



Health & Wellbeing



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THEME: Healthy Eating

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 enables young people to see what they should be consuming for a healthy and balanced diet.

LEARNING OBJECTIVES

1. To provide fundamental knowledge around the area of healthy eating.
2. To explore the barriers of healthy eating.
3. To build knowledge around the Eatwell guide.
4. Participants will be able to construct their own healthy eating action plan.

CONTENT	METHODS/ RESOURCES	APPROX. TIME
Introduction & establish baseline knowledge	<p>Icebreaker: This activity introduces young people 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.</p> <p>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 letter is allocated. This will increase the vocabulary of participants and can create discussions that promote explorative learning, i.e., what food category do you think that belongs to? or alternatively, is that healthy?</p> <p>This can also be used to check for understanding after the Eatwell Guide has been discussed.</p> <p>For example, the group must name carbohydrates, proteins, or vegetables.</p>	15 minutes



	<p>Introduce the activity to the young people, and 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 intake, do you think you eat a balanced diet?</p>	
<p>Introduction to the Eatwell Guide</p> <p>Video</p>	<p>https://www.youtube.com/watch?v=QaIk3SQfhw</p> <p>Video will explain each area of the Eatwell guide. Check for understanding: can you remember the five main food groups discussed in the video? Discuss content in the video, have you seen this before? Do you follow the guidelines in the video? Would this guide reflect your dietary intake?</p>	30 minutes
<p>Overview into the Framework</p>	<p>Go through the guide in more detail from slides 7- 16.</p> <p>Ask open ended questions throughout to check for understanding.</p>	30 minutes
<p>Activity</p>	<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 compared with the recommended guidelines.</p> <p>Discuss this with a person beside you and feed back to the rest of the group. Why does your diet fit into the guide or alternatively, why dos it not? This will promote peer-to-peer learning.</p>	20 minutes
<p>Reflective Activity</p>	<p>Young people to design their own Eat Well Guide on what they could potentially eat to make their diet healthier. This will act as an action plan to inform future eating behaviours. Discuss this with the person next to you.</p>	30 minutes
<p>Fun Games- Food bingo</p>	<p>Establish groups and distribute a range of foods as visual cards, provide a blank template of the eat well guide and the first group to achieve a correct full plate, wins.</p>	20 minutes



EATWELL GUIDE

