

# Healthy Eating Week

## Tutor Time Activities

**'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.

Below you'll find a range of activities, links to information and resources for use in tutor time during Healthy Eating Week.

### General tutor time activities

- Print a *Healthy Eating Week Tracker* for each member of your tutor group. You could use the [pupil](#) or [adult](#) version, depending on their age. Throughout the week, discuss with your group how they are doing. Remember to print an adult tracker for yourself and lead by example!
- Ask pupils to write down questions about healthy eating, cooking and physical activity they would like to have answered. Get them to swap their question with another pupil who is then responsible for finding out the correct answer. Why not combine all the questions and answers into a Healthy Eating Week Q and A document, which could be published online or in a school newsletter?
- Show one or more of the [Healthy Eating Week videos](#) or play the [Healthy Eating Week presentation](#) and discuss the points covered with your tutor group. Ask pupils to suggest three more ways that they can *Find your healthier you* for each theme.

### Know the facts

- Display the [Know your facts poster](#) and show the [video](#) to introduce the theme.
- Display the [Healthy hydration guide for teenagers and adolescents](#) poster in your tutor room and encourage pupils to reflect on the number and type of drinks they have in a day.
- Show the [Fabulous fibre swaps](#) poster. Ask pupils to think about the meals they ate the day before and challenge them to suggest a different way to increase the fibre content for each meal.
- Play [Healthy eating dominoes](#) – print out the cards and follow the instructions.

### Make a healthier choice

- Display the [Make a healthier choice poster](#) and show the [video](#) to introduce the theme.
- Ask pupils to read through the healthier snacking for [children](#) or [healthy lunchboxes](#) information and create an informative poster to display in your tutor room containing key information on making healthier choices.
- Show this [video](#) and challenge pupils to create a menu for a day to demonstrate how starchy carbohydrates can be included at each mealtime.
- Divide your tutor group into groups of four. Give each group a piece of paper and a pen and ask them as a group to suggest ways to make healthier choices, e.g. reading food labels and going for items with green or amber traffic lights, being portion wise or making healthy swaps. Allow the groups five minutes to write down as many ideas, with examples, as they can and then ask them to report back to the other groups. If the pieces of paper are neat enough, they could be used as part of a display.

### Plan for success

- Display the [Plan for success poster](#) and show the [video](#) to introduce the theme.
- Discuss with pupils how could they plan to make healthier choices when eating out. Examples could include, choosing jacket potatoes or oven-baked potato wedges instead of chips, no butter on vegetables, opting for balsamic vinegar rather than a dressing for salad, not adding salt to meals.
- Challenge pupils to plan their breakfasts for a week, making sure they use wholegrains, have plenty of fruit and vegetables and include a drink.
- Divide your tutor group into groups of four and task them to list as many ways as they can to cook more cheaply. Ask them to report back to the other groups.

### Be the chef

- Display the [Be the chef poster](#) and show the [video](#) to introduce the theme.
- Organise a tasting session with different ingredients from around the world, e.g. fruit/vegetables, herbs and spices, breads or cheeses.
- Challenge pupils to plan a healthier option 'fake-away' meal that they could enjoy at home with their family. There are lots of recipes [here](#) that pupils could choose from or they could find one in recipe book or magazine. Encourage them to take a photograph of their meal and share it with the rest of the tutor group or on your school website/social media feed.
- Write five random foods on the board and challenge pupils to create a meal, e.g. egg, potato, canned sweetcorn, semi-skimmed milk and pickled beetroot. Repeat the activity using 'leftover' food.

### Keep moving

- Display the [Keep moving poster](#) and show the [video](#) to introduce the theme.
- Play this presentation about the [benefits of physical activity](#) and test pupils' knowledge using the [multiple choice quiz](#).
- Blow up some balloons and challenge pupils to keep it in the air for as long as possible or knock it back and forwards between two people across the floor or a table. Why not set up a competition?
- Take your tutor group outside and challenge them to see how many star jumps they can do in one minute. Who can do the most? Keep a record!
- Challenge pupils to create a short video or write an article or blog for your school website to inform young people and adults about the benefits of physical activity.