



Health & Wellbeing



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THEME: Healthy Eating – The comprehensive Eatwell Guide

Healthy eating is extremely important for young people’s health. Dietary consumption can directly impact behaviour, emotions, self-confidence, and activity levels. The activities in this session allow the young people to familiarise themselves with the Eat Well Plate. This is a framework that allows young people to see what they should be consuming for a healthy and balanced diet.

LEARNING OBJECTIVES

1. To explore each element of the Eat well guide in depth
2. To understand why each element is required to maintain a healthy lifestyle.
3. Participants to review and reflect on how this compares with their own dietary intake.
4. Understand the strategies on how they can better integrate the Eat Well guide to everyday practice.

CONTENT	METHODS/ RESOURCES	APPROX. TIME
Introduction & Establishing Baseline Knowledge	<p>Icebreaker: This activity introduces participants to a variety of different foods in a fun manner. The group will form a circle and allocated a letter. They are then tasked with naming a food that begins with that letter and continuing until the activity breaks down. If a food has been stated, it cannot be reused. To add a pressurised dimension to the activity, add a timer for each response. If a participant cannot respond, they are out, and a new number is allocated. This will increase the vocabulary of participants and can create discussions to promote explorative learning, i.e., what food category do you think that belongs to? or alternatively, is that healthy? This can also be used to check for understanding after the Eatwell Guide has been analysed. For example, the group must name carbohydrates, proteins, or vegetables.</p> <p>Introduce the activity to the young people, discuss the fundamentals of healthy eating. (Slides, 2,3 and 4). Personal reflection on slide 4. What do you eat and drink in a day? Paper and pens required for this activity. Based on your current knowledge and daily food journal, do you think you eat a balanced diet?</p>	<p>10 minutes</p> <p>30 minutes</p>

Barriers to Healthy Eating	<p>What are the barriers to healthy eating? Discuss the main ones according to the literature: Parental involvement or lack of. Lack of funds to purchase their own food Lack of ability to cook their own healthy meals.</p>	
Introduction to the Eatwell guide Video	<p>Video will explain each area of the Eatwell guide in detail.</p> <p>Check for understanding: can you remember the five main food groups discussed in the video?</p> <p>Discuss content in the video, have you seen this before? Do you follow the guidelines in the video? https://www.youtube.com/watch?v=QaLLk3SQfhw</p>	20 minutes
Overview into the Eatwell Guide	Go through the guide in more detail from slides 7- 16. Ask open ended questions throughout to check for understanding.	40 minutes
Activity For Understanding	<p>Have a variety of products (to limit resources, you can write names of products on paper and put them in a pile) and leave them in the middle of the room. Allocate five areas and label them with the main food groups. For example, one section is carbohydrates, and another is protein. The group are tasked with taking a product from the middle and allocating it to whichever food group they believe it belongs to. This will create discussions between the group and can be beneficial for peer-to-peer learning.</p> <p>At the end, check each section for irregularities and ask the young people to explain each decision.</p>	30 minutes
Activity 1.1	<p>Based on your knowledge of the Eatwell guide, fit your own diet into the format of the guide. This will help participants distinguish between food groups and reflect on how their own food consumption compares with the recommended guidelines.</p> <p>Discuss this with a person beside you.</p>	30 minutes
Reflective Activity 1.2	Break the participants into three groups, one of which to create a healthy breakfast, lunch and dinner based on the Eatwell guide. This activity will equip young people with the knowledge on how to design healthy meals. Each group to present their chosen meals to the collective and discuss the food groups included. In journal format, write down what you will do to create a more healthy and balanced diet based on what you have learned. Discuss this with the person next to you. This can be used as an alternative method of assessment to the workbook.	
Fun Game to Finish	<p>Food Bingo- Allocate groups - distribute a range of foods as visual cards, provide a black template of the eat well guide and the first group to achieve a correct full plate, wins.</p> <p>Final question? Three things we learned today. Ask different participants in the group.</p>	20 minutes

EATWELL GUIDE

