pupils are following the healthy eating and activity recommendations that they have planned this week.
- Why not offer some healthy prizes for those who do well? There are [hydration](#), [5 A DAY](#) and [activity](#) trackers to support.

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

- Challenge pupils to 'Twist the dish'. Work through the [Twist the dish presentation](#) to look at how small changes to recipes can influence nutritional content. Use the supporting [card set](#) to redesign each meal to promote the key healthy eating messages.
- Teach about the factors that affect food choice with this [presentation](#), and test knowledge with the accompanying [worksheet](#). Use the factors affecting food choice [male](#) and [female](#) worksheets to investigate how what we eat may depend on different factors. Challenge pupils to consider how others may plan their diets.
- When choosing whether to cook a meal from scratch, reheat a frozen ready meal or eat out, what affects the choices people make? Is it cost, health, seasonal food, local food, or something different? Task pupils to carry out a survey of ten family and friends about what affects the choices they make and produce an infographic of the results.

Other considerations

- [Healthy eating on a budget](#) – share these top tips on healthy eating on a budget, and the [QC on a budget](#), and get pupils to consider how to use these budgeting tips and swaps to make healthy meals at a lower cost.

Thursday: Be the chef

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

Quick wins

- Display the [Be the chef poster](#) around your school.
- Share and show the [Be the chef video](#).
- Use some of the [Food – a fact of life recipes](#) in class this week. You can share these with parents/carers to encourage them to get involved and *Be the chef*.

Activities and ideas

Here's what you and your pupils could do to *Be the chef*.

Get cooking - Encourage a love of cooking

- Show the [cooking videos](#) and discuss skills and cooking methods and with your class.
- Encourage pupils to get creative with store cupboard items. Task them to look in their fridge, freezer or cupboard and choose five items to make a meal.
- Partly prepared ingredients and left-over food can be used to make fantastic, creative dishes. Task pupils to create a dish at home which uses leftover ingredients. *It is important to remember that cooked food should only be reheated once.*

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

- Investigate healthier cooking methods for different ingredients. For example, pupils could cook eggs in a variety of ways, such as boiling, scrambling (in a pan or a microwave), poaching, frying and baking. They could then compare and evaluate the results, and use [Explore food](#) to determine the healthiest cooking method.
- Run a tasting session to explore different wholegrain starchy carbohydrates that could be served with a main meal dish, e.g. brown rice, wholewheat pasta, bulgur wheat, spelt.
- Challenge everyone to get creative and share their favourite recipe with the class. They might be from different traditions, celebrations and religions, or somewhere that they've been on holiday. You could use a world map to plot the recipes!

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

- Ask pupils to and share their favourite family recipe with the class – it might have been 'handed down' though the family, or just something that everyone enjoys together. Pupils could even create a recipe montage!
- Ask a parent/carer to demonstrate a recipe that is traditional to their culture or tradition.
- Share the recipes that pupils and staff have been making during BNF Healthy Eating Week with the whole school community through your school website or social media.

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: Keep moving

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 the [Keep moving poster](#) around your school.
- Share and show the [Keep moving video](#).
- Encourage pupils to complete their [tracker](#), which features their weekly activity in school, during PE, break and lunchtimes.

Activities and ideas

Here's what you and your pupils could do to *Keep moving*.

Get active - Find ways to be more active every day

- As well as being active, it is also important that we reduce the amount of time being sedentary, such as playing video games or watching TV. Set an hourly movement challenge! Create a 2-minute set of movements to be completed by pupils during the day! You could set a different exercise to end each lesson.
- Task pupils to design and produce a poster to encourage young people to keep active in school and out. They should include the benefits of activity and some suggestions for building activity into everyday life. Use the [Benefits of activity presentation](#) to support this activity.

Get on track - Follow the physical activity recommendations

- How active should we be? Teach pupils about the activity recommendations with the [Activity guidelines presentation](#). Task them to produce an infographic to summarise the recommendations and give some examples of how they can be met.
- 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!
- Task pupils to complete an [Activity diary](#) to monitor how active they have been during the week. They should include opportunities for when they could have been more active (e.g. by walking to school or playing a game at lunch)!

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

- Ask pupils to fill out the [Active lifestyles food route journal](#) setting out opportunities to be more active and setting a physical activity pledge.
- Challenge pupils to get active during their lunchbreak by setting up facilities to play sport or walk around the school.

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 – perhaps through giving a 'shout out' to exceptional pupils in assembly or form time. You could award the [BNF Healthy Eating Week certificate](#).

Consider what worked well and see if you can make this a normal part of school life. This might be anything from display posters in your school corridors to providing fruit and vegetables at break time – everything helps.

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

Remind pupils about the key messages from the week.

- 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.

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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