

Answer Sheet

1. Nutrient Maze: Match them up!

These are found in a variety of foods and are needed in small amounts. Having a balanced diet with lots of variety is important to avoid deficiencies.

This gives us lots of energy and can be divided into simple sugars and complex starches.

We all need some of this in our diets and to protect our hearts, but we should replace some of our saturated with unsaturated.

This helps to keep our digestive system healthy and helps prevent constipation.

Eggs, beans, peas and lentils are some of the vegetarian sources of this macronutrient.

We should aim to have 6-8 per day to keep hydrated. Water is the best choice.

Carbohydrates

Proteins

Vitamins and Minerals

Drinks

Fats

Fibre



2. Word Options Bubble!

Fill in the Gaps

We should start the day with **breakfast**.

Fruit juice only counts as **one portion** – that was a trick question! We should only have a maximum of 150ml per day (see Boxes of Facts below).

Too much sugar is bad for our **teeth** and our **health**.

Kids on average are having more than **double** the recommended guidelines.

Doubling our sugar is the equivalent of **562** chocolate bars!

Kids aged over 5 years should aim to do **60 minutes** of moderate or vigorous activity every day.

Balance your Meals

Meals should be based on **starchy carbohydrates**, and this was missing from the meal. You could have added a **portion of potatoes, rice, pasta, bread, or other starchy carbohydrates** to make this meal more balanced. **Bonus points** if you suggested a **high fibre option** such as **brown rice, granary bread or wholewheat pasta**.

Boxes of Facts



- Breakfast is a great way to start the day with a long-lasting energy boost. Visit this website for lots of breakfast ideas: <https://www.nhs.uk/change4life/recipes/breakfast>
- It's a great way to include one of your 5-a-day but be careful if having fresh fruit juice – this **only counts as one portion**. Too much juice is bad for our teeth and oral health. It is always better to choose fruit that has not been juiced as the sugar is locked up in cells of fibre so is released and used by us much more slowly!
- Water is the best drink for children and adults – it is refreshing and kind to our teeth! Milk can be useful too especially for younger children
- For more info on being Sugar SMART visit: <https://www.nhs.uk/change4life/food-facts/sugar>

- Being active every day is important for children. It helps develop more than physical development and our physical health! Being active supports our mental health, cognitive learning, concentration levels, self-esteem, and confidence.
- Younger children aged under 5 years should be active for 180 minutes every day and adults active around 30 minutes each day. There are some useful pictures here: <https://www.gov.uk/government/publications/physical-activity-guidelines-infographics>
- You don't need to be sporty to be active and it is always best to be active together as a family – lots of fun ideas here: <https://www.nhs.uk/change4life/activities>



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3. Food Fact or Food Myth?

	FOOD FACT OR MYTH?	TRUE	FALSE
1	We should aim to have 5-a-day fruits and veg and lots of variety means different vitamins and minerals.	✓	
2	Coconut oil is the healthiest fat to have in our diet.		✓
3	Honey is not considered to be an 'added sugar' because it is natural.		✓
4	We don't have to worry about the sugar that we find in whole fruits and milk.	✓	
5	Gluten free options are usually healthier.		✓
6	3/4 of the salt we are eating is already in the foods we buy.	✓	
7	Around 2/3 of adults are overweight in England.	✓	
8	Starchy carbohydrates are fattening so we should limit our portions of these.		✓
9	Alternative milks are much healthier than cow's milk.		✓
10	Excess sugar turns into harmful fat in our bodies!	✓	



CANINE HELP:
See overleaf for more information.

Need some further advice?

A physical activity and nutrition advice service is available for staff working with children, young people and families in Kensington and Chelsea, and Westminster:

Please contact: Change4LifeAdvice@healtheducationpartnership.com

For details on all aspects of the Change4Life Service: <https://www.family-action.org.uk/what-we-do/children-families/change4lifeservice/>



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Information about food and nutrition

- We should aim to eat the colours of the rainbow. Different coloured fruits and vegetables contain different vitamins and minerals! For example, green leafy vegetables such as kale, spinach and broccoli are a good source of iron – which is good to know, especially for vegetarian and vegan families!
- The sugar found in fruit, vegetables and milk don't seem to have a negative effect on our health and they come with additional benefits such as extra nutrients and fibre
- When fruits and vegetables are juiced, the sugar is released from the protective cells, and this becomes 'free sugar'. We call these 'free' because they are not protected by the fibrous cells of the food we eat, so we should limit free sugar to no more than 5% of our daily calories! More info all about sugar here: <https://www.nhs.uk/change4life/food-facts/sugar>
- Free sugar is any sugar added to food or drink, or the sugar that is already in honey, syrup, and juice! Here is a useful short video that explains free sugars: <https://www.youtube.com/watch?v=hTX0iGAAwWY>
- Extra sugar leads to extra calories. This turns into harmful fat and leads to us gaining weight. It is true that around 64% of adults are overweight or very overweight which has led to us normalising obesity
- Most of us are eating more salt than we realise, even with many of us not adding salt at the table, more info available here: <https://www.nhs.uk/change4life/food-facts/salt>, and help with making sense of food labels is explained here: <https://www.nhs.uk/change4life/food-facts/food-labels>
- What about products often branded as healthier? Coconut oil, dairy-free milks, and gluten free?
- Some people need to follow a gluten free diet, for example, people with Coeliac disease. However, unless you have this condition, or have a diagnosed allergy or intolerance, there is no nutritional benefit to exclude gluten containing products from your diet. Gluten is found in many of our starchy carbohydrates, and these are a very important part of our diet and many of these products, such as breakfast cereals are fortified with vitamins and minerals
- Dairy-free milks may be required if a child has a dairy allergy or when following a vegan diet. If you need to have dairy-free milks, it is important to select those that are fortified with important nutrients found in dairy milk and to choose unsweetened versions. Advice from a registered nutritionist or dietitian may be required to ensure you are not deficient in key nutrients
- Coconut oil contains around 85% saturated fat which is very high. As a nation, we should be trying to replace saturated fats with unsaturated fats as these are more protective to our heart health, more evidence-based information here: <https://www.nutrition.org.uk/attachments/article/998/BNF%20FAQs%20Coconut%20Oil%202020.pdf>
- Starchy carbohydrates are not fattening! However, if we roast them, fry, or deep fry them or cook or cover them in fats and oils, only then, do they become an unhealthy choice! In fact, carbohydrate provides around the same amount of energy gram for gram that protein does!
- To learn more about healthy eating, check out the Eatwell Guide: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/742750/Eatwell_Guide_booklet_2018v4.pdf



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