

# Healthy eating for me and my class

Claire Theobald, Education Services Manager

Ewen Trafford, Nutrition Education Officer

# 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](https://www.foodafactoflife.org.uk) 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



[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)



12%



Adults



33%

getting 5-A-Day





# Fibre



Children  
(4-10)



14%



Adults



9%

- 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



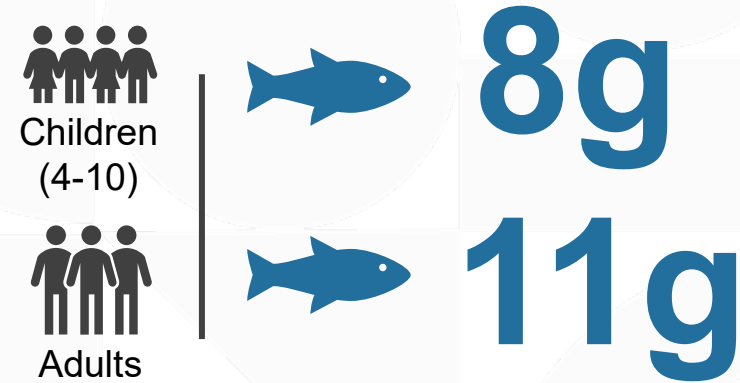
# Hydration

- 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.



Median total fish intake (per day)



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...

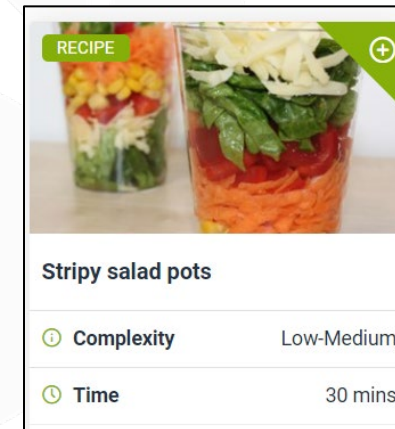
- Have you got a [whole school food policy](#) that covers snacks and lunches (promoting fruit and vegetables)?
- Is your school enrolled in a fruit and vegetable scheme?
- Do you have fruit and vegetable tasting sessions?
- Do you make [fruit and vegetable dishes](#) (or include plenty in recipes) in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



# Fibre – for you and your class



## 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

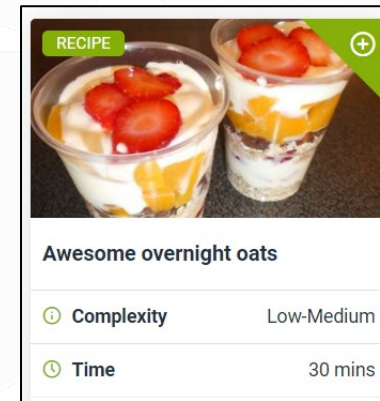
A **grant-making** charity with 840 breakfast clubs across the UK  
<https://www.greggsfoundation.org.uk/breakfast-clubs>

## 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](https://www.kelloggs.co.uk/en_GB/our-story/feeding-people-in-need/support-for-school-breakfast-clubs.html)

## 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



# Hydration – for you and your class

## You...

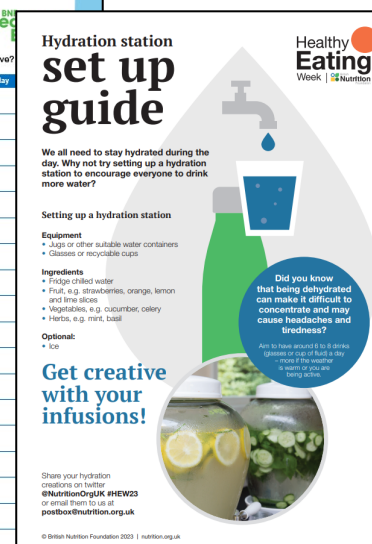
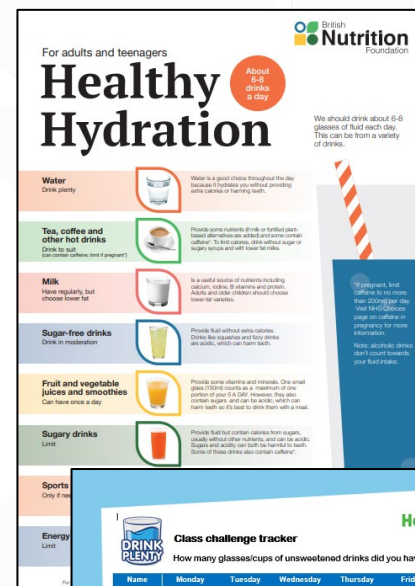
- Do you keep a bottle of water with you during the day?
- Do you have a drink at break and mealtimes?
- Do you know about [healthy hydration](#) for adults (and children)?

## 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**

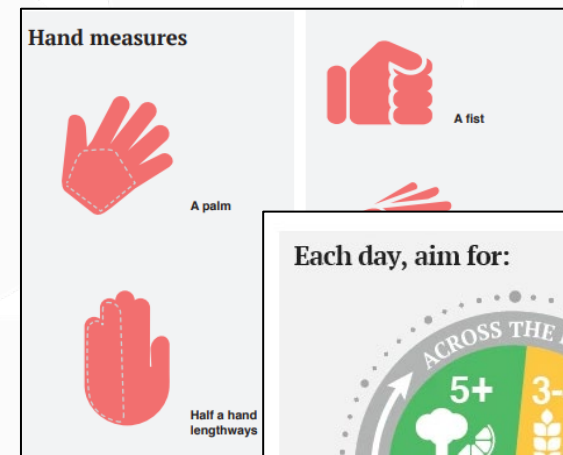
Complexity	Low-Medium
Time	45 mins

RECIPE



**Special smoked haddock samosas**


Complexity	Medium
Time	45 mins



Each day, aim for:



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



**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

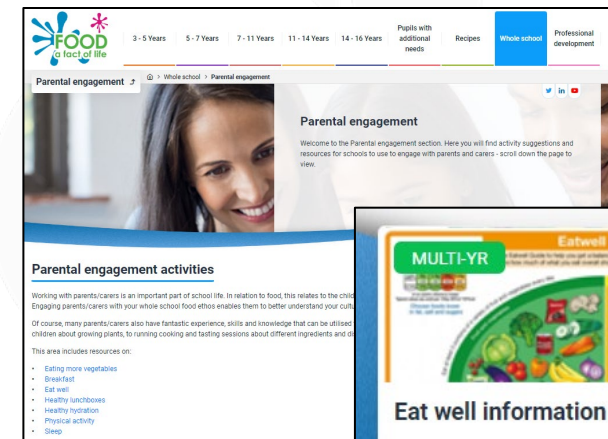




# Raising awareness

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/carers 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)





# Where does this fit in the TPFN 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
<b>Teaching the curriculum</b>				
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.				
<b>Running practical food lessons</b>				
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).				
<b>Good food hygiene and safety</b>				
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](http://www.foodafactoflife.org.uk)

**Follow us on Twitter @Foodafactoflife**

<https://twitter.com/foodafactoflife>

**Keep in touch:** [education@nutrition.org.uk](mailto:education@nutrition.org.uk)



**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](#).

