



Growing Healthy

Stockton-on-Tees



CLAIRE



ADAM



JULIE



MIKE



ANDY



AMY

NAME:

.....

ABOUT YOU



"Hi, I'm Claire. Welcome to your Growing Healthy Club! The team and myself can't wait to have fun with you over the programme and learn lots about how we can all grow healthy. But first, let's get to know more about you".

Favourite Food		Favourite Drink		Favourite Music
	Favourite Animal	Role Model		Favourite Activity



CLUB RULES!

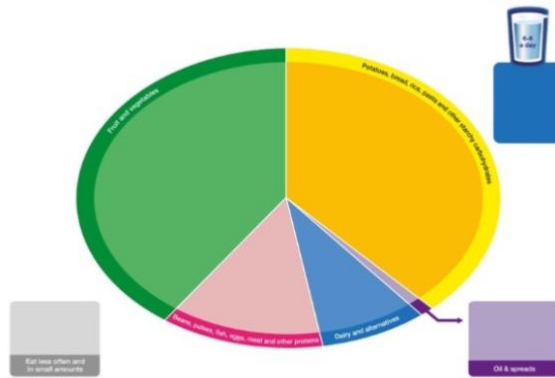
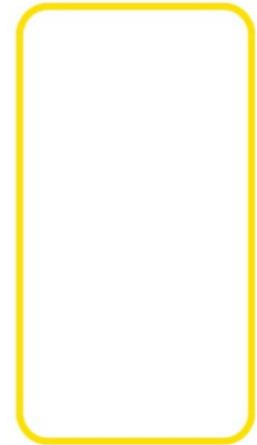
"It sure does! But to make sure it continues to rule, we need to make up some club rules to ensure we can make our programme run as fun as possible"

I, agree to adhere to the listed rules below set out by fellow clubbers and myself to ensure we all have the best time with my Growing Healthy Club!

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Signed

The Eatwell Guide



Portion Size



"Measuring how much food we eat can be tricky. We should aim to eat the right amount of food for our bodies by monitoring portion control. To do this we can use our hands to ensure we don't over or under eat."



Veg



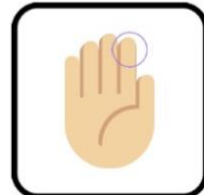
Carbs



Protein



Fruit



Fats

Try This!

On the next page, use the hand template to draw as many foods as you can which would fit into the portion size.

VEGETABLES



CARBOHYDRATES



PROTEIN



FRUIT



FATS





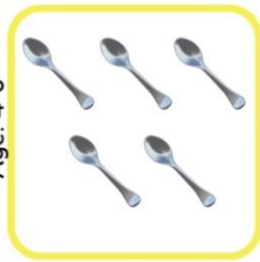
Sugar

"You may see a lot in the news about sugar and how too much of it can have negative effects it has on our bodies. But do you know how much sugar you should be having on a daily basis and do you know if you are having too much. Let's investigate....."

It's much easier to see sugar in teaspoons. So if you take the grams of sugar and divide them by 4, you'll see how much sugar we have in teaspoons. Like this:

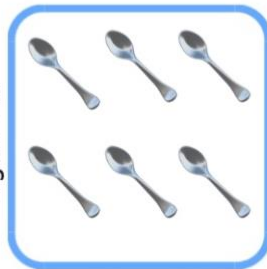
$$\text{Sugar in g} / 4 = \text{teaspoons of sugars.}$$

Age: 4-6



19g or 5 teaspoons

Age: 7 - 10



24g or 6 teaspoons

Age: 11+



30g or 7 teaspoons



Breakfast

Sugar in g:
Sugar in
teaspoons:



Fruit

Sugar in g:
Sugar in
teaspoons:



Drink

Sugar in g:
Sugar in
teaspoons:



Snacks

Sugar in g:
Sugar in
teaspoons:



Tea

Sugar in g:
Sugar in
teaspoons:

TOTAL IN G:

TOTAL IN TEASPOONS:



Fats

"Hi again! It looks like you are doing an amazing job at your Growing Healthy Club. I've popped along to talk to you about "fats". Did you know there are good fats and bad fats? Some fats are healthy and others do nothing to help us grow well. Let's have a look at these and see if you know the difference between them".





Good fats are essential for our diet. They can give us energy and also reduce the risk of fatty blood which puts us at risk of an unhealthy heart.

Bad fats should be eaten very occasionally. Too much bad fat can lead to increased weight gain as well as unhealthy blood and a bad heart.





"Are snacks good for you? Good question! The answer is YES and NO! A snack is any food eaten outside of a structured meal. Snacks are good for us if we restrict them to 2 a day and ensure we aim for 100 calorie snacks when we do! Snacks aren't good for us when we eat too many calories in too many snacks. This could be too much energy from fats and sugars which we should restrict"

Snacks

So how do we know if my snacks are ok?

Easy! Simply check out the food label. We've highlighted the box you need to check, if it's 100 calories or less then you are good to go:

Kcals is short for calories. Calories are the energy used to help us work, play, think and sleep. Too many calories can lead to weight increase. Too little can lead to weight loss. Both too many or too few can lead to poor performance in school, tiredness and even complicated health problems later in life.

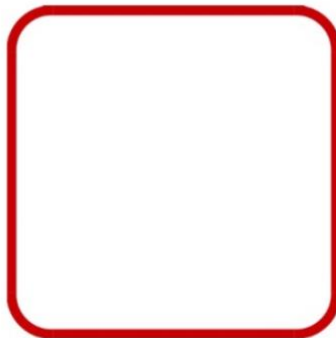
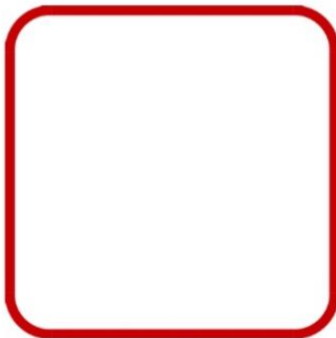
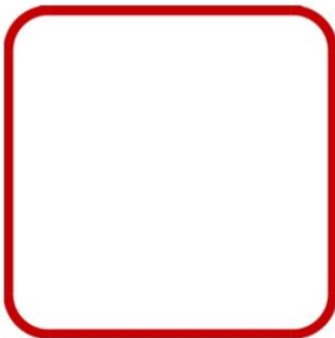
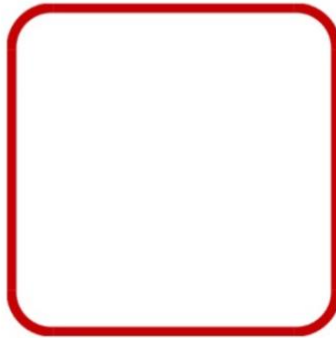
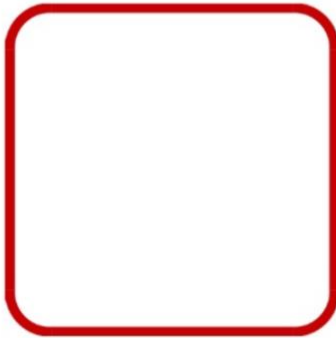
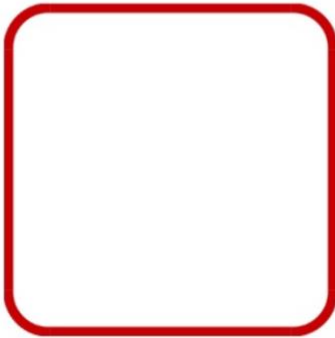


Here are my favourite "go to" 100 kcal snacks! Check them out!





In the boxes below, why don't you draw in your favourite 100 calories snacks? Perhaps you can be creative and come up with your "Signature Snack?"





"So what is physical activity? Physical activity is actually all about movement. Under the age of 19 we should aim for 60 minutes of physical activity every day. This includes walking to school, playing, being involved in a sports team and much more. But why is it so important?"

Write down 3 reasons why physical activity is important....

- 1.
- 2.
- 3.

What's In My Community?

"Use this space to write down things in my community which can help me become more active. We've added a few to start you off"

PARK



BACK GARDEN

FRIENDS



"It's O.K. to wind down after school with a bit of screen time albeit TV, tablet or games console, but it's important to restrict this time to 60 minutes per day. Increasing physical activity doesn't have to include running and play. It can involve what is called N.E.A.T. Check out below what this means".

None **E**xercise **A**ctivity **T**ime

"Use this space to write down things which can help me become more active using N.E.A.T. We've added a few to start you off"

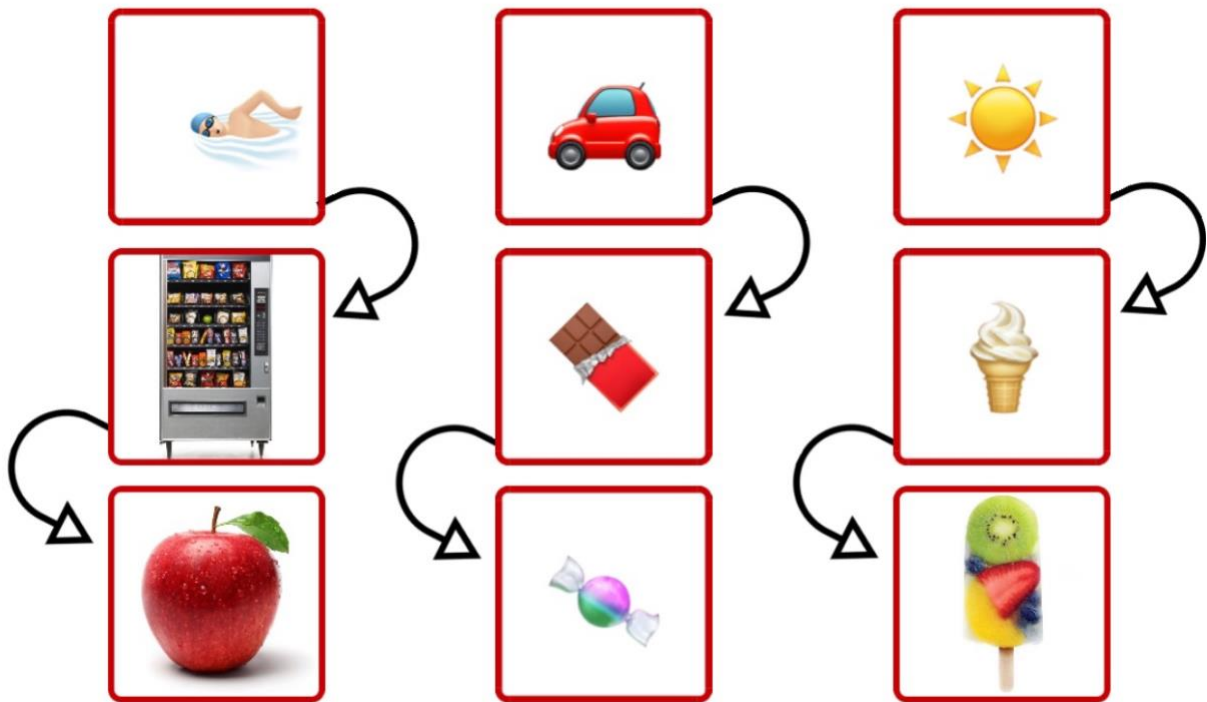
tidy my
room

vacuuming



Influences & Triggers

"Influences and triggers are moments and circumstances which allows us to make particular decisions. Some times good decisions and some times bad decisions. Recently I took some trips and made some bad decisions. After a little thought I changed them make better ones. Have a look:"





"As you can see, in scenario 1 I had been swimming. When I had finished I was hungry so decided to get something from the vending machine. This wasn't very healthy so next time I went, I remembered and packed an apple in my swim bag. Not only was it healthy, it filled me up nicely until I got home"

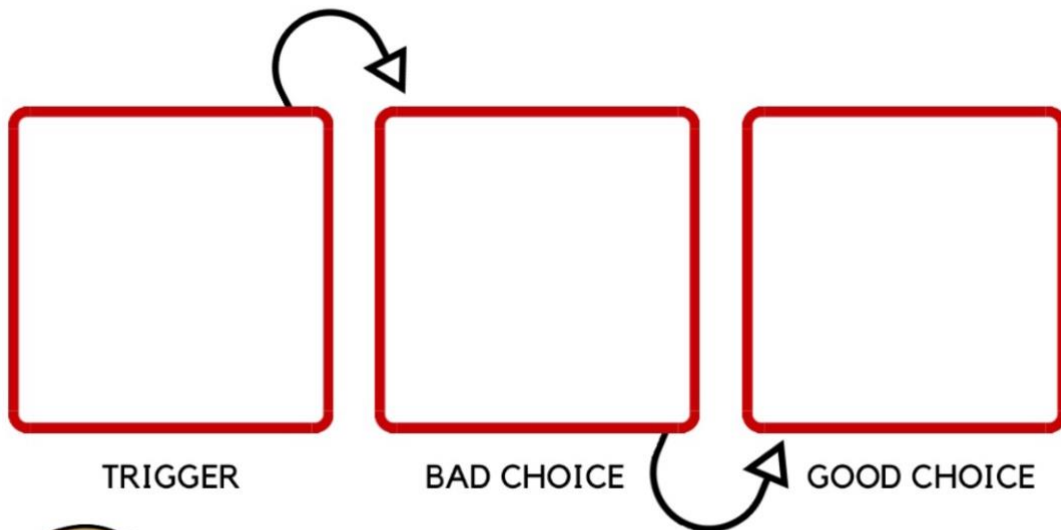
"In scenario 2 I was taking a long drive across country. Before I set off I went to the supermarket and picked up a large bar of chocolate for the journey. But then I remembered the last time I travelled it hadn't lasted half the journey. So I opted for some low sugar boiled sweets. These were much better as they were low in fat and sugar and lasted the whole journey"



"I love hot sunny days. In scenario 3 I remembered that ice cream was high in fat and sugar. Although it cooled me down, there was a better option. So I worked with my friends to make fruit ice lollies. They aren't just nutritious, they are fun to make and kept us all cool in the heat!"

Why don't you try?

"Perhaps you have a scenario where you made a healthier choice somewhere? Perhaps thinking about it, at times you could have made a better choice? Use the boxes below to make a better choice from a scenario you were involved with"



5 A Day

Government guidelines suggest we should aim to eat 5 portions of fruit and vegetables per day. Can you guess how many portions of:

Fruit

Vegetables

Per day?



What was it?

Like it?

Is It a Fruit or Veg?

From the list of the food you liked, write down your favourite 3 and tell us how you could eat it in a meal or as a snack. See our example to help.

What I liked	How Could I Eat It?
Tomato	Spaghetti Bolognese Sauce

Notes

Doodles

Points To Remember

-
-
-
-
-
-