

Healthy eating for me and my class

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This session will cover:

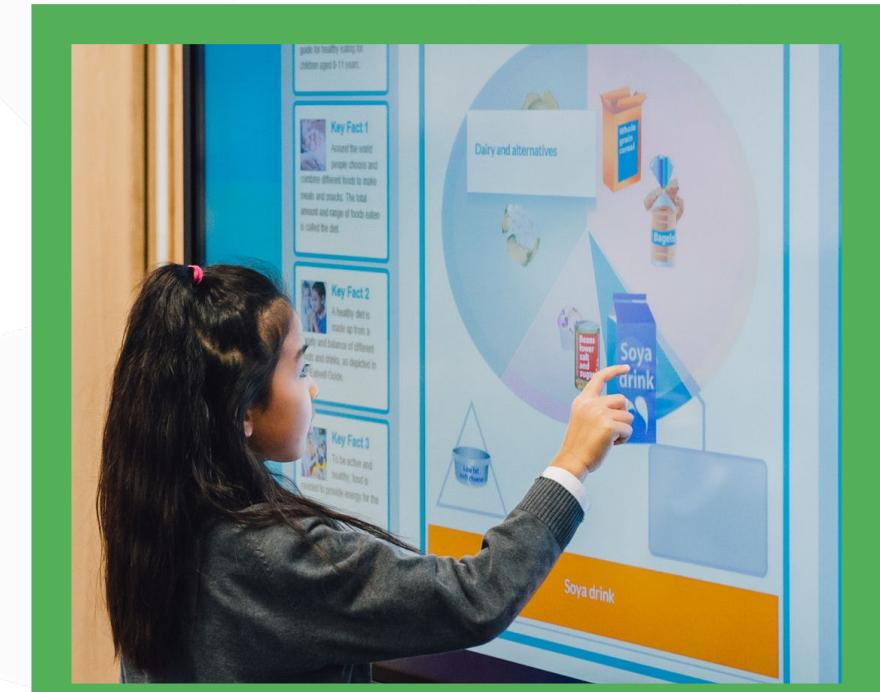
What will be covered?

- A brief recap on current adult and child health in the UK
- The importance of teaching, and learning, about food and health – for both adults and children
- Practical tips and ideas for you and your class including what's available to help you
- Links to *Food – a fact of life* resources



Introduction

- Healthy eating habits are important to instil from an early age.
- Children and young people are growing rapidly and have high requirements for many important nutrients.
- External factors can make changes to healthier eating patterns and instructions more difficult in schools (e.g. cost of living/budget constraints).
- See the 'State of the Nation' recording as part of the INSET package and Claire's 'Healthy Eating' presentation in the [training area on the website](#).



Portion size

- Higher portion sizes of energy dense foods (e.g. biscuits, cheese, cakes) positively associated with higher BMI.
- Certain eating patterns result in higher portion sizes (snacking, eating out of the home).
- Many other factors:
 - Energy/nutrient density
 - Physical activity
 - Sex
 - Packaging/presentation of food
 - Food environment

1 in 5

obese by year 6



* Figures for 2020/21 are based on weighted data, see Methodology and Data Quality section in 2020/21 report for more information.

For more information: Table 1b National Child Measurement Programme, England, 2021/22 School Year

[Statistics on Obesity, Physical Activity and Diet, England, 2020](#)

National Child Measurement Programme

Blundell-Birtill and Hetherington, 2019



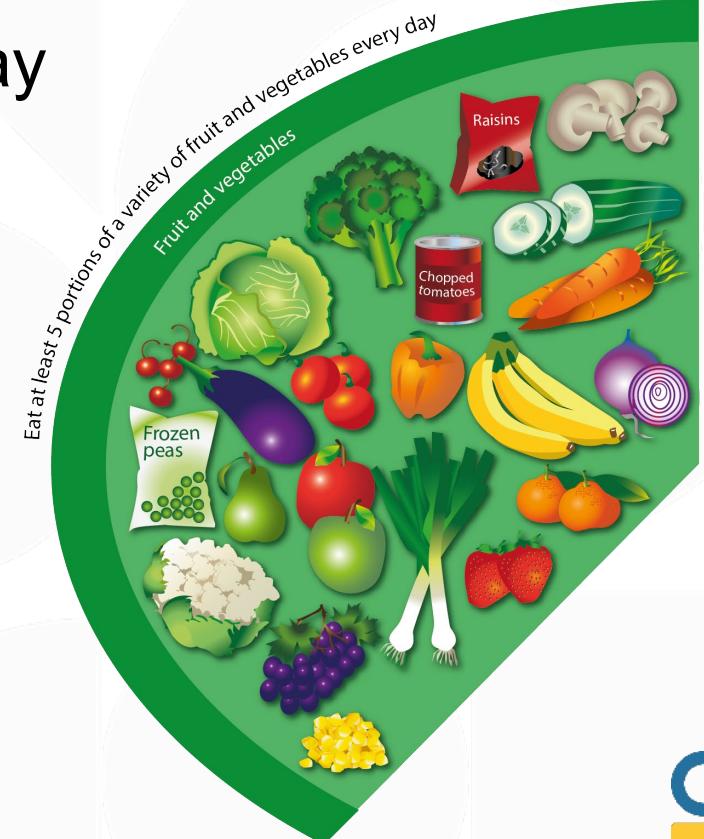
5 A DAY

- Eat at least 5 portions of a variety of fruit and vegetables every day.
 - 80g fresh
 - 30g dried
- No specific portion size for young children.
- Fresh, frozen and canned all count.
- Fruits and vegetables contain a wide variety of vitamins and minerals.
- They also contain fibre and water.
- Variety is key!

Children (11-18)
Adults

12%
33%

getting 5-A-Day



Fibre

- Fibre recommendations:
 - Age 2-5: 15g per day
 - Age 5-11: 20g per day
 - Age 11-16: 25g per day
 - Adults: 30g per day
- Diets high in fibre can reduce your risk of heart disease, type 2 diabetes and colorectal cancer.
- It is also important for digestive health and may increase fullness.



Meeting fibre recommendations



Hydration

- Children under 11 have a higher proportion of body water than adults.
- Younger children may also be more likely to get dehydrated and less able to regulate body temperature/know when to hydrate.
- Hydration is important for:
 - Regulating body temperature
 - Removing waste products in urine
 - Lubricating joints
 - Maintaining athletic performance
 - Maintaining cognitive function
 - Kidney health
- Some foods also have high water content (e.g. salad vegetables) and can contribute to hydration



Fish

- Fish and seafood are good sources of protein.
- They also provide important nutrients, such as:
 - B vitamins
 - Potassium
 - Iodine (some types)
 - Selenium (shellfish)
 - Zinc (shellfish)
 - Vitamin D (oily fish)
 - Omega-3 fatty acids (oily fish)
- Omega-3 fatty acids are rare in the diet outside of oily fish and may help lower the risk of heart disease.
- Oily fish also provide vitamin D, which most children (and adults) are deficient in.



Children
(4-10)



8g



Adults



11g

Median total fish intake (per day)



Children
(4-10)



0g



Adults



0g

Median oily fish intake (per day)



5 A DAY – for you and your class

You...

- Do you keep fruit and vegetable snacks handy?
- Could you have a staff fruit/veg bowl kitty?
- Could you have a 'bring and share' staff salad bar once a week/term?
- Could you have fruit platters/kebabs at staff meetings?

Your class...

- Have you got a [whole school food policy](#) that covers snacks and lunches (promoting fruit and vegetables)?
- Is your school enrolled in a fruit and vegetable scheme?
- Do you have fruit and vegetable tasting sessions?
- Do you make [fruit and vegetable dishes](#) (or include plenty in recipes) in food lessons?
- Are you a role model?



School Fruit and Vegetable Scheme (SFVS)

Provides a free piece of fruit or veg to every 4-6 year-old who attends a fully state-funded primary, infant or special school in England.

SFVS@supplychain.nhs.uk



RECIPE

Stripy salad pots

Complexity	Low-Medium
Time	30 mins



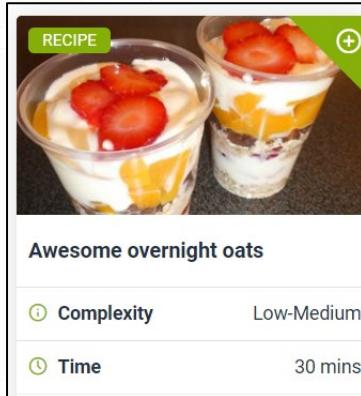
Fibre – for you and your class

You...

- Do you have a wholegrain breakfast?
- How about making your own [Awesome overnight oats](#)?
- Have you seen our [Adult weekly meal plan](#) showing what 30g of fibre can look like?

Your class...

- Does your school have a breakfast club? Does it serve wholegrain breakfast cereals/bread?
- Have you used the [Fibre February pack](#) to teach about the importance of fibre?
- Have you run tasting or cooking lessons using wholegrain varieties of foods? e.g. bread, breakfast cereals



Magic Breakfast

A registered charity aiming to end hunger as a barrier to education in UK schools through the provision of **free healthy breakfasts** to children living with food insecurity.
<https://www.magicbreakfast.com>

Greggs Foundation – Breakfast Clubs

A **grant-making** charity with 840 breakfast clubs across the UK
<https://www.greggsfoundation.org.uk/breakfast-clubs>

Kellogg's – Breakfast Clubs

Provide cash-grants and equipment for the club
https://www.kelloggs.co.uk/en_GB/our-story/feeding-people-in-need/support-for-school-breakfast-clubs.html



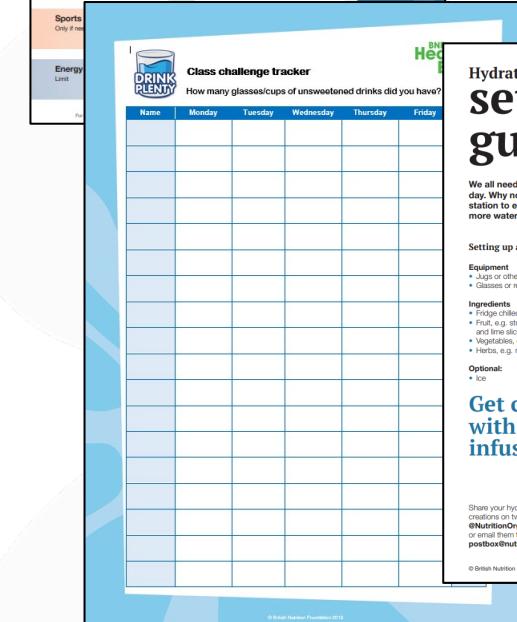
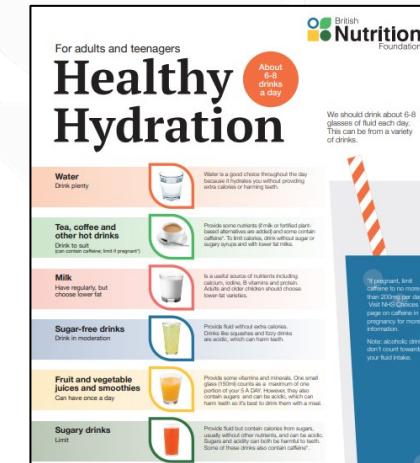
Hydration – for you and your class

You...

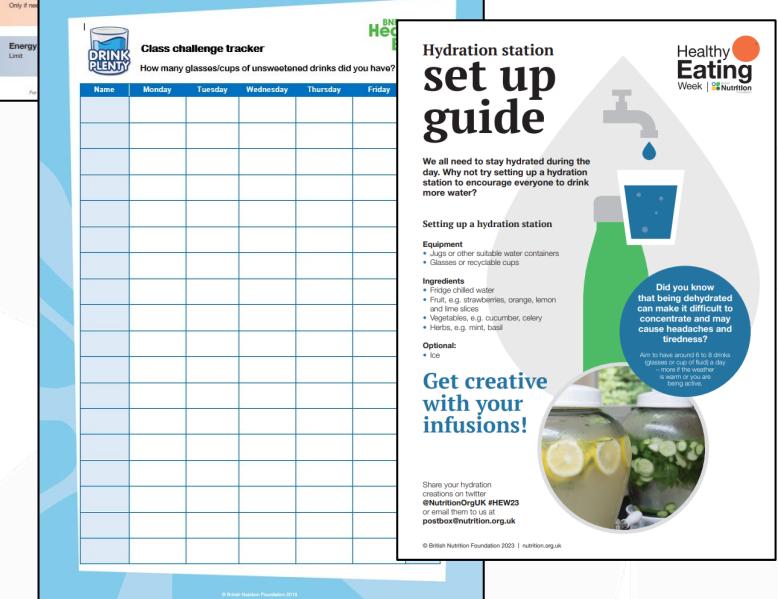
- Do you keep a bottle of water with you during the day?
- Do you have a drink at break and mealtimes?
- Do you know about healthy hydration for adults (and children)?

Your class...

- Does your school use the *School milk subsidy scheme*?
- Do your pupils bring/have access to water bottles at school?
- Could you have a hydration station at breaktimes to encourage pupils to stay hydrated?
- Do you use a class hydration tracker?



School milk subsidy scheme
England, Scotland and Wales
<https://www.gov.uk/guidance/school-milk-subsidy-scheme>



More – for you and your class!

You...

- Do you know your portions sizes? [Get portion wise!](#)
- Have you explored our British Nutrition Foundation online courses? e.g. [Keeping well at work](#)

Your class...

- Have you tried our fish recipes with your pupils?

RECIPE



Fancy fish fingers

Complexity: Low-Medium
Time: 30 mins

RECIPE



Fantastic fish cakes

Complexity: Low-Medium
Time: 45 mins

RECIPE



Special smoked haddock samosas

Complexity: Medium
Time: 45 mins

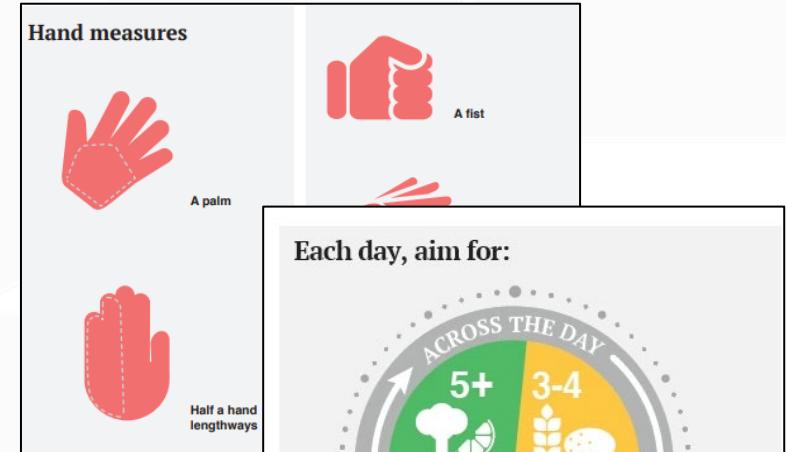


Keeping well at work

This course will provide you with the basic knowledge to help you adopt a healthier and more sust...

Cost £25
When Your choice
Time Your choice
Where Online

Hand measures



Each day, aim for:



ACROSS THE DAY			
5+	3-4	2-3	2-3
At least 5 portions of fruit and vegetables	3-4 portions of starchy foods	2-3 portions of protein foods	2-3 portions of dairy/alternatives
Small amounts of unsaturated oils and spreads	SMALL AMOUNTS		



Raising awareness

Why not have a health theme once a term to spotlight a health message, e.g. fibre, 5 A DAY?

- Deliver an assembly to let everyone know
- Let parents/careers know – newsletter, email, website
- Display resources and information – classroom, staff room
- Share resources – colleagues, parents/carers
- Hold tasting sessions, e.g fruit, wholegrain
- Have themed cooking session/recipes
- Run a parent/carers workshop, e.g healthy lunchboxes
- Have a themed staff lunch/workshop
- Run the British Nutrition Foundation's Healthy Eating Week (10-14 June 2024)





3 - 5 Years 5 - 7 Years 7 - 11 Years 11 - 14 Years 14 - 16 Years Pupils with additional needs Recipes Whole school Professional development

Parental engagement   > Whole school > Parental engagement

Parental engagement

Welcome to the Parental engagement section. Here you will find activity suggestions and resources for schools to use to engage with parents and carers - scroll down the page to view.

Parental engagement activities

Working with parents/carers is an important part of school life. In relation to food, this relates to the choice of school food and the food that parents/carers provide for their children. Engaging parents/carers with your whole school food ethos enables them to better understand your curriculum.

Of course, many parents/carers also have fantastic experience, skills and knowledge that can be utilised children about growing plants, to running cooking and tasting sessions about different ingredients and a

This area includes resources on:

- Eating more vegetables
- Breakfast
- Eat well
- Healthy sandwiches
- Healthy hydration
- Physical activity
- Sleep



Eat well information



Where does this fit in the TP FN programme?

Food and nutrition experience audit

Food and nutrition experience audit

This audit is based on the government's *Food teaching in primary schools: A framework of knowledge and skills*, as well as the *Characteristics of good practice in teaching food and nutrition in primary schools* guidelines.

When answering these questions, rate your experiences and capabilities truthfully, as this will allow you to plan your professional development so it is appropriate and useful for you. It will also allow you to reflect accurately on the progress you make.

For the following, how would you currently rate yourself?

Area of practice	Training required	Ok, but support needed to refresh	Capable, without support	Proficient and could train someone else
Teaching the curriculum I develop detailed food schemes and lessons, taking into account current guidance and showing progression in learning.				
I teach food lessons via dedicated curriculum subjects (e.g. D&T, Cooking and nutrition, Technologies) and within other subject areas to enrich children's food experiences.				
Running practical food lessons I use effective systems to manage health and safety, resource practical work and maintain equipment (e.g. buying and storing ingredients; checking in, cleaning and storing equipment).				
I manage support staff and pupils to ensure food lessons are successful and safe.				
I ensure the classroom is organised and set up safely and hygienically for food lessons (e.g. tidy, clean).				
Good food hygiene and safety I establish food hygiene and safety procedures and practices to prevent bacterial growth, food poisoning and allergic reactions.				



Whole school approach

I contribute to a whole school approach to food education, e.g. support the whole school food policy, help ensure consistency of healthy eating messages across subjects and age groups, work with colleagues to enhance learning opportunities.



Healthy eating

I demonstrate and apply knowledge of the Eatwell Guide, and current dietary advice, in teaching and learning.



Keep up to date with our free resources and training

Education News (monthly email update)

Sign up on the homepage:
www.foodafactoflife.org.uk

Follow us on Twitter @Foodafactoflife

<https://twitter.com/foodafactoflife>

Keep in touch: education@nutrition.org.uk



The image shows a screenshot of an email newsletter from 'Food - a fact of life'. The header features the organization's logo and the text 'Education News'. Below the header is a photograph of several children in a classroom setting. The text 'Brand New Primary Food Projects' is displayed above a paragraph of text: 'We are delighted to announce the launch of our brand new primary food projects. There are six projects, one for each year of primary school. Each project delivers learning about healthy eating, cooking and where food comes from in a different food context.' A blue button labeled 'View the projects now!' is visible. The date 'March 2023' is shown below the main image. To the right, there is a section titled 'Primary food projects' with a photograph of children in a kitchen and a list of six project titles: 'Bring on breakfast (5-6 years)', 'Party time (6-7 years)', 'Get baking (7-8 years)', 'Lovely lunch (8-9 years)', 'Serve a salad (9-10 years)', and 'Grab and go (coming soon!)'. The entire newsletter is presented within a white rectangular box with a thin black border.

Do you know anyone who would find the TPFN programme useful?

They can view this [introductory presentation](#) and then [register](#) for free!



Future training events

Coming next...diary dates

Tue 17 Oct 2023 - 4pm Taste a-long! (and repeat with your colleagues!)

Tue 14 Nov 2023 - 4pm Building cultural awareness in delivering healthy eating messages in the primary classroom (**date TBC**)

Tue 5 Dec 2023 – 4pm Supporting pupils with additional needs

Tue 16 Jan 2024 – 4pm Seasonality and where food comes from

Tue 27 Feb 2024 – 4pm Ask an expert

Tue 12 March 2024 – 4pm Engaging parents/carers & extra curricular cooking

Tue 23 April 2024 – 4pm Cooking with heat in primary 2

Tue 14 May 2024 – 4pm Outside cooking!

Tue 4 June 2024 – 4pm Cook-a-long - global recipes



Remember that all webinars are recorded and the 22/23 recordings can be found [here](#).

Also don't forget our [INSET package](#) – seven topical videos ideal for you and your colleagues.



Thank you

Please complete the webinar evaluation. If you are watching a recording of this webinar, you will find a link to the evaluation at the end of the PPT presentation in the [Healthy eating and nutrition area](#) of the TPFN training page.

[Healthy eating for me and my class](#)

You will receive a link to the certificate once you have completed the evaluation. Please download the certificate, add your name and print it out for your records.





Thank you

For further information about TPFN training or to find recordings of previous webinars and workshops,
[click here](#).

