

INFORMATION SHEET UNDERSTANDING THE FOOD PYRAMID

Module 1: Topic 1

The Food Pyramid is designed to make healthy eating easier. Healthy eating is about getting the correct amount of nutrients – the protein, fat, carbohydrates, vitamins and minerals you need to maintain good health.

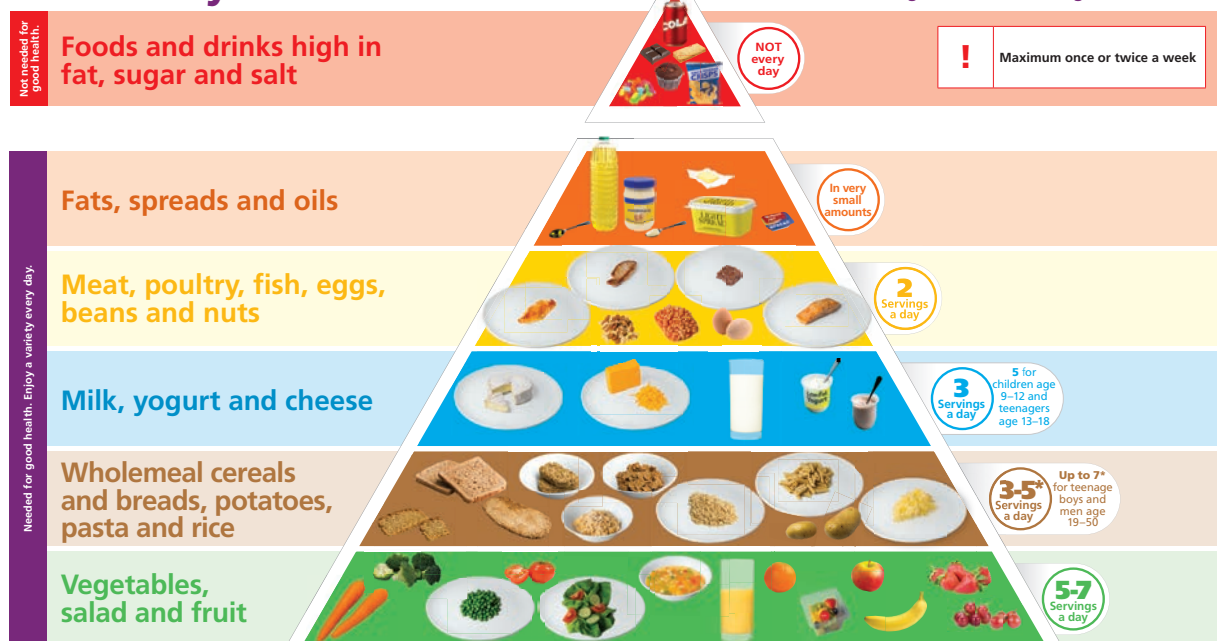
Healthy Food for Life

www.healthyireland.ie



The Food Pyramid

For adults, teenagers and children aged five and over



*Daily Servings Guide – wholemeal cereals and breads, potatoes, pasta and rice

| Active | Child (5-12) | Teenager (13-18) | Adult (19-50) | Adult (51+) | Inactive | Teenager (13-18) | Adult (19-50) | Adult (51+) |
|--------|--------------|------------------|---------------|-------------|----------|------------------|---------------|-------------|
| | 3-4 | 4 | 4-5 | 3-4 | | 3 | 3-4 | 3 |
| | 3-5 | 5-7 | 5-7 | 4-5 | | 4-5 | 4-6 | 4 |

There is no guideline for inactive children as it is essential that all children are active.

Source: Department of Health, December 2016.

Drink at least 8 cups of fluid a day – water is best

Get Active!
To maintain a healthy weight adults need at least 30 minutes a day of moderate activity on 5 days a week (or 150 minutes a week); children need to be active at a moderate to vigorous level for at least 60 minutes every day.

Foods that contain the same type of nutrients are grouped together on each of the shelves of the Food Pyramid. This gives you a choice of different foods from which to choose a healthy diet. Following the Food Pyramid as a guide will help you get the right balance of nutritious foods within your Calorie range. Kilojoules and kilocalories are both measures (units) of the amount of energy in food. The correct term for what we commonly call 'calories' is kilojoules (kJ) or kilocalories (kcal).

Studies show that we take in too many kJ/kcal from foods and drinks high in fat, sugar and salt on the top shelf of the Food Pyramid. They provide very little of the essential vitamins and minerals your body needs. Limiting foods from the top shelf is essential for healthy eating.

So in a nutshell, healthy eating involves:

- Plenty of bread, rice, potatoes, pasta and cereals – going for the wholegrain varieties whenever you can
- Plenty of fruit and vegetables
- Some milk, cheese and yogurt – choose lower fat varieties where possible
- Some meat, poultry, eggs, beans and nuts – choose lower fat varieties where possible
- A very small amount of fats and oils
- Most people consume snacks high in fat, sugar and salt and sugar sweetened drinks up to 6 times a day (Healthy Ireland Survey 2016). There are no recommended servings for Top Shelf foods and drinks because they are not needed for good health.

VEGETABLES, SALAD AND FRUIT



Fruit and vegetables provide fibre. They also provide many important vitamins and minerals and are low in energy value (kJ/kcal).

Fresh, local fruit and vegetables in season are best and can be very good value. Eat a variety of coloured fruit and vegetables – green, yellow, orange, red and purple – in order to benefit from the variety of vitamins and minerals provided by each colour group. Include a vitamin C rich fruit each day, such as an orange or orange juice, strawberries or blackberries. Count fruit juice and smoothies as only one serving each day as they may be low in fibre.

WHOLEMEAL CEREALS AND BREADS, POTATOES, PASTA AND RICE



Foods on this shelf are the best energy providers for your body, so the more active you are the more you need.

Wholegrain breads, high fibre cereals – especially porridge, potatoes, wholewheat pasta and brown rice – satisfy hunger and are the best foods to fuel your body. These provide a slow release of energy. Be aware of the different energy values (kJ/kcal) – some types may contain more kJ/kcal than others.

The healthiest starchy foods are those that are high in fibre. For most starchy foods, there is a high-fibre version you can choose. So try out brown rice, wholemeal pasta and wholegrain bread instead of white rice, white pasta and white bread. Wholegrain breakfast cereals (including porridge) and baked potatoes eaten with their skins are great for fibre too.

MILK, YOGURT AND CHEESE



Milk, yogurt and cheese provide calcium, needed for healthy bones and teeth. Calcium is important during the teenage growth spurt and also for older adults. However foods on this shelf, especially full-fat cheese, can be high in saturated fat, so choose lower fat varieties where possible.

When choosing foods from this shelf, have milk and yogurt more often than cheese. If you prefer lower fat varieties of milk, remember it is not suitable for children under two. If dairy products have to be avoided, have calcium and vitamin D enriched soya products. Vitamin D helps you absorb calcium better. The Irish diet is low in vitamin D. Talk to your pharmacist or doctor about taking a supplement.

MEAT, POULTRY, FISH, EGGS, BEANS AND NUTS



Much of the protein in your diet comes from foods on this shelf. To maintain a healthy and varied diet, you should:

- Go for a variety of choices
- Choose lean meat, trim excess fat from meat and remove skin from poultry
- Limit processed meats such as bacon or ham, because these are usually high in fat and salt
- Have fish at least twice a week and oily fish at least once a week.

You do not need large amounts of meat and poultry to satisfy your nutritional needs.

Iron-rich foods such as red meat and egg yolks are important for children, teenagers and women. Have a vitamin C food or drink (such as orange juice) in the same meal with the iron-rich food to increase the amount of iron you absorb.

Pregnant and breastfeeding women should limit their consumption of tuna to no more than one serving a week.

Other good sources of protein are beans and peas when eaten with wholegrain breads, rice or pasta. They are also fat free. If you are a vegetarian and get your protein regularly from cheese, always choose lower fat varieties.

FATS, SPREADS AND OILS



Spreads and oils provide essential fats but these are only needed in very small amounts.

Choose lower fat and reduced fat spreads and oils such as rapeseed or olive oil (monounsaturated) instead of hard margarine, lard or butter. To have a low level of saturated fat, which is very important for your heart, you need to limit butter to once a week.

All oils contain the same amount of energy value (kJ/kcal), so measure out the oil. Don't just pour it onto the pan.

Mayonnaise and oil-based salad dressings also count towards your oil intake. Choose lower fat varieties where possible.

FOODS AND DRINKS HIGH IN FAT, SUGAR AND SALT



Foods that are high in fat, including saturated fat, sugar and salt, should be avoided. They may promote obesity, which can lead to heart disease, type 2 diabetes and some cancers. There are NO recommended servings for this group because they are not essential.

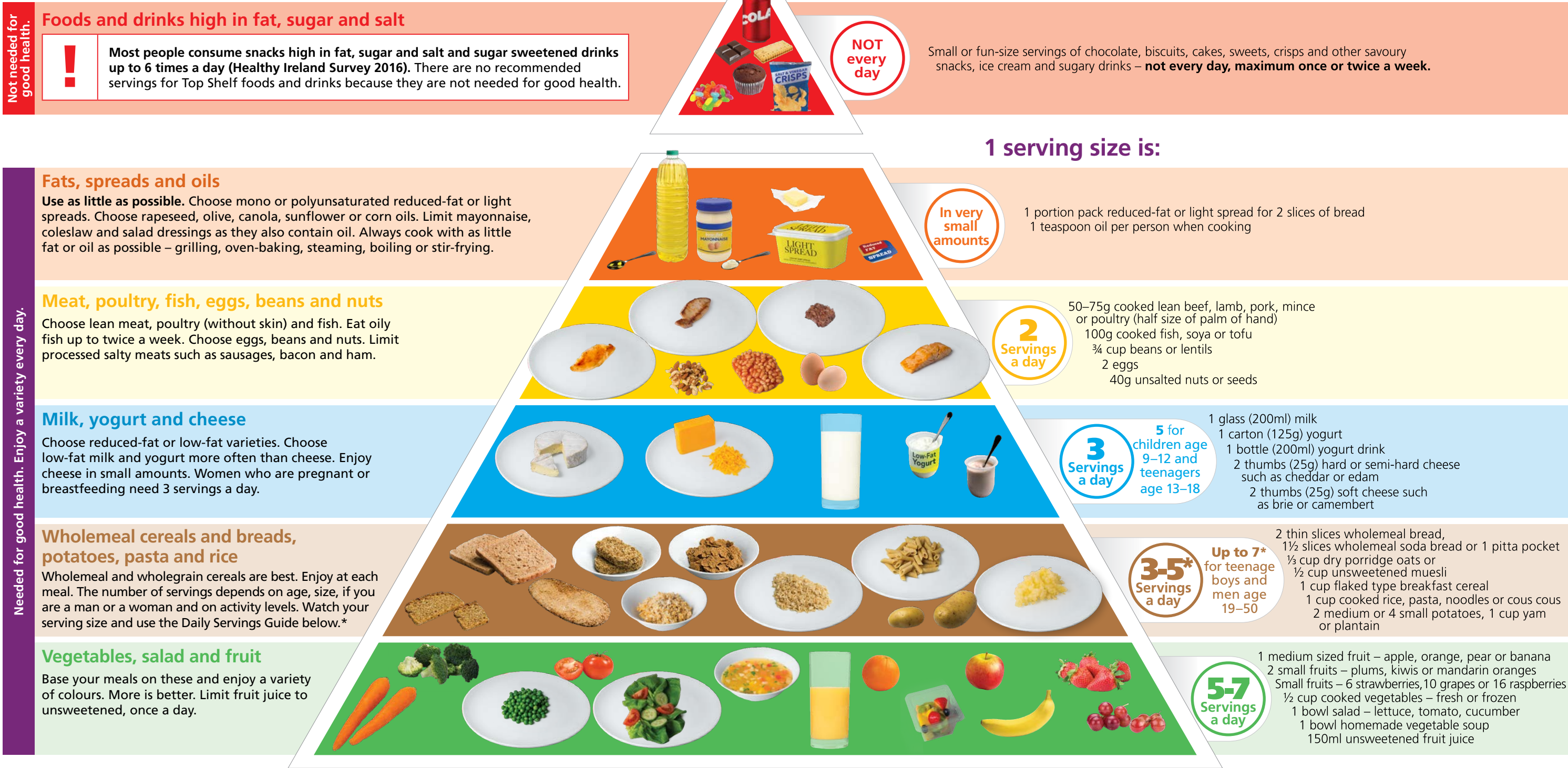
Start today and limit what you eat from this shelf - not everyday, maximum once or twice a week.

Don't be tempted to swap eating healthy foods so you can have more of these foods high in fat, sugar and salt. You need healthy foods in the serving sizes recommended to provide all your vitamins and minerals.

The Food Pyramid

For adults, teenagers and children aged five and over

www.healthyireland.ie



The Food Pyramid

For adults, teenagers and children aged five and over

Not needed for good health.

Foods and drinks high in fat, sugar and salt

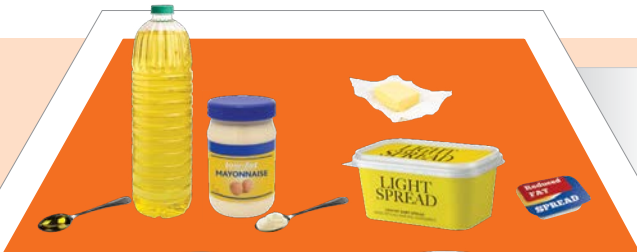


NOT every day

Most people consume snacks high in fat, sugar and salt and sugar sweetened drinks up to 6 times a day (Healthy Ireland Survey 2016). There are no recommended servings for Top Shelf foods and drinks because they are not needed for good health.

Needed for good health. Enjoy a variety every day.

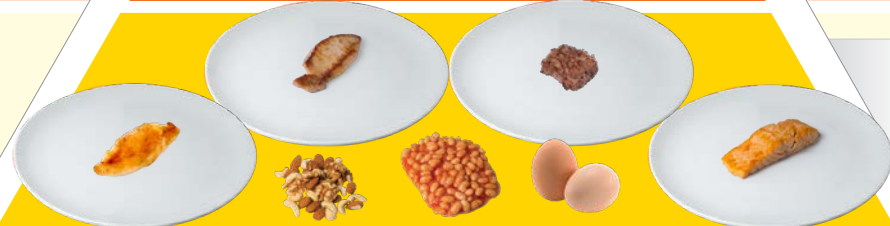
Fats, spreads and oils



In very small amounts

Use as little as possible. Choose mono or polyunsaturated reduced-fat or light spreads. Choose rapeseed, olive, canola, sunflower or corn oils. Limit mayonnaise, coleslaw and salad dressings as they also contain oil. Always cook with as little fat or oil as possible – grilling, oven-baking, steaming, boiling or stir-frying.

Meat, poultry, fish, eggs, beans and nuts



2 Servings a day

Choose lean meat, poultry (without skin) and fish. Eat oily fish up to twice a week. Choose eggs, beans and nuts. Limit processed salty meats such as sausages, bacon and ham.

Milk, yogurt and cheese



3 Servings a day

Choose reduced-fat or low-fat varieties. Choose low-fat milk and yogurt more often than cheese. Enjoy cheese in small amounts. Women who are pregnant or breastfeeding need 3 servings a day.

Wholemeal cereals and breads, potatoes, pasta and rice



3-5* Servings a day

Wholemeal and wholegrain cereals are best. Enjoy at each meal. The number of servings depends on age, size, if you are a man or a woman and on activity levels. Watch your serving size and use the Daily Servings Guide below.*

Vegetables, salad and fruit



5-7 Servings a day

Base your meals on these and enjoy a variety of colours. More is better. Limit fruit juice to unsweetened, once a day.

*Daily Servings Guide – wholemeal cereals and breads, potatoes, pasta and rice

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There is no guideline for inactive children as it is essential that all children are active.

Average daily calorie needs for all foods and drinks for adults

Active 2000kcal Inactive 1800kcal Active 2500kcal Inactive 2000kcal

Serving size guide

Cereals, cooked rice and pasta, and vegetables, salad and fruit
Use a 200ml disposable plastic cup to guide serving size.

Cheese
Use two thumbs, width and depth to guide serving size.

Meat, poultry, fish
The palm of the hand, width and depth without fingers and thumbs, shows how much you need in a day.

Reduced-fat spread
Portion packs found in cafes can guide the amount you use. One pack should be enough for two slices of bread.

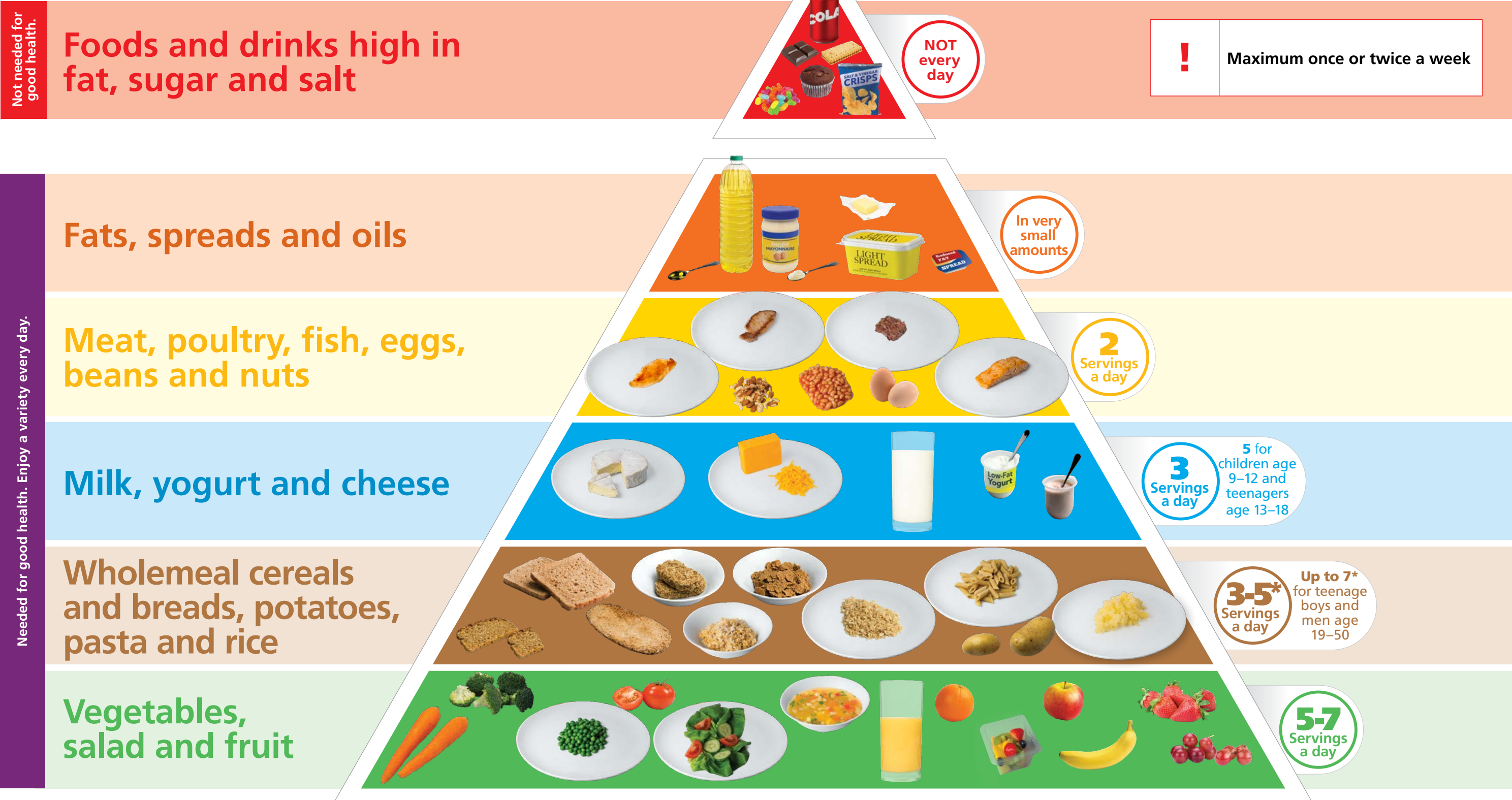
Oils
Use one teaspoon of oil per person when cooking or in salads.

Drink at least 8 cups of fluid a day – water is best

Get Active!
To maintain a healthy weight adults need at least 30 minutes a day of moderate activity on 5 days a week (or 150 minutes a week); children need to be active at a moderate to vigorous level for at least 60 minutes every day.

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There is no guideline for inactive children as it is essential that all children are active.



Drink at least 8 cups of fluid a day – water is best



Get Active!

To maintain a healthy weight adults need at least 30 minutes a day of moderate activity on 5 days a week (or 150 minutes a week); children need to be active at a moderate to vigorous level for at least 60 minutes every day.

INSTRUCTIONS AND ANSWERS: WHERE DOES IT BELONG? WORKSHEET 2

Module 1: Topic 1

Duration 10 minutes

Required Give each person a printout of the worksheet and a pen or pencil.

Learning outcomes Understand and be able to correctly sort food into the six groups in the Food Pyramid.

Preparation Show the group the image of the Food Pyramid. Explain:

- What the six food groups are
- The type of foods you find in each food group
- The importance of each food group in terms of a balanced diet.
- That there are no recommended servings for Top Shelf foods and drinks because they are not needed for good health.

Instructions Each person is given a worksheet that has a blank Food Pyramid. The worksheet shows images of or lists foods. They identify which food group each food belongs to.

Worksheet Answers

Foods and drinks high in fat, sugar and salt



Fats, spreads and oils



Meat, poultry, fish, eggs, beans and nuts



Milk, yogurt and cheese



Wholemeal cereals and breads, potatoes, pasta and rice



Vegetables, salad and fruit



Foods and drinks high in fat, sugar and salt

Sweets
Cake
Jam

Crisps
Chocolate

Fats, spreads and oils

Olive oil
Lower fat mayonnaise
Lower fat spread

Meat, poultry, fish, eggs, beans and nuts

Chicken
Eggs

Tuna
Lamb chops

Milk, yogurt and cheese

Milk
Yogurt

Cheese

Wholemeal cereals and breads, potatoes, pasta and rice

Rice

Bread

Vegetables, salad and fruit

Cabbage
Pure fruit juice
Sweetcorn

Tomatoes
Apple

Foods and drinks high in fat, sugar and salt

Sweets
Crisps
Jam

Chocolate

Fats, spreads and oils

Lower fat spread
Lower fat mayonnaise
Olive oil

Meat, poultry, fish, eggs, beans and nuts

Fish
Chicken
Minced beef

Lamb chops
Baked beans
Eggs

Milk, yogurt and cheese

Cheese
Yogurt

Milk

Wholemeal cereals and breads, potatoes, pasta and rice

Breakfast cereal
Bread

Pasta
Rice

Vegetables, salad and fruit

Sweetcorn
Pure fruit juice
Apples
Peas
Cabbage

Mushrooms
Bananas
Lettuce
Tomatoes

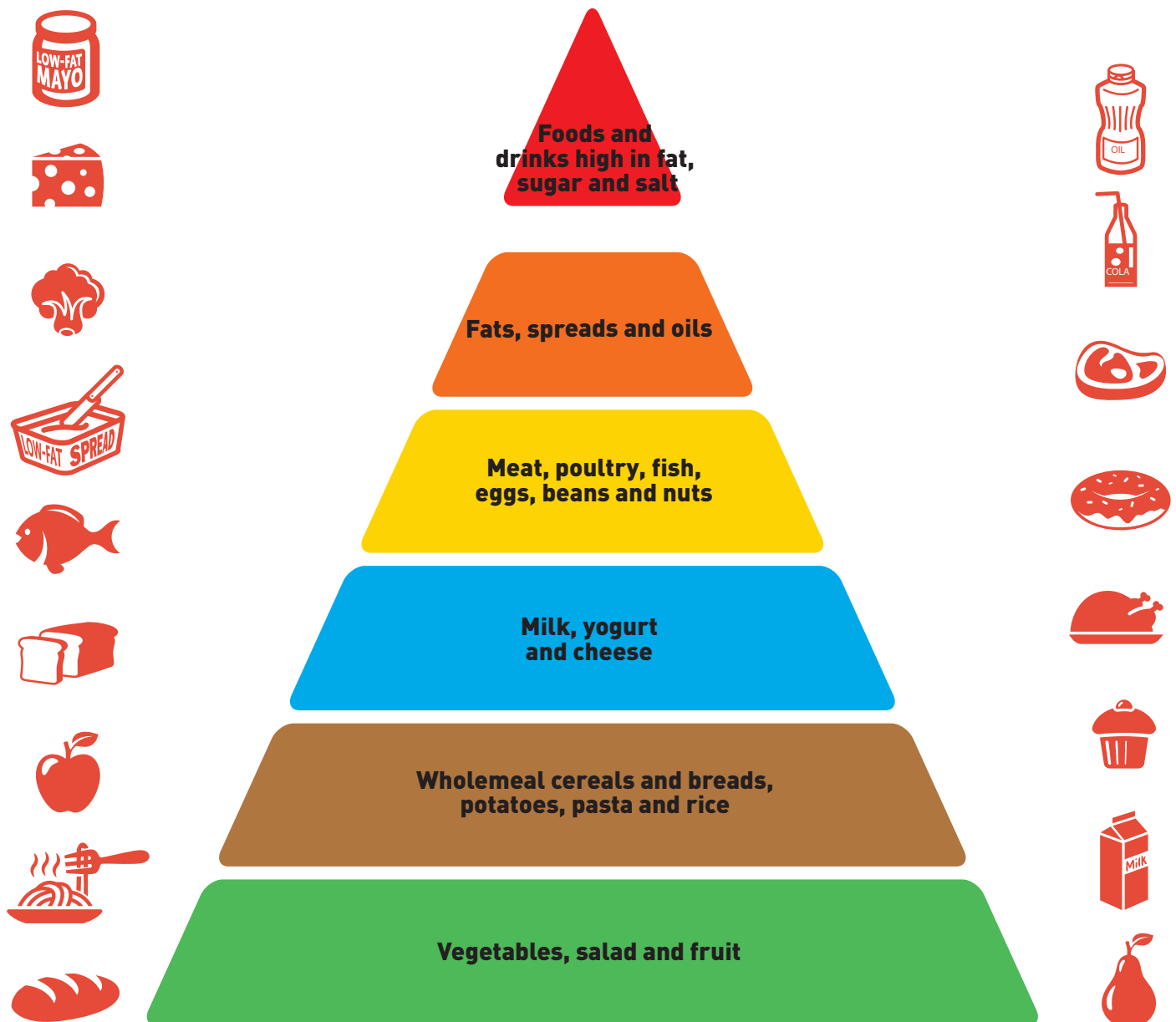
WORKSHEET 2 BASIC

WHERE DOES IT BELONG?

Module 1: Topic 1

Look at the images below.

Draw a line connecting each food shown to its food group segment on the Food Pyramid.



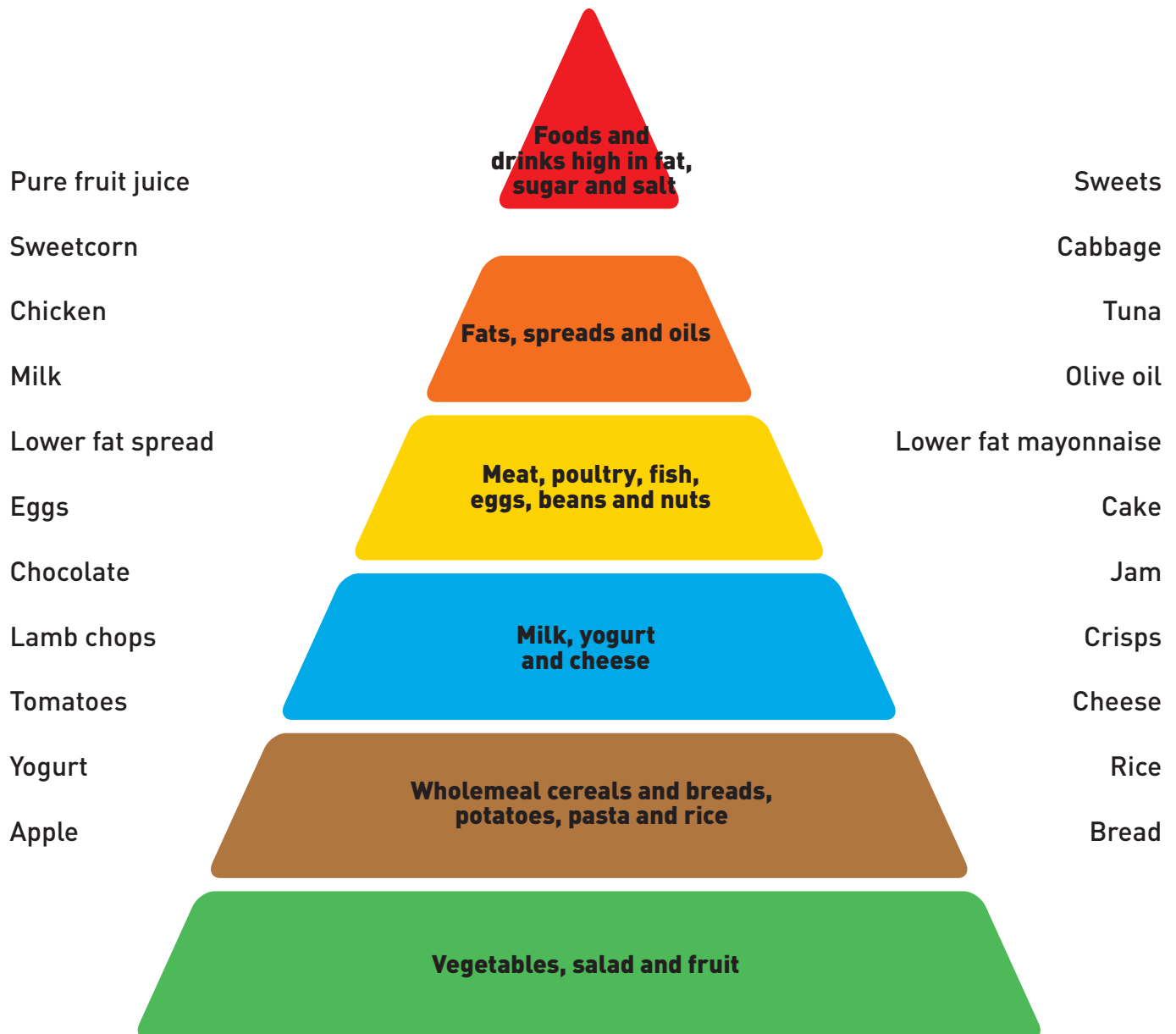
WORKSHEET 2 INTERMEDIATE

WHERE DOES IT BELONG?

Module 1: Topic 1

Look at the foods listed below.

Draw a line connecting each food shown to its food group segment on the Food Pyramid.

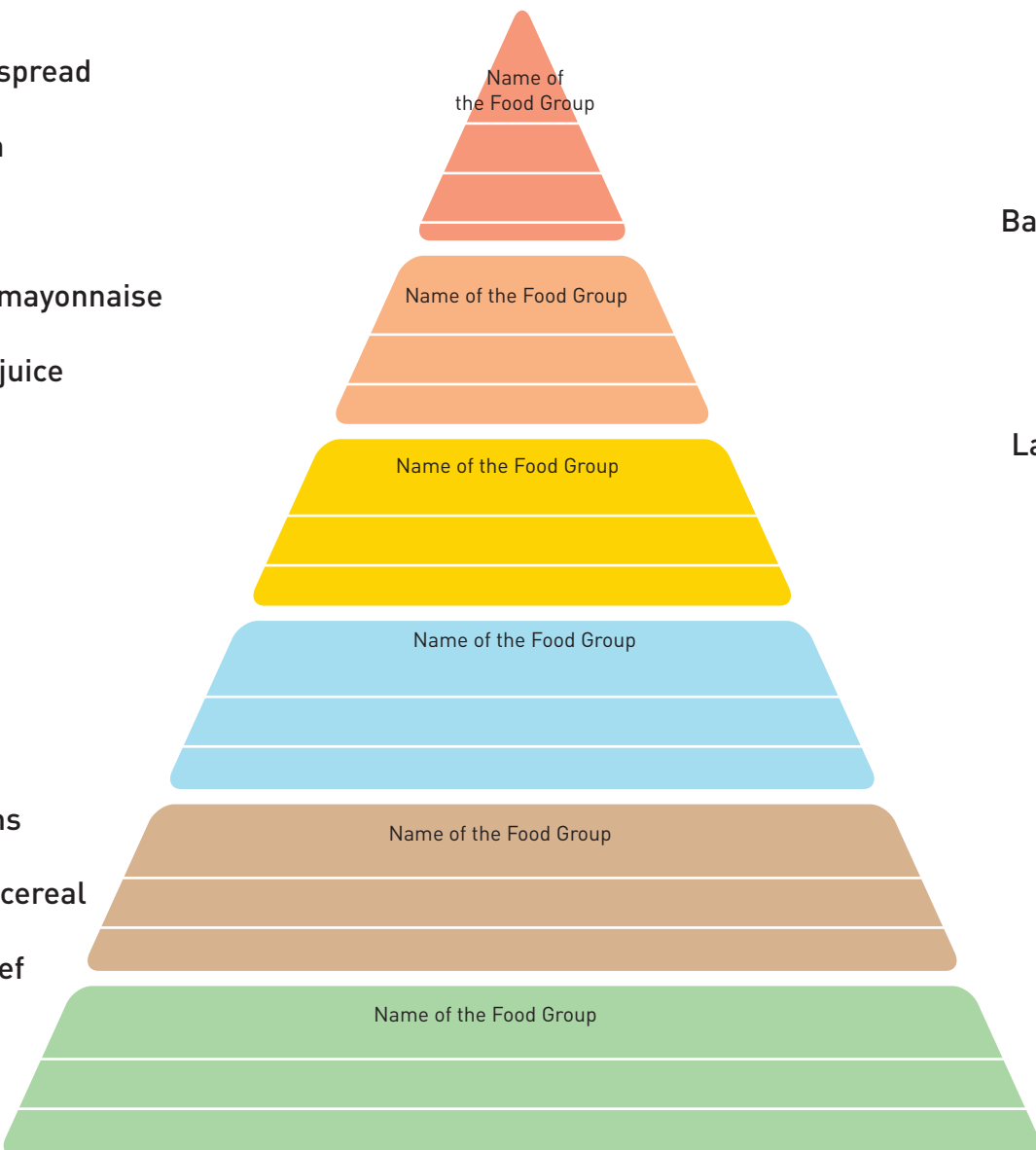


WORKSHEET 2 ADVANCED WHERE DOES IT BELONG?

Module 1: Topic 1

Look at the foods listed below.

Draw a line connecting each food shown to its food group segment on the Food Pyramid.

| | | |
|----------------------|---|-------------|
| Fish |  | Olive oil |
| Lower fat spread | | Bananas |
| Sweetcorn | | Lettuce |
| Chicken | | Baked beans |
| Lower fat mayonnaise | | Sweets |
| Pure fruit juice | | Yogurt |
| Crisps | | Lamb chops |
| Apples | | Bread |
| Cheese | | Tomatoes |
| Peas | | Rice |
| Eggs | | Milk |
| Mushrooms | | Jam |
| Breakfast cereal | | Cabbage |
| Minced beef | | Pasta |
| Chocolate | | |

INSTRUCTIONS AND ANSWERS: ODD ONE OUT WORKSHEET 1

Module 1: Topic 1

Duration

20 minutes

Required

Give each person a printout of the worksheet and a pen or pencil.

Learning outcomes

Understand and be able to correctly sort food into the six groups in the Food Pyramid.

Preparation

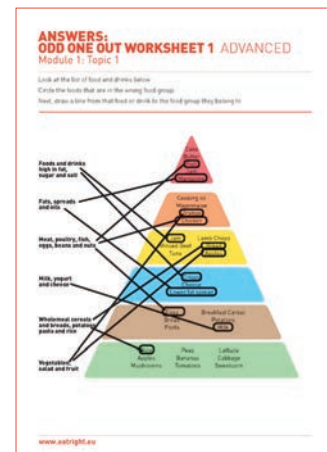
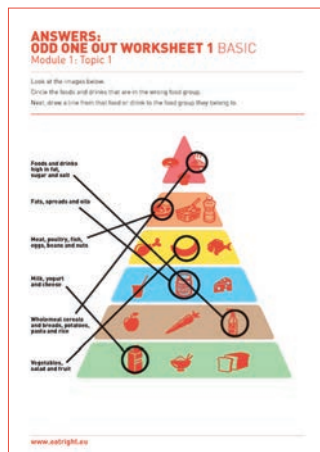
Show the group the image of the Food Pyramid. Explain:

- What the six food groups are.
- The type of foods you find in each food group.
- The importance of each food group in terms of a balanced diet
- That there are no recommended servings for Top Shelf foods and drinks because they are not needed for good health.

Instructions

Each person is given a worksheet that has a Food Pyramid. The worksheet shows images of or a list of foods. At basic and intermediate levels one food is in the wrong food group. The advanced level has a number of foods in the wrong food group. The participants are asked to identify which food is in the wrong food group and place it in the correct one.

Worksheet Answers



The cola belongs in the foods and drinks high in fat, sugar and salt group

The mayonnaise belongs in the fats, spreads and oils group

The steak belongs in the meat, poultry, fish, eggs, beans and nuts group

The milk belongs in the milk, yogurt and cheese group

The banana belongs in the vegetables, salad and fruit group

The pasta belongs in the wholemeal cereals and breads, potatoes, pasta and rice group

Chocolate belongs in the foods and drinks high in fat, sugar and salt group.

The mayonnaise belongs in the fats, spreads and oils group

Eggs belong in the meat, poultry, fish, eggs, beans and nuts group

Milk belongs in the milk, yogurt and cheese group

The apple belongs in the vegetables, salad and fruit group

Rice belongs in the wholemeal cereals and breads, potatoes, pasta and rice group

Jam and crisps belong in the foods and drinks high in fat, sugar and salt group

The margarine and lower fat spread belongs in the fats, spreads and oils group

Rice and bread belong in the wholemeal cereals and breads, potatoes, pasta and rice group

The apple and oranges belong in the vegetables, salad and fruit group

Fish, chicken and eggs belong in the meat, poultry, fish, eggs, beans and nuts group

Milk belongs in the milk, yogurt and cheese group

WORKSHEET 1 BASIC

ODD ONE OUT

Module 1: Topic 1

Look at the images below.

Circle the foods and drinks that are in the wrong food group.

Next, draw a line from that food or drink to the food group they belong to.

**Foods and drinks
high in fat,
sugar and salt**



Fats, spreads and oils



**Meat, poultry, fish,
eggs, beans and nuts**



**Milk, yogurt
and cheese**



**Wholemeal cereals
and breads, potatoes,
pasta and rice**



**Vegetables,
salad and fruit**



WORKSHEET 1 INTERMEDIATE

ODD ONE OUT

Module 1: Topic 1

Look at the list of food and drinks below

Circle the foods that are in the wrong food group.

Next, draw a line from that food or drink to the food group they belong to.

**Foods and drinks
high in fat,
sugar and salt**

Crisps
Jam
Milk

Fats, spreads and oils

Cooking oil
Margarine
Apple
Lower fat spread

**Meat, poultry, fish,
eggs, beans and nuts**

Rice
Fish
Minced Beef
Baked Beans

**Milk, yogurt
and cheese**

Milk
Yogurt
Cheese
Lower fat mayonnaise

**Wholemeal cereals
and breads, potatoes,
pasta and rice**

Breakfast Cereal
Bread

Chocolate
Pasta

**Vegetables,
salad and fruit**

Sweetcorn
Apples
Bananas

Tomatoes
Cabbage
Eggs

WORKSHEET 1 ADVANCED

ODD ONE OUT

Module 1: Topic 1

Look at the list of food and drinks below

Circle the foods that are in the wrong food group.

Next, draw a line from that food or drink to the food group they belong to.

**Foods and drinks
high in fat,
sugar and salt**

Cake
Butter
Fish
Jam
Margarine

Fats, spreads and oils

Cooking oil
Mayonnaise
Orange
Chicken

**Meat, poultry, fish,
eggs, beans and nuts**

Jam Lamb Chops
Minced Beef Bread
Tuna Apples

**Milk, yogurt
and cheese**

Crisps
Cheese
Lower fat spread

**Wholemeal cereals
and breads, potatoes,
pasta and rice**

Eggs Breakfast Cereal
Bread Potatoes
Pasta Milk

**Vegetables,
salad and fruit**

Rice Peas Lettuce
Apples Bananas Cabbage
Mushrooms Tomatoes Sweetcorn

INSTRUCTIONS AND ANSWERS: WHAT IS IT? QUIZ

Module 1: Topic 1

Duration 20 minutes

Required Give each team a printout of the quiz and a pen or pencil.

Learning outcomes Understand and be able to correctly sort food into the six groups in the Food Pyramid.

Preparation Show the group the image of the Food Pyramid. Explain:

- What the six food groups are
- The type of foods you find in each food group
- The importance of each food group in terms of a balanced diet.
- That there are no recommended servings for Top Shelf foods and drinks because they are not needed for good health.

Instructions Break the group in teams of three people. Each team is given a quiz sheet. You read from a list of 21 foods. They have to tick what food group each one belongs to.

Quiz Answers

ANSWERS: WHAT IS IT? QUIZ

Module 1: Topic 1

Tick which food group each food belongs to.

| | Foods and drinks high in fat, sugar and salt | Fats, spreads and oils | Meat, poultry, fish, eggs, beans and nuts | Milk, yogurt and cheese | Wholemeal cereals and breads, potatoes, pasta and rice | Vegetables, salad and fruit |
|----------------------|--|------------------------|---|-------------------------|--|-----------------------------|
| Sweetcorn | | | | | | ✓ |
| Chicken | | | ✓ | | | |
| Pure Fruit Juice | | | | | | ✓ |
| Apples | | | | | | ✓ |
| Lower fat mayonnaise | | ✓ | | | | |
| Milk | | | | ✓ | | |
| Breakfast Cereal | | | | | ✓ | |
| Crisps | ✓ | | | | | |
| Mushrooms | | | | | | ✓ |
| Bread | | | | | ✓ | |
| Eggs | | | ✓ | | | |
| Lower fat spread | | ✓ | | | | |
| Fish | | | ✓ | | | |
| Minced Beef | | | ✓ | | | |
| Peas | | | | | | ✓ |
| Chocolate | ✓ | | | | | |
| Baked Beans | | | ✓ | | | |
| Yogurt | | | | ✓ | | |
| Jam | ✓ | | | | | |
| Pasta | | | | | ✓ | |
| Cooking oil | | ✓ | | | | |

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WHAT IS IT? QUIZ

Module 1: Topic 1

Tick which food group each food belongs to.

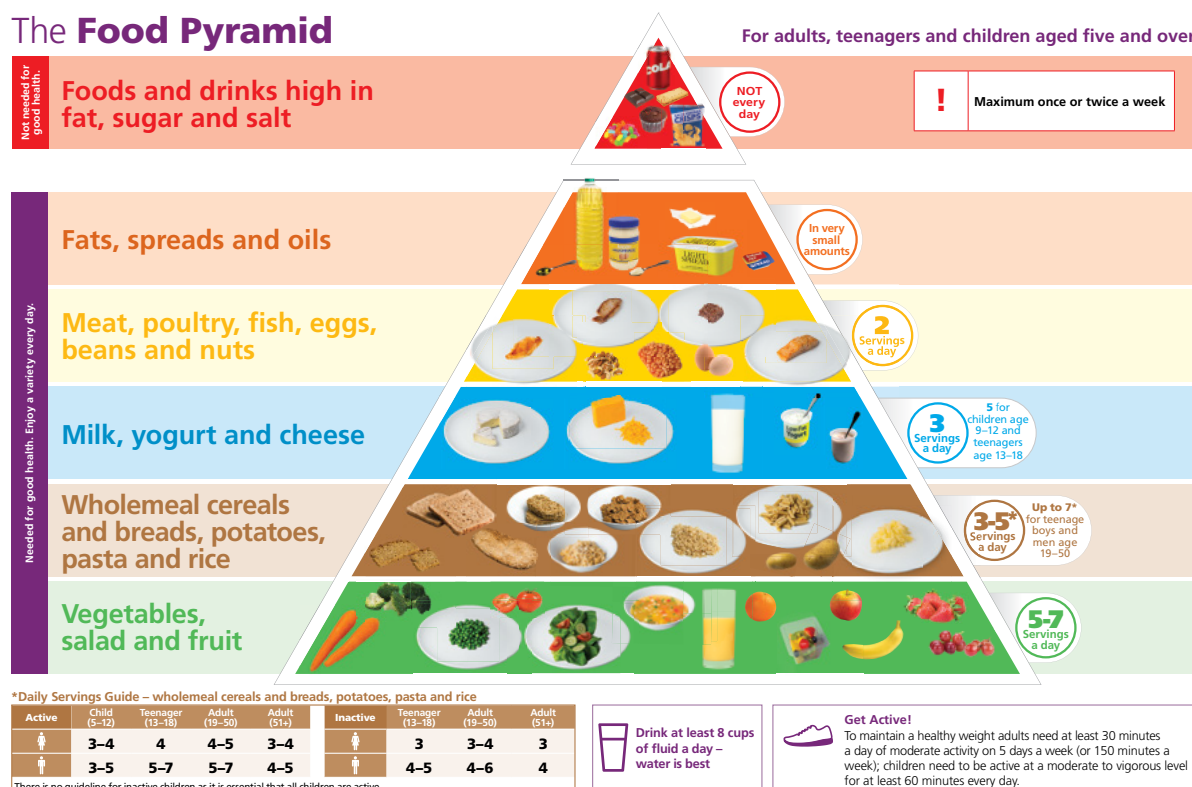
| | Foods and drinks high in fat, sugar and salt | Fats, spreads and oils | Meat, poultry, fish, eggs, beans and nuts | Milk, yogurt and cheese | Wholemeal cereals and breads, potatoes, pasta and rice | Vegetables, salad and fruit |
|----------------------|---|-------------------------------|--|--------------------------------|---|------------------------------------|
| Sweetcorn | | | | | | |
| Chicken | | | | | | |
| Pure Fruit Juice | | | | | | |
| Apples | | | | | | |
| Lower fat mayonnaise | | | | | | |
| Milk | | | | | | |
| Breakfast Cereal | | | | | | |
| Crisps | | | | | | |
| Mushrooms | | | | | | |
| Bread | | | | | | |
| Eggs | | | | | | |
| Lower fat spread | | | | | | |
| Fish | | | | | | |
| Minced Beef | | | | | | |
| Peas | | | | | | |
| Chocolate | | | | | | |
| Baked Beans | | | | | | |
| Yogurt | | | | | | |
| Jam | | | | | | |
| Pasta | | | | | | |
| Cooking oil | | | | | | |

INFORMATION SHEET WHAT YOUR BODY NEEDS

Module 1: Topic 2

Eating well is important for all of us. In the short term, it can help us to feel good, look our best and stay at a healthy weight. In the long term, a healthy, balanced diet can reduce the risk of heart disease, diabetes, osteoporosis and some cancers. But what exactly is a healthy, balanced diet?

The Food Pyramid



A healthy balanced diet requires a wide range of foods so that your body receives all the nutrients it needs. The practical tips in this information sheet cover the basics of healthy eating, and can help you make healthier choices using the food groups in the Food Pyramid. To eat a balanced diet, you need to combine several different types of foods – from each of the main food groups – in the right amounts so your body gets all the nutrients it needs while maintaining a healthy weight.

Eat lots of vegetables, salad and fruit

It's recommended that you eat at least five servings of different types of fruit and vegetables a day. It's easier than it sounds. A glass of 100% unsweetened fruit juice can count as one serving, and vegetables cooked as part of a dinner also count. Base your meals on vegetables, salad and fruit. Enjoy a variety of colours.

Eat a variety of starchy foods

Starchy foods include potatoes, cereals, pasta, rice and bread. Choose wholemeal varieties when you can – they contain more fibre, and can make you feel full for longer. Starchy foods should make up around one third of the foods you eat. You should try to include at least

one starchy food with each main meal. Some people think starchy foods are fattening, but gram for gram they contain fewer than half the Calories of fat.

Kilojoules and kilocalories are both measures (units) of the amount of energy in food. The correct term for what we commonly call 'calories' is kilojoules (kJ) or kilocalories (kcal).

Cut down on saturated fat and sugar

Most people consume snacks high in fat, sugar and salt and sugar sweetened drinks up to 6 times a day (Healthy Ireland Survey 2016). There are no recommended servings for Top Shelf foods and drinks because they are not needed for good health.

We all need some fat in our diet. But it's important to pay attention to the type of fat you're eating. There are two main types of fat – saturated and unsaturated. Too much saturated fat can increase the amount of cholesterol in the blood, which increases your risk of developing heart disease.

Most people eat too much sugar. Sugary foods and drinks are high in kJ/kcal, and can contribute to weight gain. They can also cause tooth decay, especially if eaten between meals.

VEGETABLES, SALAD AND FRUIT



How many servings should I have every day?

Choose any 5 or more servings each day – more is better.

What is a serving size?

The actual serving that you eat may be bigger or smaller than the servings listed in the Food Pyramid. For example, one plum would count as half a serving.

One serving of fruit is

| |
|------------------------------------|
| 1 apple, orange, pear or banana |
| 2 plums, kiwis or mandarin oranges |
| 6 strawberries |
| 10 grapes |
| 16 raspberries |
| 150ml unsweetened fruit juice |

One serving of vegetable is

| |
|--|
| ½ cup cooked vegetables |
| 1 bowl salad – lettuce, tomato, cucumber |
| 1 bowl homemade vegetable soup |





WHOLEMEAL CEREALS AND BREADS, POTATOES, PASTA AND RICE



How many servings should I have every day?

The number of servings depends on age, size, if you are a man or a woman and on activity levels. The average adult or young person needs 3–5 servings each day. Teenage boys and men aged 19–50 need up to 7 servings.

Daily Servings Guide – wholemeal cereals and breads, potatoes, pasta and rice

| Active | Child (5–12) | Teenager (13–18) | Adult (19–50) | Adult (51+) | Inactive | Teenager (13–18) | Adult (19–50) | Adult (51+) |
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|  | 3–4 | 4 | 4–5 | 3–4 |  | 3 | 3–4 | 3 |
|  | 3–5 | 5–7 | 5–7 | 4–5 |  | 4–5 | 4–6 | 4 |

There is no guideline for inactive children as it is essential that all children are active.

What is a serving size of potatoes or rice?

An easy way to remember the serving size is that a serving of rice or potatoes is the size of a tennis ball.



The actual serving that you eat may be bigger or smaller than the servings listed in the Food Pyramid. For example, a sandwich with two slices of bread counts as two servings. Other choices like one pitta pocket, one tortilla wrap, one small bagel, one small scone and one small French bread roll count as two servings.

One serving is

| | |
|---|--|
| 2 thin slices wholemeal bread, 1½ slices wholemeal soda bread or 1 pitta pocket | 1 cup cooked rice, pasta, noodles or cous cous |
| ⅓ cup dry porridge oats or ½ cup unsweetened muesli | 2 medium or 4 small potatoes |
| 1 cup flaked type breakfast cereal | 1 cup yam or plantain |

MILK, YOGURT AND CHEESE



How many servings should I have every day?

Choose any 3 servings each day. Children aged 9-12 and teenagers aged 13-18 need 5 servings each day. Women who are pregnant or breastfeeding need 3 servings each day.

What is a serving?

The actual serving that you eat may be bigger or smaller than the servings listed in the Food Pyramid. For example, 50g of cheddar cheese would count as 2 servings.

What is a serving size of cheese?

An easy way to remember the serving size is that a serving of cheese is the size of 2 thumbs.



One serving is

| | |
|-------------------------------|--|
| 1 glass (200ml) milk | 2 thumbs (25g) soft cheese such as brie or camembert |
| 1 carton (125g) yogurt | 2 thumbs (25g) of hard or semi-hard cheese such as cheddar or edam |
| 1 bottle (200ml) yogurt drink | |

MEAT, POULTRY, FISH, EGGS, BEANS AND NUTS



How many servings should I have every day?

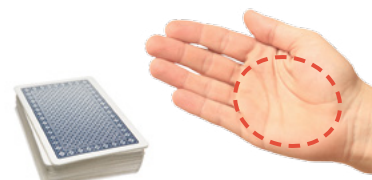
Choose any two servings each day.

What is a serving?

The actual serving that you eat may be bigger or smaller than the servings listed in the Food Pyramid. For example, one egg would count as half a serving, but 150g/6oz of meat would count as two servings.

What is a serving size of meat or poultry?

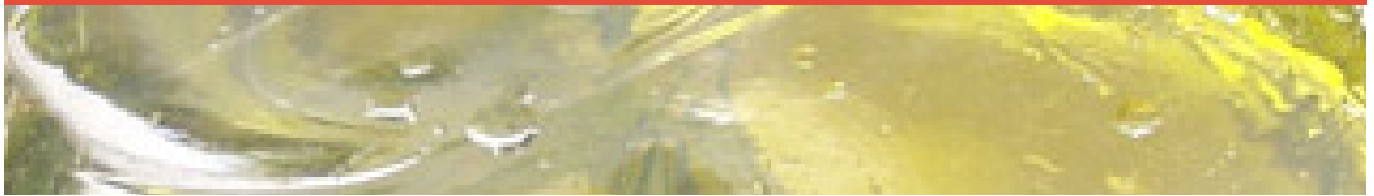
An easy way to remember the serving size is that a serving of meat is the size of a deck of cards. The width and depth of an adult's palm of hand (minus the finger and thumb) shows how much meat, fish and/or poultry you need for the day. It is the equivalent of 100–150g/4–6oz of cooked meat or 200g/8oz of fish which is two servings, this is your daily allowance. Most of this can be used for your main meal with the remainder for your light meal.



One serving is

| | |
|---|----------------------------|
| 50–75g cooked (half size of palm of hand) lean beef, lamb, pork, mince or poultry | 2 eggs |
| | ¾ cup beans or lentils |
| 100g cooked fish, soya or tofu | 40g unsalted nuts or seeds |

FATS, SPREADS AND OILS



How many servings should I have every day?

Use as little as possible.

What is a serving?

All oils contain the same amount of kJ/kcal, so measure out the oil. Don't just pour it onto the pan. Try to limit butter to small amounts on special occasions.

One serving is:

| |
|---|
| 1 portion pack of reduced-fat or light spread for 2 slices of bread |
| 1 teaspoon of rapeseed, olive, canola, sunflower or corn oil per person |

If having full fat spreads or margarine, you should use less, so use one heaped teaspoon spread very thinly to cover three slices of bread. Mayonnaise and oil-based salad dressings also count towards your oil intake. Choose lower fat options.

FOODS AND DRINKS HIGH IN FAT, SUGAR AND SALT



How many servings should I have every day?

There are NO recommended servings for this group because they are not needed for good health.

Don't be tempted to swap eating healthy foods so you can have more of these foods high in fat, sugar and salt.

You need healthy foods in the serving sizes recommended to provide all of your vitamins and minerals.

Check the label for kJ/kcal and if you add sugar to your tea, coffee or breakfast cereal, gradually reduce the amount you add until it's little or none.

What is a serving?

Small or fun sized servings of chocolate, biscuits, cakes, sweets, crisps and other savoury snacks, ice cream and sugary drinks – **not every day, maximum once or twice a week.**

HOW MANY SERVINGS SHOULD WE HAVE EACH DAY?

NOT EVERY DAY

Foods and drinks high in fat, sugar and salt

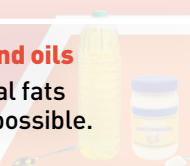
There are no recommended servings for Top Shelf foods and drinks because they are not needed for good health.



IN VERY SMALL AMOUNTS

Fats, spreads and oils

Provide essential fats
Use as little as possible.



2

Meat, poultry, fish, eggs, beans and nuts

Provide protein, vitamins and minerals



3

Milk, yogurt and cheese

Provide protein and calcium

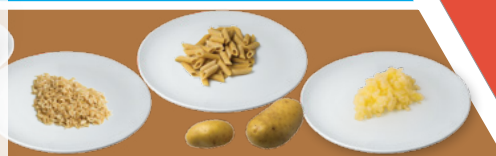


3-5*

Up to 7* for teenage boys and men age 19-50

Wholemeal cereals and breads, potatoes, pasta and rice

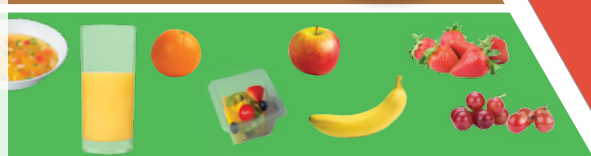
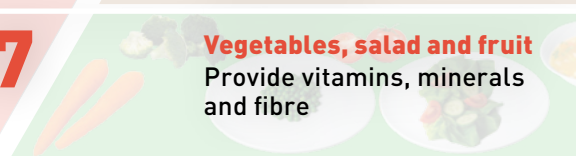
Provide energy, fibre, vitamins and minerals



5-7

Vegetables, salad and fruit

Provide vitamins, minerals and fibre



*Daily Servings Guide – wholemeal cereals and breads, potatoes, pasta and rice

| Active | Child (5-12) | Teenager (13-18) | Adult (19-50) | Adult (51+) | Inactive | Teenager (13-18) | Adult (19-50) | Adult (51+) |
|--------|--------------|------------------|---------------|-------------|----------|------------------|---------------|-------------|
| | 3-4 | 4 | 4-5 | 3-4 | | 3 | 3-4 | 3 |
| | 3-5 | 5-7 | 5-7 | 4-5 | | 4-5 | 4-6 | 4 |

There is no guideline for inactive children as it is essential that all children are active.

Tips for serving sizes

1. Include a variety of different fruit and vegetables in your diet and try to have at least one or two servings with every meal or perhaps have some fruit as a snack.
2. Try to include the right serving amount from the meat, poultry, fish, eggs, beans and nuts twice a day.
3. Choose adequate calcium sources, aiming for three servings of milk, cheese or yogurt a day – choose lower fat varieties where possible.
4. Choose a variety starchy foods every day. Try using brown rice and wholewheat pasta.

WHAT IS A SERVING?

FOODS AND DRINKS HIGH IN FAT, SUGAR AND SALT

There are no recommended servings for top shelf food and drinks because they are not needed for good health.

Small or fun sized servings of chocolate, biscuits, cakes, sweets, crisps and other savoury snacks, ice cream and sugary drinks – not every day, maximum once or twice a week.



FATS, SPREADS AND OILS

1 serving size is:

1 portion pack of reduced-fat or light spread for 2 slices of bread

1 teaspoon of rapeseed, olive, canola, sunflower or corn oil per person



MEAT, POULTRY, FISH, EGGS, BEANS AND NUTS

1 serving size is:

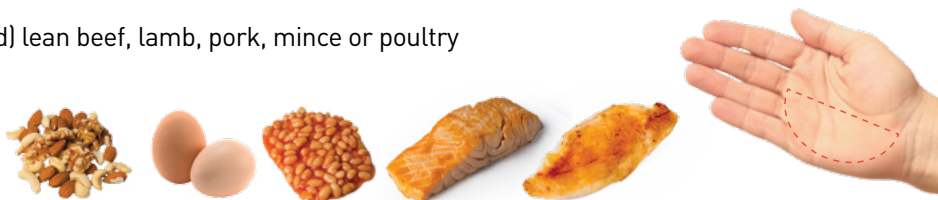
50–75g cooked (half size of palm of hand) lean beef, lamb, pork, mince or poultry

100g cooked fish, soya or tofu

¾ cup beans or lentils

2 eggs

40g unsalted nuts or seeds



MILK, YOGURT AND CHEESE

1 serving size is:

1 glass (200ml) milk

1 carton (125g) yogurt

1 bottle (200ml) yogurt drink

2 thumbs (25g) of hard or semi-hard cheese such as cheddar or edam

2 thumbs (25g) soft cheese such as brie or camembert



WHOLEMEAL CEREALS AND BREADS, POTATOES, PASTA AND RICE

1 serving size is:

2 thin slices wholemeal bread, 1½ slices wholemeal soda bread or 1 pitta pocket

⅓ cup dry porridge oats or ½ cup unsweetened muesli

1 cup flaked type breakfast cereal

1 cup cooked rice, pasta, noodles or cous cous

2 medium or 4 small potatoes, 1 cup yam or plantain



VEGETABLES, SALAD AND FRUIT

1 serving size is:

1 apple, orange, pear or banana

2 plums, kiwis or mandarin oranges

6 strawberries

10 grapes

16 raspberries

½ cup cooked vegetables – fresh or frozen

1 bowl salad – lettuce, tomato, cucumber

1 bowl homemade vegetable soup

150ml unsweetened fruit juice



INFORMATION SHEET

JUMPSTART YOUR DAY WITH BREAKFAST

Module 1: Topic 3



GET READY FOR THE DAY THE BEST WAY –

Breakfast literally means ‘breaking the fast’ as you have had no food. You have fasted from the day before. Breakfast helps top up the energy stores you use up during the night whilst your body repairs and renews itself. It also gives you mental and physical energy for your morning activities, whether at work, school, home or out and about.

Breakfast is said to be the most important meal of the day, yet up to one-third of us regularly miss this essential meal. Many of us are time pressured in the morning, but with a little planning you can find a breakfast choice to suit your lifestyle.

Is breakfast really important?

Yes. Apart from providing energy to kick start your day, a healthy breakfast provides essential goodness or ‘nutrients’ that the body needs, such as fibre, vitamins and iron.

Research has shown that people who eat breakfast have more balanced diets than those who skip it, are less likely to be overweight, lose weight more successfully if overweight and have reduced risk of certain diseases such as cardiovascular disease and diabetes.

Eating breakfast may also help to improve mental performance, concentration and mood – three more good reasons to eat something in the morning

Breakfast is good for you because it:

- Provides glucose to your brain, making you mentally alert
- Can help reduce your cholesterol levels (depending on what you eat, of course)
- Gives you vital nutrients and vitamins

- Jumpstarts your metabolism (how quickly your body burns energy), which is slow after relative inactivity at night
- Makes you more alert
- Helps you to concentrate
- Helps keep your energy levels up.

Some people skip breakfast because they think it will help them lose weight. But research shows that eating breakfast can help you to maintain a healthy body weight. It may seem like an easy way to avoid Calories*, but skipping breakfast is not recommended as a way to lose weight. Eating at breakfast time makes you less likely to snack on high Calorie foods mid-morning or to overeat at lunchtime.

Missing breakfast may result in snacking on less healthy foods later on in the morning without necessarily catching up on essential nutrients. When you miss breakfast, your blood sugar levels, as well as other nutrient levels, drop, making you sluggish and tired. By missing out, you’re more likely to go for a chocolate bar.

* Kilojoules and kiloCalories are both measures (units) of the amount of energy in food. The correct term for what we commonly call ‘Calories’ is kiloCalories (kcal). Most food labels will show the energy value in both kilojoules (kJ) and kiloCalories

What makes a healthy breakfast?

Breakfast should provide about 20–25% of your daily nutritional requirements. Evidence suggests that it's not just about having any breakfast, it's about having a healthy breakfast.

A healthy breakfast provides a good variety and balance of foods. A healthy breakfast provides some of the vitamins and minerals you need for good health.

For a healthy breakfast, try to include each of the following every day:

- Base your breakfast around a starchy food, for example, breakfast cereal, toast, other breads. Choose wholegrain varieties rather than sugary options. Have a good serving of, for example, a low sugar, high fibre breakfast cereal such as porridge, bread, toast, pancakes or bagels.
- Include some fruit, for example, a glass of unsweetened fruit juice, or dried or chopped fruit on your cereal or toast. You could even add tomatoes to a cooked breakfast.
- Try having yogurt or milk and choose lower fat varieties where possible as full-fat versions are much higher in saturated fat. Lower fat varieties provide the same amount of calcium and other nutrients with fewer kJ/kcal.
- Remember to include a drink. Water, milk, pure fruit juice, tea and coffee all supply vital fluids. Use lower fat varieties of milk where possible and ask for 'skinny' coffee/latte/cappuccino when out and about. Being well hydrated also helps you to concentrate better.
- Use as little as possible of lower fat spreads and try lower fat monounsaturated or polyunsaturated spreads where possible.

At the weekend when you might have more time:

- Have a hard-boiled egg served with toast. Eggs are an excellent source of protein.
- Try a healthy cooked breakfast with egg (poached, boiled or scrambled instead of frying in fat), baked beans and lean bacon.

TIPS FOR HEALTHIER BREAKFASTS

BREAKFAST CEREALS

Nutrition information

Breakfast cereals are a great way to start the day. Not only are they a good source of energy, they contain vitamins, minerals and fibre too. Breakfast cereals provide energy and some have important vitamins and minerals like iron added (these will say 'fortified with').

SERVING TIPS

1. Choose porridge or breakfast cereals that are low in salt and sugar and that have no added honey or chocolate coating.
2. If you can, choose a breakfast cereal that contains wholegrains.
3. Choose cereals that are fortified with iron and Vitamin D if you can.
4. If you don't like higher fibre cereal, why not try half and half.
5. Have different cereals on different days so you don't get bored.
6. Try adding fruit to breakfast cereal to sweeten it.
7. Try mixing plain cereals with wholegrain cereals.
8. Serve your cereal with a lower fat variety of milk or yogurt where possible. Do not use lower fat varieties of milk for children under two years of age.
9. If you add salt to your porridge, try to get out of the habit. Add a few dried apricots or a sliced banana for extra flavour.



DAIRY AND ALTERNATIVES

Nutrition information

Try to have some milk and dairy food (or dairy alternatives) – such as cheese and fromage frais. These are good sources of protein and vitamins, and they're also an important source of calcium, which helps to keep our bones strong. Some dairy food can be high in fat and saturated fat, but there are plenty of lower-fat options to choose from.

Go for lower fat and lower sugar products where possible. For example, why not try 1% fat milk which contains about half the fat of semi-skimmed milk without a noticeable change in taste or texture? Or reduced fat cheese which is also widely available. Or you could have just a smaller amount of the full-fat varieties less often. When buying dairy alternatives, go for unsweetened, calcium-fortified versions.

SERVING TIPS

Good ways to include milk and dairy foods at breakfast include:

- Adding milk to cereals
- Milk in smoothies
- Yogurt
- Plain milk
- Cheese toasties.

Choose lower fat varieties where possible.

BREADS AND CEREALS

Nutrition information

Breads provide a source of fibre and carbohydrates. Choose higher-fibre, wholegrain varieties when you can by buying wholegrain breads and breakfast cereals.

SERVING TIPS

1. Choose wholemeal bread or breads which are a 50:50 mix of wholemeal and white.
2. Try toasted bagels, scones or soda bread to add variety.
3. Eat a selection of breads, on different days, such as wholemeal, granary, white bread, rolls, baps, bagels, potato bread, soda or wheaten bread.
4. Use just a small amount of lower fat variety of spread where possible and some jam or marmalade.
5. Choose a spread that is high in polyunsaturates or monounsaturates (both types of unsaturated fat), instead of one that is high in saturated fat, such as butter. Having unsaturated fat instead of saturated fat can help to lower your cholesterol.

Did you know?

Starchy foods help you avoid feeling hungry and provide energy to keep you going until lunch.

FRUIT AND VEGETABLES

Nutrition information

Lots of people know we should be eating more fruit and veg, but most of us still aren't eating enough. Fruit and veg should make up just over a third of the food we eat each day. Aim to eat at least five portions of a variety of fruit and veg each day. Aim to eat at least five portions of a variety of fruit and veg each day. If you count how many portions you're having, it might help you increase the amount and variety of fruit and veg you eat. Choose from fresh, frozen, canned, dried or juiced.

A portion is 80g or any of these:

- 1 apple, banana, pear, orange or other similar-size fruit
- 3 heaped tablespoons of vegetables
- a dessert bowl of salad,
- 30g of dried fruit (counts as a maximum of one portion a day)
- 150ml glass of fruit juice or smoothie (counts as a maximum of one portion a day)

Put slices of banana on your toast, or add chunks of apple, berries or dried fruit to your cereal.

SERVING TIPS

1. Think of different ways to serve fruit. Be creative – try making fruit kebabs or design a leaf out of fruit slices. It's easy to walk by a fruit bowl but if you make fruit eye-catching and fun, it's more likely to be eaten.
2. A fresh fruit platter of exotic fruits can encourage you to try new fruits.
3. Smoothies made with fresh fruit are an excellent way of having fruit. If you have time, you could make it the night before and store it in the fridge, or prepare all the ingredients ready to buzz in a blender in the morning. Use fresh fruit, such as bananas or strawberries, and lower fat varieties of yogurt or milk where possible. Try adding some wholegrain cereal for extra fibre. Or puree a few canned apricot halves with some orange juice.
4. Try serving canned apricots or pineapple in natural juice, dried fruit (for example, raisins, sultanas, apricots) apples, bananas and satsumas.
5. Wash down your breakfast with some fruit juice – this will count as one of your fruit and vegetable servings, as long as it's 100% juice. A glass (150ml) of fruit juice counts as a maximum of one serving a day.



WATCH OUT FOR FOODS HIGH IN FAT, SALT AND SUGARS

Fruit juice

Make sure that your fruit juice contains 100% unsweetened pure fruit juice.

Check the carton label – if a product is labelled as 'fruit drink', 'juice drink' or 'fruit juice drink' this means that sugar and water have been added.

Spreads & toppings

Read the food labels.

Choose reduced sugar jam or marmalade.

Choose lower fat varieties of spreads or soft cheese.

Adding sugar

Avoid adding sugar to cereals and porridge. This includes honey and brown sugar, which are all additional sugar.

Salt

Salt should not be added to food during cooking and should not be made available at the table.



SHORT OF TIME – FAST BREAKFAST IDEAS

If you're really short of time in the mornings, you don't have to miss out. Here are some tips on how you can still fit in a healthy breakfast.

What you can prepare at home

1. Try making a packed breakfast the night before and put it in the fridge. You could have a cheese sandwich made with a wholemeal roll, spread and a small wedge of cheese. Choose lower fat varieties of spreads and cheese where possible.
2. Keep a stock of foods that are quick to grab on your way out in the morning, such as apples, pears, satsumas and bananas, mini bags of dried fruit and nuts, cartons of fruit juice and slices of fruit bread.
3. Try making a big fruit salad for dessert after your evening meal; then you can save what's left in a plastic box and take it with you in the morning.
4. If you are short of time in the mornings, pre-soak porridge the night before and quickly cook it in the microwave in the morning.

Breakfast on the go

There are lots of healthy foods and drinks you can buy but bear in mind they can be high in fat, salt and/or sugar so remember to check the label before buying.

1. A smoothie is a delicious way to get one of your five-a-day. There are lots of varieties so you can try different smoothies every day.
2. Yogurts and yogurt drinks come in different flavours, so you can choose new flavours or enjoy your favourite every time. Choose lower fat varieties where possible.
3. Fruit pots are an easy way to get some of your five-a-day.
4. Grab a piece of fruit – bananas, apples, oranges are easy to eat on the go.
5. Crackers and breakfast bars – just watch out for the fat, salt and sugar content.



INFORMATION SHEET TASTY HEALTHY BREAKFAST RECIPES

Module 1: Topic 3



A healthy breakfast provides a good variety and balance of foods. A healthy breakfast provides some of the vitamins and minerals you need for good health. Here are some ideas to try, from porridge to boiled eggs, including how to make a healthy fry-up.

Breakfast cereals

There's a range of breakfast cereals available. Try to avoid sugar-coated varieties, and choose ones that are high in fibre and low in fat. Add a lower fat variety of milk where possible and top with a banana or other piece of fruit. Alternatively, you could have a glass of unsweetened fruit juice.

Porridge

A steaming bowl of porridge is one of the best ways to start the day. It's also a slow release food, which means it gradually raises your blood sugar levels (plenty of energy).

TRADITIONAL PORRIDGE

SERVES 1 ADULT

Porridge is a quick and easy breakfast. If you haven't tried porridge in years or if you have memories of a grey, solid lump in a bowl, it's worth trying it again using this recipe. Even hardened porridge haters like it.

Serving Suggestion

Chop strawberries into your porridge or add a handful of frozen summer berries like raspberries or blackberries, or add sunflower seeds.

INGREDIENTS

- 40g/1½oz of porridge oats
- 240ml/8½fl oz of milk – choose lower fat varieties where possible.
- 1 teaspoon of honey

METHOD

1. Put porridge oats and milk in a saucepan, non-stick if you have one, and gradually bring to the boil.
2. Once it has come to the boil, turn it down and simmer for 5–10 minutes depending on how tender you like your oats.
3. Stir it occasionally.
4. If gets too thick, just add an extra drop of milk or water.
5. If you want to microwave the porridge, just follow the instructions on the pack and add the honey at the end.



THE 'ELVIS' BREAKFAST BAGEL

SERVES 1 ADULT

This tasty breakfast is quick and easy to prepare.

INGREDIENTS

- Plain bagel
- Sliced banana
- Peanut butter
- Clear honey

METHOD

1. Toast the bagel
2. Spread with peanut butter
3. Add chopped banana
4. Drizzle with honey



Things to do with an egg

Cooking eggs properly

Foods that are made with raw eggs and then not cooked, or only lightly cooked, can cause food poisoning. This is because any bacteria in the eggs won't be destroyed. As a healthy adult, it is your right to choose whether you eat raw or lightly cooked eggs.

It is advised, however, that for anyone who is ill or pregnant, eggs should only be eaten when they are well cooked, i.e. until the white and yolk are solid.

If you cook eggs until both the white and yolk are solid, this will destroy any bacteria. If you are cooking a dish containing eggs, make sure you cook it until the food is piping hot all the way through.

BOILED EGG, TOAST AND BANANA

SERVES 1 ADULT

Boiling is a great alternative to frying.

INGREDIENTS

- 2 medium eggs
- 1 banana
- Wholegrain toast (1 slice)

METHOD

1. Start the day with a boiled egg, toast and a banana. Place eggs in a small pan. Cover with cold water and place the pan on a high heat.
2. When the water is almost boiling, gently stir the eggs and time for whichever type of egg you prefer: 4 minutes for slightly set yolk and set white and up to 7 minutes for firmly hard boiled.
3. Reduce heat slightly to keep water bubbling but not fast boiling and stir the eggs once more. Serve with wholegrain toast and a banana.



POACHED EGGS

SERVES 3 ADULTS

Poaching is a great alternative to frying. It is quick and easy and provides the same great taste and none of the added fat, making it a healthy breakfast.

Serving Suggestion

Serve with wholegrain toast

INGREDIENTS

- 3 medium eggs
- 1 dessertspoon of vinegar
- 250ml/½ pint of water
- Salt and pepper to taste

METHOD

1. Put the water into a saucepan or frying pan, add vinegar and bring to the boil
2. Break the eggs into the boiling water
3. Simmer gently until the eggs are set, this takes about 2–3 minutes
4. Season to taste.



SCRAMBLED EGGS ON TOAST WITH BAKED TOMATOES

SERVES 3 ADULTS

Suitable for vegetarians.

Scrambled eggs are such a quick, easy and tasty breakfast and are high in protein and flavour!

INGREDIENTS

- 2 eggs
- 2 tablespoons milk – choose lower fat varieties where possible. (optional)
- Knob of butter
- 4–5 baby tomatoes
- Pepper to season

METHOD

1. Add however many tomatoes you want onto an ovenproof plate and bake at 175°C for 10 minutes (or until the tomatoes split).
2. While the tomatoes are baking, beat the eggs together and add some pepper.
3. Add the milk for a softer texture. In a small pan, melt the butter over a medium heat. When it starts to sizzle, add the egg mixture and stir with a wooden spoon.
4. Continue to stir the egg for 1–2 minutes, scraping the egg off the bottom of the pan as it starts to set.
5. When most of the egg has set, remove the pan from the heat and continue to stir for about 30 seconds until the egg is totally scrambled.
6. Serve with hot wholegrain toast.



HEALTHY NON FRY-UP

SERVES 1 ADULT

The secret to a good (non) fry is to cook the food in the right order, cooking that which takes the longest first. So start by grilling your bacon, drain and keep warm.

Serving Suggestion

Enjoy with a cup of tea to start your morning off right!

INGREDIENTS

- 2 pieces of bacon
- 1 egg
- ½ can of baked beans or baked tomatoes
- Half punnet mushrooms
- Thick crusty bread

METHOD

1. Grill lean bacon, poach the eggs and include baked beans, grilled/baked tomatoes and mushrooms cooked without fat, and serve it all up with thick crusty bread. You'll have yourself a delicious cooked breakfast that is also nicely balanced.
2. To poach your egg, put the water into a saucepan or frying pan, add vinegar and bring to the boil
3. Break the eggs into the boiling water
4. Simmer gently until the eggs are set, this takes about 2–3 minutes.



OMELETTE

SERVES 1 ADULT

If more than one omelette is required, increase the eggs and onion. Fry the mixture and complete cooking under the grill.

Serving Suggestion

Serve with toast.

INGREDIENTS

- 2 eggs
- 1 dessertspoon oil
- Pinch of salt if desired
- Pepper
- 1 small onion, finely chopped
- 2 dessertspoons of water or milk – choose lower fat varieties where possible

METHOD

1. Heat the oil in a frying pan and fry the onion gently until it is cooked.
2. Beat the eggs, add the water or milk, salt and pepper and pour into the pan over the onion.
3. Spread the mixture around the frying pan and cook until the eggs are set and come away from the edge of the frying pan.
4. Turn the omelette carefully to cook on the other side.



INSTRUCTIONS AND ANSWERS: WHAT'S A HEALTHY BREAKFAST? WORKSHEET 1

Module 1: Topic 3

Duration

20 minutes

Required

Give each person a printout of the worksheet and a pen or pencil.

Learning outcomes

Understand that a number of different foods and drinks are consumed at breakfast and that some are healthier than others.

Preparation

Discuss with the group why breakfast is important. Explain that the type of food and drink we consume affects our energy and concentration. Discuss the different types of food you can consume and the different ways they can be prepared. Can they give examples of healthy breakfasts and not-so-healthy breakfasts?

Instructions







There are three different levels provided. Give each person the worksheet most suitable to their skills and knowledge base. The basic level asks them to identify the healthier food option based on everyday foods. The intermediate level asks them to select healthier options and to identify healthier cooking methods. The advanced level gives a list of food and drinks. They are asked to pick from the list to make two healthy breakfasts – one for when they are in a hurry and one cooked breakfast.

Basic

ANSWERS: WHAT'S A HEALTHY BREAKFAST? WORKSHEET 1 BASIC Module 1: Topic 3

Look at the foods and drinks shown below. They are all types of food or drink you can have at breakfast. Tick which food or drink is healthier.

Fast breakfast at home

| | | |
|---|----|--|
|  Chocolate cereal | OR |  Cornflakes |
|  Slice of white bread | OR |  Slice of wholegrain bread |
|  Full-fat butter | OR |  Lower fat variety of spread |

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Intermediate

ANSWERS: WHAT'S A HEALTHY BREAKFAST? WORKSHEET 1 INTERMEDIATE Module 1: Topic 3

Answer the questions below in the answer areas provided

1. What's the healthier choice for breakfast? Tick one answer for each

| | | | | |
|--------------------------|-------------------------------------|----|------------------------|-------------------------------------|
| Crisps and a fizzy drink | <input type="checkbox"/> | OR | Toast and a cup of tea | <input checked="" type="checkbox"/> |
| Boiled egg | <input checked="" type="checkbox"/> | OR | Fried egg | <input type="checkbox"/> |
| Bar of chocolate | <input type="checkbox"/> | OR | Slice of bread | <input checked="" type="checkbox"/> |

2. Name three types of bread

3. What is the healthiest of the three breads you named? Why is it the healthiest?

4. Give two examples of how you can cook an egg.

5. How can you cook eggs without using any fat or oils?

6. What one food swap can you make to have a healthier breakfast?

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Advanced

ANSWERS: WHAT'S A HEALTHY BREAKFAST? WORKSHEET 1 ADVANCED Module 1: Topic 3

Make up healthy breakfasts using the foods and drinks listed below

| Foods | | Drinks |
|---------------------|------------------------|-----------------------|
| Apple | Baked beans | Water |
| Sugar coated cereal | Tomatoes | 100% pure fruit juice |
| Wholegrain cereal | Banana | Fruit juice |
| White bread | Grapefruit | Coffee |
| Wholegrain bread | Bacon | Milk |
| Eggs | Yogurt | Tea |
| Jam | Butter or dairy spread | Fizzy drink |
| Sausages | Cheese | Energy drink |

Breakfast on the go!

You are in a rush so have no time to toast bread or cook eggs. What would make a tasty healthy breakfast?

Choose four items from the ingredients list and explain why they provide a healthy, balanced breakfast.

I would choose

Because

Some like it hot!

You've loads of time, it's freezing cold outside and you feel like warming up with a hearty healthy breakfast. What foods would you choose and how would you cook them? Explain why the cooking methods are healthier.

I would choose

I would cook by

This is healthier because

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WORKSHEET 1 BASIC

WHAT'S A HEALTHY BREAKFAST?

Module 1: Topic 3

Look at the foods and drinks shown below. They are all types of food or drink you can have at breakfast. Tick which food or drink is healthier.

Fast breakfast at home



Chocolate cereal

☐

OR

☐

Cornflakes



Slice of white bread

☐

OR

☐

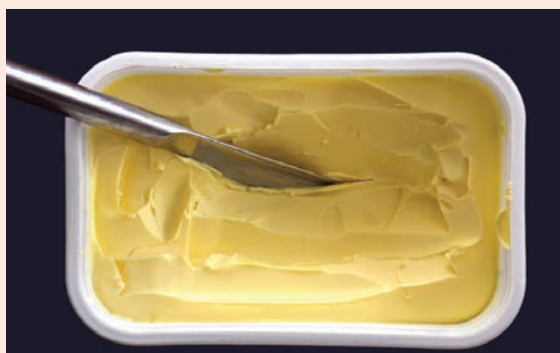
Slice of wholegrain bread



Full fat butter

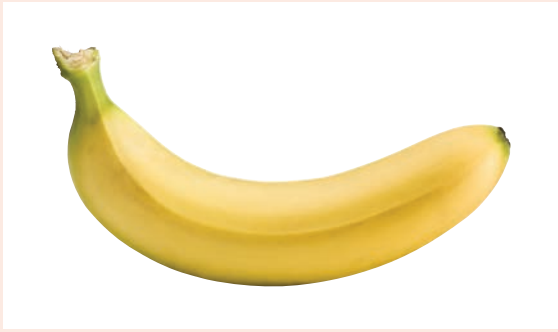
☐

OR

☐

Lower fat variety of spread

Breakfast on the go



Banana

☐

OR

☐

Chocolate bar



Fizzy drink

☐

OR

☐

Orange juice

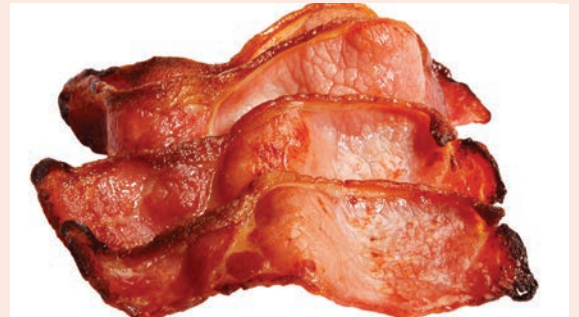
Hot breakfast at home



Fried bacon

☐

OR

☐

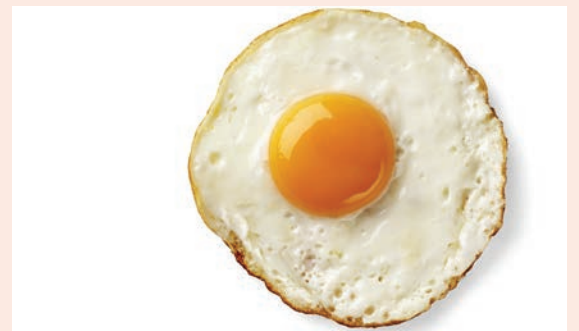
Grilled bacon



Boiled egg

☐

OR

☐

Fried egg

WORKSHEET 1 INTERMEDIATE

WHAT'S A HEALTHY BREAKFAST?

Module 1: Topic 3

Answer the questions below in the answer areas provided

1. What's the healthier choice for breakfast? Tick one answer for each

| | | | | |
|--------------------------|--------------------------|----|------------------------|--------------------------|
| Crisps and a fizzy drink | <input type="checkbox"/> | OR | Toast and a cup of tea | <input type="checkbox"/> |
| Boiled egg | <input type="checkbox"/> | OR | Fried egg | <input type="checkbox"/> |
| Bar of chocolate | <input type="checkbox"/> | OR | Slice of bread | <input type="checkbox"/> |

2. Name three types of bread

3. What is the healthiest of the three breads you named? Why is it the healthiest?

4. Give two examples of how you can cook an egg.

5. How can you cook eggs without using any fat or oils?

6. What one food swap can you make to have a healthier breakfast?

WORKSHEET 1 ADVANCED

WHAT'S A HEALTHY BREAKFAST?

Module 1: Topic 3

Make up healthy breakfasts using the foods and drinks listed below

Foods

| | |
|---------------------|------------------------|
| Apple | Baked beans |
| Sugar coated cereal | Tomatoes |
| Wholegrain cereal | Banana |
| White bread | Grapefruit |
| Wholegrain bread | Bacon |
| Eggs | Yogurt |
| Jam | Butter or dairy spread |
| Sausages | Cheese |

Drinks

| |
|-----------------------|
| Water |
| 100% pure fruit juice |
| Fruit juice |
| Coffee |
| Milk |
| Tea |
| Fizzy drink |
| Energy drink |

Breakfast on the go!

You are in a rush so have no time to toast bread or cook eggs. What would make a tasty healthy breakfast? Choose four items from the ingredients list and explain why they provide a healthy, balanced breakfast.

I would choose

Because

| | |
|--|--|
| | |
| | |
| | |
| | |
| | |

Some like it hot!

You've loads of time, it's freezing cold outside and you feel like warming up with a hearty healthy breakfast. What foods would you choose and how would you cook them? Explain why the cooking methods are healthier.

I would choose

I would cook by

This is healthier because

| | | |
|--|--|--|
| | | |
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INSTRUCTIONS: HOW WE START THE DAY SURVEY

Module 1: Topic 3

| | |
|--------------------------|--|
| Duration | 4 X 40 minutes – see details below on session content. |
| Required | Flipchart, printout of survey sheet, arts materials. |
| Learning outcomes | Understand that people eat a variety of foods for breakfast and that some breakfasts are healthier than others. |
| Preparation | Review the information sheet focusing on why it is important to have a breakfast and the different types of food you can eat at breakfast. Discuss with the group. |
| Instructions | <p>Session 1 – create the survey</p> <p>Ask if they eat breakfast every day. Next ask what their favourite breakfast is – write the answers on the flip chart. Ask what they think most people in the centre have for breakfast – what's the most popular food? What's the most popular drink? Write all the answers on the flip chart. Next ask them what foods or drinks make healthy breakfasts. Ask them to compare the healthy suggestions to the answers written on the board. Talk about conducting the survey – do they think there will be any surprises? They can survey staff, each other and people working or attending the centre. Download the survey template.</p> <p>Session 2 – conduct the survey</p> <p>Print copies of the survey. Respondents are asked three simple questions.</p> <ol style="list-style-type: none">1. Did they have breakfast that morning?2. What is their favourite food to eat for breakfast?3. What is their favourite drink to have for breakfast? <p>Record the answers.</p> <p>Session 3 – collate the results</p> <p>Results are collated and graphs are created. You can create pie charts or bar charts using different colours to show the number of people eating and skipping breakfast, and the four favourite foods and drinks.</p> <p>Session 4 – discussion and poster design</p> <p>The survey results can be used to stimulate further discussions – did anything surprise them in the results? Do they think people need to change their breakfast habits? If yes, what can they change? The graphs can be used to create a poster to display in the eating area or kitchen – How we start the day.</p> |

HOW WE START THE DAY SURVEY

Module 1: Topic 3

Question 1

Did you have breakfast this morning?

Put a tick in the yes or no column to record the answer

| Yes | No |
|-----|----|
| | |

Question 2

What is your favourite food to eat for breakfast?

Write the answers in the box

| | |
|--|--|
| | |
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| | |

Question 3

What is your favourite drink to have for breakfast?

Write the answers in the box

| | |
|--|--|
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INSTRUCTIONS: START THE DAY THE RIGHT WAY DISCUSSION

Module 1: Topic 3

Duration 40 minutes

Required Flip chart and a copy of the breakfast survey if undertaken

Learning outcomes Identify one change they can make to start the day with a healthier breakfast – a food swap or making time for breakfast

Preparation Use the responses to the eating or skipping breakfast question in the survey to get the conversation started. If the survey was not undertaken, ask the group if they usually have or skip breakfast. Put the responses on the flip chart. Or ask them to guess what percentage of people regularly skip breakfast. Then reveal this information

A Cancer Research UK survey in 2008 found that:

- **nearly half of 16–24 year olds miss breakfast at least twice a week**
 - **85% of under 25s admitted to snacking on fatty and sugary foods such as crisps, biscuits, cakes and sweets for breakfast**
-

Instructions

Start by asking:

- Why do they think so many people skip breakfast?
- Do they normally eat breakfast?
- Do they notice a difference in their mood or energy if they skip breakfast?
- What about at the weekends? Do they eat breakfast then?
- Do they think having breakfast is important?
- What's their favourite breakfast food?
- Do they eat on the way to the centre? If so why?
- What do they think is a healthy breakfast?

Write their answers to the healthy breakfast question on the flip chart. Now ask them to repeat what they normally eat for breakfast. Write the responses on the chart.

Ask them to identify one swap they could make – water instead of fizzy drink, toast instead of a chocolate bar or crisps – to have a healthier breakfast.

INSTRUCTIONS: BREAKFASTS AROUND THE WORLD

Module 1: Topic 3

| | |
|-------------------|--|
| Duration | 2 x 40 minutes |
| | The first session is to conduct online research and report findings; the second session is to create a poster showing the foods typically eaten for breakfast in different countries. |
| Required | Access to a computer to conduct online research, flip chart, paper, pens or pencils, art materials, images of different breakfasts from around the world. |
| Learning outcomes | Understand that different types of breakfasts are eaten by people around the world. Assess if the foods provide a healthy balanced start to the day. |
| Preparation | Show the group images of different breakfasts from around the world. Ask them which country they think the breakfasts come from. Do they think they are healthy or not? Which breakfast do they think is the healthiest? |
| Instructions | <p>Session 1</p> <p>Split the group into teams of two. Each team is given a country to investigate. You can link this to events such as football competitions. Randomly select countries or let them choose their own, making sure there is no overlap.</p> <p>Each team has to search online for examples of typical breakfasts in the country they have been assigned. Encourage them to download images and take notes.</p> <p>At the end of the session, stimulate discussion by asking each team to tell what they discovered. Encourage them to have a bit of fun – ‘is what other people eat weird?’ Can they think why people in different countries like different foods? What country do they think has the healthiest breakfast? What country has the least healthy breakfast? How do the breakfasts compare to their breakfast?</p> <p>Session 2</p> <p>Each team creates a poster, showing the typical breakfast in the country they researched. Posters can be displayed in the eating area.</p> |

INSTRUCTIONS: BREAKFASTS GO GLOBAL*

Module 1: Topic 3

| | |
|--------------------------|--|
| Duration | 2 x 40 minutes |
| | The first session is to choose a country and plan the menu. The second session is for cooking and eating. |
| Required | Access to a computer to conduct online research, flip chart, paper, pens or pencils. |
| Learning outcomes | Understand the different types of breakfasts people eat around the world and eat a new food or type of breakfast. |
| Preparation | Discuss with the group what they discovered during the 'breakfasts around the world' activity. What did they think was the tastiest breakfast? What would they like to try? Suggest creating a breakfast like one of those they discovered. Or if they are unwilling to try something completely new, introduce something simple like a piece of fruit. |
| Instructions | <p>Session 1</p> <p>Select the country. Help the group identify what foods they need to buy/prepare by finding and downloading recipes.</p> <p>Plan the shopping, preparation and cooking. Involve the group in all stages of the planning and preparation. As different ingredients or foods are selected, ask if they have tried them before, what they know about the food, what type of food it is.</p> <p>Session 2</p> <p>Buy and store the ingredients or foods needed.</p> <p>Assign the cooking, table laying, cleaning up tasks.</p> <p>Prepare the kitchen, cook, eat, enjoy, clean up!</p> |

* ONLY SUITABLE FOR CENTRES WITH
APPROPRIATE CATERING/KITCHEN
FACILITIES AND AVAILABLE BUDGET

INSTRUCTIONS: HOW MANY BREAKFASTS? GAME

Module 1: Topic 3

Duration 1 x 40 minutes

Required Printouts of game sheet, pen or pencil.

Learning outcomes Understand how different ingredients and foods create healthy breakfast options.

Preparation Discuss with the group that a healthy breakfast starts simply – by remembering to eat in the first place! Explain why breakfast is important. Next discuss the different types of food and drink people have for breakfast and what is recommended.

Instructions Break the group into teams of three. Provide each team with the list of food and drinks.

Ask them to come up with as many ideas for breakfast using those foods. Remind them that a food like an egg can be cooked in lots of different ways and that each suggestion counts. Each breakfast must include at least two items from the list.

Foods

| | |
|---------------------|------------------------|
| Apple | Baked beans |
| Sugar-coated cereal | Tomatoes |
| Wholegrain cereal | Banana |
| White bread | Grapefruit |
| Bagel | Bacon |
| Eggs | Yogurt |
| Jam | Butter or dairy spread |
| Sausages | Cheese |

Drinks

| |
|-------------|
| Water |
| Smoothie |
| Fruit juice |
| Coffee |
| Milk |
| Tea |

GAME HOW MANY BREAKFASTS?

Module 1: Topic 3

Look at the list of foods and drinks below. See how many breakfast ideas you can come up with using at least TWO of the ingredients.

| Foods | | Drinks |
|---------------------|------------------------|-------------|
| Apple | Baked beans | Water |
| Sugar coated cereal | Tomatoes | Smoothie |
| Wholegrain cereal | Banana | Fruit juice |
| White bread | Grapefruit | Coffee |
| Bagel | Bacon | Milk |
| Eggs | Yogurt | Tea |
| Jam | Butter or dairy spread | |
| Sausages | Cheese | |

Your ideas

INFORMATION SHEET PREPARING AND COOKING MEALS USING THE FOOD PYRAMID

Module 1: Topic 4

The Food Pyramid makes healthy eating easier to understand by giving a visual representation of the types and proportions of foods needed for a healthy and well balanced diet.

The Food Pyramid shows how much of what you eat should come from each food group. This includes everything you eat during the day, including snacks. There are no 'good' or 'bad' foods – it is the overall balance of the diet that is important.

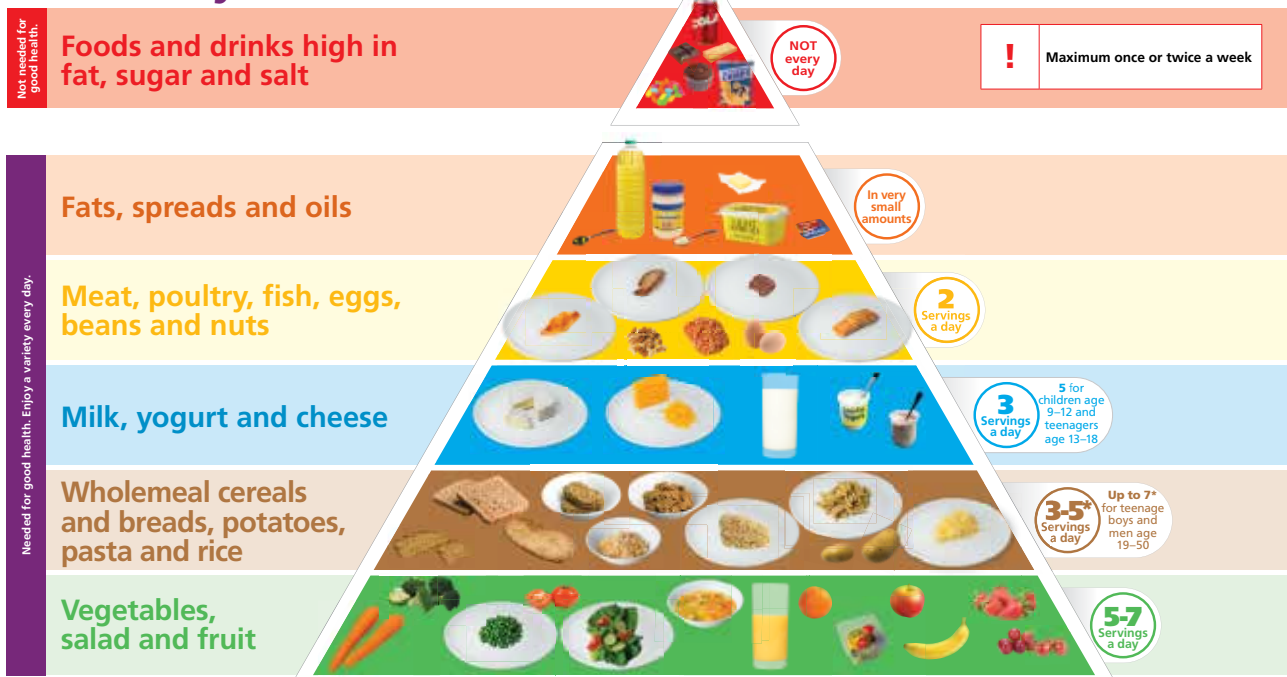
Healthy Food for Life

www.healthyireland.ie



The Food Pyramid

For adults, teenagers and children aged five and over



*Daily Servings Guide – wholemeal cereals and breads, potatoes, pasta and rice

| Active | Child (5-12) | Teenager (13-18) | Adult (19-50) | Adult (51+) | Inactive | Teenager (13-18) | Adult (19-50) | Adult (51+) |
|--------|--------------|------------------|---------------|-------------|----------|------------------|---------------|-------------|
| | 3-4 | 4 | 4-5 | 3-4 | | 3 | 3-4 | 3 |
| | 3-5 | 5-7 | 5-7 | 4-5 | | 4-5 | 4-6 | 4 |

There is no guideline for inactive children as it is essential that all children are active.

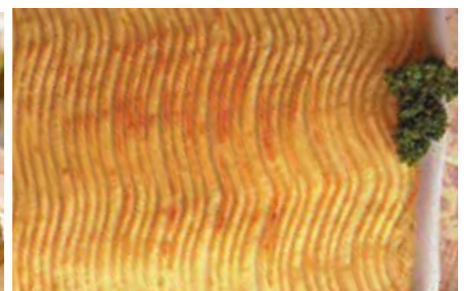
Source: Department of Health, December 2016.

Drink at least 8 cups of fluid a day – water is best






Get Active!

To maintain a healthy weight adults need at least 30 minutes a day of moderate activity on 5 days a week (or 150 minutes a week); children need to be active at a moderate to vigorous level for at least 60 minutes every day.



The Food Pyramid is based on the six food groups, as follows:

| VEGETABLES, SALAD AND FRUIT  | |
|---|---|
| What's included? All fruit and vegetables, including apples, pears, oranges, bananas, grapes, strawberries, mango, pineapple, raisins, broccoli, courgettes, cabbage, peas, sweet corn, lettuce, tomatoes and carrots. | Tips <ol style="list-style-type: none">1. Eat as many different types of fruit and vegetables as you can.2. Always keep fruit with you to snack on when you are hungry.3. Keep some frozen vegetables in the freezer so you don't run out.4. When you're cooking or serving fruit and vegetables, avoid:<ul style="list-style-type: none">• Adding fat or rich sauces, for example, carrots glazed with butter or parsnips roasted in a lot of fat.• Adding sugar or syrupy dressings, for example, stewed apple with sugar or chocolate sauce on banana). |
| What to do <ol style="list-style-type: none">1. Eat plenty of fruit and vegetables.2. All fruit and vegetables, including apples, pears, oranges, bananas, grapes, strawberries, mango, pineapple, raisins, broccoli, courgettes, cabbage, peas, sweet corn, lettuce, tomatoes and carrots. | |
| WHOLEMEAL CEREALS AND BREADS, POTATOES, PASTA AND RICE  | |
| What's included? Bread – including soda bread, baguettes, bagels, flour tortilla, rye bread, pitta bread and chapatti – rice, potatoes, breakfast cereals, oats, pasta, noodles, maize, cornmeal, polenta, millet, spelt, couscous, bulgur wheat, pearl barley, yams and plantains. | Tips <ol style="list-style-type: none">1. Check the labels on different types of bread and choose the one lower in salt.2. Compare different breakfast cereals and choose the ones lower in salt and sugar.3. If you're having chips, try oven chip instead of deep fried.4. Choose thick cut chips instead of skinny thin cut chips.5. Eat potatoes with their skins on for more fibre.6. When you're cooking or serving starchy food, avoid:<ul style="list-style-type: none">• Adding too much fat, for example, spreading too much butter, margarine or spread on bread). One small pat of butter/spread is more than enough for one slice of bread, but try to make it do for two slices.• Add tomato-based sauce rather than rich sauces and dressings, for example, cream or cheese sauce on pasta. |
| What to do <ol style="list-style-type: none">1. Eat plenty of bread, rice, potatoes, pasta and other starchy foods every day.2. Choose wholemeal varieties when you can. They contain carbohydrates, fibre, iron and vitamins. They're real 'superfoods' that take care of your digestive system. These are the foods that release energy slowly into the body throughout the day and keep us going between meals. Try foods such as wholegrain breakfast cereals, wholegrain bread, wholewheat pasta and brown rice instead of the white varieties (bread, pasta or rice). | |
| MILK, YOGURT AND CHEESE  | |
| What's included? Milk, cheese, butter, margarine, yogurt, fromage frais, cottage cheese, cream cheese, quark. | Tips <ol style="list-style-type: none">1. Switch to lower fat milk.2. Compare labels on yogurts and choose the ones lower in saturated fat and sugars.3. Use lower fat yogurt or fromage frais instead of cream, soured cream or crème fraîche.4. Keep an eye on how much cheese you eat – most types of cheese are high in saturated fat and salt. |
| What to do <ol style="list-style-type: none">1. Have some milk and dairy foods every day.2. Choose lower fat varieties where possible or have just a small amount of the higher fat varieties less often. Remember that some lower fat varieties can have higher amounts of sugar added so be careful when reading and comparing labels. | |

MEAT, POULTRY, FISH, EGGS, BEANS AND NUTS



What's included?

1. Meat, poultry and game, including: lamb, beef, pork, chicken, bacon, sausages, burgers.
2. White fish, for example, cod.
3. Oily fish, for example, salmon, tinned mackerel.
4. Shellfish, for example, prawns.
5. Eggs
6. Nuts
7. Beans and other pulses, including: baked beans, kidney beans, butterbeans, lentils, chickpeas.

What to do

1. Eat some meat, fish, eggs, beans and other non-dairy sources of protein every day.
2. Eat at least two servings of fish, including a serving of oily fish, a week. Oily fish is great for heart health.

Tips

1. When you're cooking and serving these foods, try not to add extra fat or oil.
2. When you're buying meat, look for a lean cut or compare the labels on different produce and choose the one lower in saturated fat.
3. Trim off the excess fat and remove the skin from poultry.
4. Watch out for meat and fish products in pastry, batter or breadcrumbs – these can be high in fat and/or salt.

FATS, SPREADS AND OILS



What's included?

Unsaturated fat in: Vegetable oils and spreads made from these, as well as mayonnaise.

Saturated fat in: Meat and poultry fat, lard, milk fat, butter, cream, cheeses and fatty meat such as sausages. Also pies, pastries, confectionary and palm oil.

What to do

All types of fat and oils are very high in Calories. The correct term for what we commonly call 'Calories' is kilojoules (kJ) or kilocalories (kcal). Oils are healthier than solid fat but just as fattening. Limit the use of all fats and oils and choose lower fat polyunsaturated or monounsaturated types where possible.

Tips

1. Reduce all types of fat and oils in the diet.
2. Use small amounts of reduced-fat spread instead of butter.
3. When you're cooking, use just a small bit of unsaturated oil, such as sunflower, rapeseed or olive, rather than butter, lard or ghee.
4. Choose lean cuts of meat, poultry and lower fat dairy foods.

FOODS AND DRINKS HIGH IN FAT, SUGAR AND SALT



What's included?

Cakes, sugary drinks, biscuits, chocolate, sweets, puddings, pastries, ice cream, jam, honey, crisps, cream.

What to do

Eat just a small amount of foods and drinks high in fat, sugar and salt. Cutting down on these types of food could help you control your weight because they often contain lots of energy (kJ/kcal) and little or none of the nutrients your body needs.

Tips

1. Instead of sugary, fizzy drinks and juice drinks, go for water or unsweetened fruit juice (remember to dilute these for children) or try diluting fruit juice with sparkling water.
2. Instead of cakes or biscuits, have a currant bun or some malt loaf with a lower fat spread.
3. If you take sugar in hot drinks, or add sugar to your breakfast cereal, gradually reduce the amount until you can cut it out altogether.

A healthy, balanced diet means eating:

- Plenty of fruit and vegetables.
- Plenty of bread, rice, potatoes, pasta and other starchy foods – choose wholegrain varieties whenever you can.
- Some milk and dairy foods. Choose lower fat varieties where possible.
- Some meat, fish, eggs, beans and other non-dairy sources of protein.
- Less of all types of fat and oils, and selecting polyunsaturated and monounsaturated types where possible.

- Just a small amount of foods and drinks high in fat, sugar and salt and/or salt, but ideally not everyday.

And always remember to start the day with a healthy breakfast – it can be as simple as a bowl of cereal and some toast with a glass of fruit juice. Just try to avoid the sugary cereals.



TOP 10 WAYS TO MAKE YOUR DISHES HEALTHIER

Do you want to cook healthier versions of your favourite recipes without losing the taste?

Never fear, here are a few tips that will help you adapt your favourite recipes to reduce the fat, sugar, salt and energy value (kJ/kcal) and increase the fibre without changing your normal diet radically.

1. CUT DOWN ON FATS

- Use fats and oils that are high in good fats (poly-and monounsaturated fats), for example, olive oil and spreads made from these, and try using less than the recipe suggests. Remember oils are healthier than solid fats, but just as fattening. Try limiting amounts to one teaspoon of oil per person when cooking.
- Choose lower fat varieties of mayonnaise and oil-based salad dressings.
- A serving of lower fat and reduced spread found in cafes can guide the amount to use. For example, one pat of butter is more than enough for one slice of bread – try to make it do for two slices.
- If having full-fat spreads or margarine, you should use less of these. One mini-pack spread very thinly will cover three slices of bread. Butter should be limited to small amounts on special occasions.
- Remember only put a little bit of spread, sauce or cheese on your starchy foods (bread, pasta, potatoes, rice, etc.) to keep them low in fat.

When preparing meals:

- As well as breads and cakes, we can bake poultry, fish, lean meat and some vegetables like potatoes. Baking means that you are cooking the food in the dry, hot air of the oven so there is normally no need for you to add any fat. But when you are cooking meats in this way, you may want to brush a small bit of vegetable oil over them to keep them from drying out.
- If frying, use a good non-stick pan and dry fry, for example, in the case of mince. Cook by grilling or baking, steaming or stir frying as often as possible. Leaving out the oil could cut 237kJ/45 kcal per teaspoon in your meal. If your food is drying out, don't add more oil, add a little water.

2. CUT DOWN ON SALT

- Most recipes indicate that you need to add salt. Replace salt with alternative seasonings such as pepper, herbs, spices, lemon juice, vinegar or mustard.
- Allow people to season their own food after tasting it – they are likely to add less.
- You could be eating more salt than you think. To check out the salt content in your food, use the **safe food** salt calculator – www.safe food.eu/Healthy-Eating/Food-Diet/Eating-In/Shake-the-salt-habit/Salt-calculator

Hidden salt in food

About 80% of the salt that you eat is hidden in everyday foods. These include processed meats, bacon, sausages, puddings, ready-made meals and sauces. Packet soups, stock cubes, gravy granules and some breakfast cereals and breads are also high in salt, as are salty snacks from the Top Shelf of the Food Pyramid. Eat less of these high salt foods and remember to check the label.

3. CUT DOWN ON SUGAR

- Sugar and sugary foods are included on the top shelf of the Food Pyramid and need to be limited.
- Remember: added sugars can be called by their chemical names – sucrose, glucose or maltose, and are also in syrups and honey. So always check the nutrition label on the back or side of packaged foods!
- Items such as fruit cakes, fruit scones and tea breads can be made without adding sugar as the dried fruit will provide sweetness.
- Many processed foods like ready meals, cakes and confectionery contain high levels of added sugars and can be high in Calories and provide very little nutrition. Cutting down on these will help you be a healthy weight.
- Try swapping sugary breakfast cereals with slicing some fresh fruit or sprinkling some dried fruit over your wholegrain/high fibre cereal to sweeten it up.

4. INCREASE FIBRE

- Remember, use brown alternatives of rice, pasta and bread to increase the fibre content of recipes which will help you feel fuller for longer. If you are baking, instead of using all plain white flour in recipes, use a mix of wholemeal and plain flour, for example, when making apple crumble. You can also add porridge oats to make the top crunchy and add more fibre! Top dishes usually requiring pastry, such as chicken pie, with mashed potato instead.
- Add more servings of fruit and vegetables to your meals/snacks each day. At breakfast, try having wholegrain breakfast cereals (including porridge). Or for lunch, add a baked potato (eaten with their skins, they are great for fibre). Also you could include peas, beans and lentils at dinner time.
- Remember, so as this fibre can work optimally, try to drink eight glasses of fluids each day. Water and lower fat milk options are best.

When preparing meals

5. SOUPS AND STEWS

- Allow your broth, stew or soup to cool, and skim off the fat that gathers on top of the liquid.
- Replacing some of the traditional fatty meats in stews with pulses like peas, beans and lentils can save energy (kJ/kcal) and fat as well as adding fibre.

6. SAUCES AND DIPS

- Try having a tomato-based instead of cream-based soup/sauce, as there will be less fat.
- If you have a sandwich with a sauce on occasion, don't have a spread also.
- Replace cream, whole milk and sour cream with semi-skimmed and skimmed milk, or lower fat yogurt. Lower fat yogurt and fromage frais can be used on hot or cold puddings and in dips instead of cream, double cream or Greek yogurt. Fromage frais is fresh, skimmed cow's milk cheese but is more like natural yogurt. It is not suitable for use in cooking.

7. CHEESE

- Grate cheese instead of slicing it as it will spread across a dish more easily and you can use less.
- Replace cream cheese with lower fat cream cheese.
- Use strongly flavoured cheeses like mature cheddar or blue cheese in savoury dishes – you can use less and still get all the flavour.
- If you don't like the strong taste of such cheeses simply use lower fat alternatives of your favourites.

8. MAYONNAISE

- Replace mayonnaise in salads with lower fat version mayonnaise, natural yogurt or lower fat fromage frais.
- Better still, try using vinaigrette dressings and serving them on the side.
- When making sandwiches, choose mayonnaise or butter, but not both.

9. VEGETABLES

- Flavour cooked vegetables with herbs instead of butter or oil.
- Replace some meat in dishes such as shepherd's pie, casseroles and lasagne with vegetables and pulses (peas, beans and lentils). It is a great way to disguise vegetables for those fussy eaters and increases the vegetable (fibre) content in their diets.

10. MEAT

- Choose lean cuts of meats
- Trim the fat from meat and remove the skin from poultry before cooking. Then bake, grill, microwave, roast or poach instead of frying it.
- When roasting, place the meat on a grill rack – this allows the fat to drip away.
- Cook without added fat or oils. If you are cooking minced meat, brown it and drain away the fat before adding other ingredients.

MEALS AND DISHES

Meals and dishes can combine many different food groups. Here are some examples.

BREAKFAST

Grilled bacon, scrambled egg, wholemeal toast, grilled mushrooms, glass of milk, beans

| FOOD GROUP | FOOD ITEM |
|--|-------------------|
| Vegetables, salad and fruit | grilled mushrooms |
| Wholemeal cereals and breads, potatoes, pasta and rice | toast |
| Milk, yogurt and cheese | milk |
| Meat, poultry, fish, eggs, beans and nuts | bacon, egg |
| Fats, spreads and oils | butter |
| Foods and drinks high in fat, sugar and salt | |



SNACK

Apple, crisps and fruit juice

| FOOD GROUP | FOOD ITEM |
|--|-----------------------|
| Vegetables, salad and fruit | apple and fruit juice |
| Wholemeal cereals and breads, potatoes, pasta and rice | |
| Milk, yogurt and cheese | |
| Meat, poultry, fish, eggs, beans and nuts | |
| Fats, spreads and oils | |
| Foods and drinks high in fat, sugar and salt | Crisps |



BREAKFAST

Chopped banana, hazelnuts, muesli with honey and yogurt

| FOOD GROUP | FOOD ITEM |
|--|-----------|
| Vegetables, salad and fruit | banana |
| Wholemeal cereals and breads, potatoes, pasta and rice | muesli |
| Milk, yogurt and cheese | yogurt |
| Meat, poultry, fish, eggs, beans and nuts | hazelnuts |
| Fats, spreads and oils | |
| Foods and drinks high in fat, sugar and salt | honey |



LUNCH

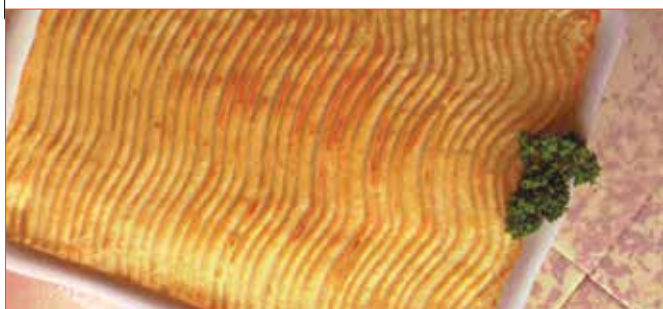
Ham, cheese and salad sandwich, orange, chocolate mousse

| FOOD GROUP | FOOD ITEM |
|--|---------------------------|
| Vegetables, salad and fruit | orange, lettuce |
| Wholemeal cereals and breads, potatoes, pasta and rice | bread |
| Milk, yogurt and cheese | cheese |
| Meat, poultry, fish, eggs, beans and nuts | ham |
| Fats, spreads and oils | lower fat spread on bread |
| Foods and drinks high in fat, sugar and salt | chocolate mousse |

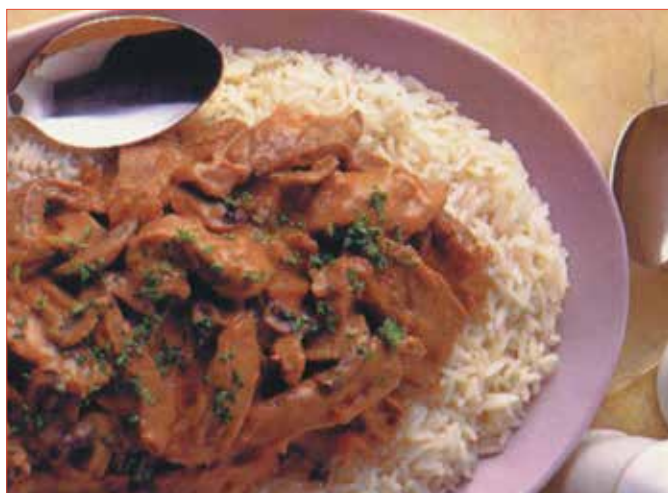


DINNER**Shepherds pie and peas**

| FOOD GROUP | FOOD ITEM |
|--|---------------------------------|
| Vegetables, salad and fruit | peas and carrots |
| Wholemeal cereals and breads, potatoes, pasta and rice | mashed potatoes |
| Milk, yogurt and cheese | sprinkle of cheese |
| Meat, poultry, fish, eggs, beans and nuts | minced beef |
| Fats, spreads and oils | cooking oil for frying the meat |
| Foods and drinks high in fat, sugar and salt | |

**DINNER****Sweet and sour pork, with vegetables and rice**

| FOOD GROUP | FOOD ITEM |
|--|----------------------------------|
| Vegetables, salad and fruit | onions, peas, peppers, pineapple |
| Wholemeal cereals and breads, potatoes, pasta and rice | rice |
| Milk, yogurt and cheese | |
| Meat, poultry, fish, eggs, beans and nuts | pork |
| Fats, spreads and oils | cooking oil |
| Foods and drinks high in fat, sugar and salt | |

**DINNER****Lasagne**

| FOOD GROUP | FOOD ITEM |
|--|-------------------------------|
| Vegetables, salad and fruit | onions, tomatoes |
| Wholemeal cereals and breads, potatoes, pasta and rice | lasagne pasta |
| Milk, yogurt and cheese | cheese and milk used in sauce |
| Meat, poultry, fish, eggs, beans and nuts | minced beef |
| Fats, spreads and oils | oil for frying the meat |
| Foods and drinks high in fat, sugar and salt | |

**DINNER****Pepperoni pizza**

| FOOD GROUP | FOOD ITEM |
|--|--|
| Vegetables, salad and fruit | tomatoes |
| Wholemeal cereals and breads, potatoes, pasta and rice | dough base |
| Milk, yogurt and cheese | cheese |
| Meat, poultry, fish, eggs, beans and nuts | pepperoni |
| Fats, spreads and oils | margarine, oil or butter in the pizza dough base |
| Foods and drinks high in fat, sugar and salt | |



INFORMATION SHEET

TASTY, HEALTHY RECIPES FOR EVERY DAY

Module 1: Topic 4

Takeaways and ready meals are sold as being time saving and convenient. But this is not always the case. Home deliveries can take up to an hour, and preparing frozen ready meals can be fiddly and they can have a lot of fat and salt.

Try cooking at home. It can be quick, easy and cheaper, as well as healthier and tastier. **Here are some ideas – some recipes take less than 20 minutes to cook.**

TOASTED CHEESE AND TOMATO

SERVES 1 ADULT

Toasted cheese takes just minutes to make and, if you're really hungry, seconds to eat.

Healthier Eating

Choose lower fat varieties of cheese or spread where possible.

Choose granary or wholemeal bread where possible.

Add a slice of tomato – it's packed with vitamins and minerals and very tasty.

INGREDIENTS

- 2 slices bread
- 50g or 2oz grated cheese
- 2 teaspoons low fat spread
- 1 teaspoon french mustard
- 1 sliced tomato

METHOD

1. Pre-heat the grill. Toast the bread on one side.
2. Toast the other side until it crisps but has not turned brown.
3. Mix the grated cheese, lower fat spread and mustard together and spread over the toast. Add the sliced tomato.
4. Grill for about two minutes until bubbling and starting to brown.

SPICE IT UP

Add two teaspoons of pickle to the cheese mixture before toasting.



PIZZA BAP

SERVES 1 ADULT

No fuss, no mess, just easy to make and tasty to eat.

Healthier Eating

Choose lower fat varieties of cheese where possible.

Choose a brown bap.

INGREDIENTS

- 1 white bap
- 1 tomato, thinly sliced
- ½ onion, sliced
- 30g or 1oz or grated cheese
- 2 mushrooms, peeled
- Diced cubes of red or green pepper (optional)

METHOD

1. Lightly brown the bap under the grill until softened and warm, then cut in half.
2. Cook two slices of onion in a little oil and add the sliced mushrooms and diced pepper.
3. Slice a tomato thinly and arrange on the two sides of the bap and pop the onions and mushrooms on top.
4. Sprinkle the grated cheese on top.
5. Bake in a pre-heated oven 180°C or 350°F or Gas Mark 4, or grill until golden brown for a few minutes.

GO GREEN

Add some lettuce and cucumber to make a salad to eat with the pizza bap.



BAKED POTATOES

SERVES 2 ADULTS

This is a tasty alternative to sandwiches for lunch. Baked potatoes are versatile and you can add your own favourite filling.

INGREDIENTS

- 2 large potatoes, scrubbed but not peeled
- Pepper to taste

METHOD

1. Pre-heat the oven to 220°C or 425°F or Gas Mark 7.
2. Wash the potatoes, then prick them all over with a fork.
3. Bake in a pre-heated oven for 1½ hours or until the inside is tender.
4. If using a microwave, follow the instructions given in the manual.

PILE ON THE FILLINGS

Baked potatoes taste even better with extra fillings. Try adding baked beans or grated cheese – choose lower fat varieties where available.



POTATO WEDGES

SERVES 4 ADULTS

Food Safety

Scrub the potatoes to remove any soil

Healthier Eating

Cut the potato wedges thicker so the surface area of the potatoes is reduced and less fat is absorbed. Use a spray oil.

Money

Compare the prices of different oils – blended vegetable oils are cheaper than some seed and nut oils.

INGREDIENTS

- 4 large potatoes
- 15ml or 1 tablespoon oil
- Seasonings, for example, pepper, garlic or chilli

METHOD

1. Preheat the oven to 200°C or 400°F or Gas Mark 6.
2. Cut the potatoes into wedges.
3. Place the wedges into a plastic sandwich bag or bowl.
4. Add oil and other seasonings.
5. Shake or toss the wedges to cover them in oil.
6. Place on a baking tray and bake for 20–30 minutes until golden brown and soft in the middle.
7. Serve with tomato salsa or try fish or chicken with a side salad.



CHICKEN CURRY

SERVES 4 ADULTS

Cook your favourite curry in the time it takes to order and wait for one to be delivered!

Food Safety

Never leave cooked chicken at room temperature for more than two hours. Store cooked chicken on shelves above raw meat and vegetables in the fridge.

Healthier Eating

When adding chicken to the sauce, remove the skin to reduce the fat content. Add any vegetables you have – they will add colour and taste.

Money

Canned or frozen vegetables can be just as tasty but not as expensive as fresh vegetables. Look for cheaper cuts of chicken, such as leg rather than breast. Add some chickpeas to make the curry go further or add extra vegetables.

INGREDIENTS

- 350g or 12½oz cooked chicken
- 5 button mushrooms
- 1 medium pepper
- 1 medium onion
- 100g or 3½oz peas, defrosted
- 1 large carrot
- 1 clove of garlic
- 2 dessertspoons medium curry powder
- 1 teaspoon vegetable oil
- 1 chicken stock cube dissolved in 275ml or ½ pint of hot water
- 1 dessertspoon plain flour

METHOD

1. Slice vegetables and garlic.
2. Heat the oil in a frying pan and gently fry the onions, carrot and garlic.
3. Add mushrooms and pepper to the frying pan and cook for 2–3 minutes
4. Add curry powder and flour to the pan and cook for one minute stirring all the time.
5. Stir in the stock and cooked chicken pieces.
6. Reduce heat, cook slowly for ten minutes without stirring.
7. Serve with boiled rice.



PASTA BOLOGNESE

SERVES 3 ADULTS

Everyone's favourite, especially on cold winter nights.

Food Safety

After handling raw meat, make sure all the surfaces are washed down and hands are washed before preparing other ingredients.

Healthier Eating

Choose lean minced beef or lamb. To remove any excess fat, allow cooked meat to settle and then skim away any fat from the surface with a spoon.

Money

Any leftover Bolognese sauce can be used to fill pancakes or as a topping for baked potatoes.

INGREDIENTS

- 450g or 1lb minced beef or lamb
- 6 mushrooms, peeled and chopped
- 1 red pepper, finely chopped
- 1 carrot, finely chopped
- Beef or vegetable stock cube dissolved in ½ pt or 275ml boiling water
- 1 dessertspoon tomato sauce
- Pepper
- 1 dessertspoon flour
- 225g or 8oz pasta
- 1 onion, finely chopped

METHOD

1. Cook the mince beef or lamb, onions, mushrooms and carrots on a dry pan (low heat) for 15 minutes. (There is enough fat in mince for frying). Drain any excess fat from the pan.
2. Add flour and stir well.
3. Add the stock, tin of tomatoes, tomato sauce and pepper.
4. Cook gently for 45 minutes.
5. Follow the cooking instructions on the pack for the pasta.
6. Serve with the Bolognese sauce on top.



FRESH FRUIT SALAD

SERVES 4 ADULTS

Fruit salad is a tasty way to get your five-a-day. It's great for snacking, as a dessert or you put it in a container as part of your packed lunch.

Food Safety

Always wash fruit thoroughly.

Healthier Eating

Add as many fruits as possible to increase the variety. Use fruit juice instead of syrup to keep the sugar content low. Fruit salad is low in fat and provides plenty of vitamins. One small bowl of fruit salad counts as one serving towards your five a day.

Money

Use fruit in season. Long-life fruit juice is generally cheaper than freshly squeezed.

INGREDIENTS

- 1 red or green apple
- 2 tangerines or small oranges, peeled
- 12 black or green grapes
- 1 medium banana, peeled
- 2 kiwi fruits, peeled
- 1 large thick slice of pineapple, fresh or canned
- 1 glass fresh unsweetened orange juice – you can also use grape, pineapple or apple juice

METHOD

1. Wash the apple and then cut into quarters removing the core. Cut into chunks.
2. Divide the tangerines or oranges into segments.
3. Wash grapes and half each one.
4. Cut banana and kiwi fruit into slices.
5. Cut pineapple into chunks.
6. Place all the fruit in a bowl, add the orange juice and mix well.

SERVING SUGGESTION

Serve on its own or with a scoop of ice cream.



INSTRUCTIONS AND ANSWERS: MAKING MEALS HEALTHIER WORKSHEET 1

Module 1: Topic 4

Duration 40 minutes

Required Give each person a printout of the worksheet and a pen or pencil.

Learning outcomes Understand that different food ingredients and cooking methods affect how healthy a meal is.

Preparation Review the Food Pyramid. Ask the group what the different food groups are and to give examples of different food groups in their everyday food choices.

Instructions

Basic
Understand that different food ingredients and cooking methods affect how healthy a meal is.

Advanced
They are shown a food and given its list of ingredients. They are asked what they would change to make it healthier.

Worksheet answers

Basic

ANSWERS: MAKING MEALS HEALTHIER WORKSHEET 1 BASIC Module 1: Topic 4

Look at the meals shown below. Look at the options to make it healthier.
What would you do to make it healthier?

MEAL 1 – Pizza, sugary fizzy drink



- ☐ Add chips, add extra cheese
OR
☒ swap half pizza for salad or add extra vegetables to pizza; swap drink for non-sugary one

MEAL 2 – Large burger and chips



- ☐ Get a larger serving of chips, add salt to the chips
OR
☒ add salad to a burger; get a smaller burger

MEAL 3 – Chicken curry and chips



- ☐ Add prawn crackers and a sugary drink
OR
☒ add extra vegetables to curry, for example, sweetcorn/peas; swap the chips for rice

MEAL 4 – Fried egg, sausages, toast



- ☐ Fry the bread and add bacon
OR
☒ swap sausage for baked beans; boil the egg

Snack – Full fat crisps and a sugar-free fizzy drink



- ☐ Swap crisps for a chocolate bar, add sweets
OR
☒ swap crisps for a banana

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Advanced

Vegetable Soup

- Add 4 potatoes
- Use 1 stock cube or choose a lower salt stock cube
- Use 1 cup dried soup mixture
- Use black pepper only to season

Cheese sandwich

- Choose wholegrain bread
- Use lower fat spread instead of butter
- Use lower fat mayonnaise

Trifle

- Use 1 can of fruit in natural juice
- Use semi-skimmed milk instead of whole milk
- Use less whipping cream and add in yogurt instead
- Add fresh fruit to the trifle
- Use fresh fruit to decorate it instead of angelica and chocolate strands
- Use 6 trifle sponges

Lasagne

- Use wholegrain pasta
- Use lean minced beef
- Use semi-skimmed milk instead of whole milk
- Use cornflour instead of flour
- Add in more vegetables, for example, mushrooms
- Remove streaky bacon and salt
- Use less cheddar cheese and add in dried herbs for extra flavour
- Use black pepper only to season

WORKSHEET 1 BASIC MAKING MEALS HEALTHIER

Module 1: Topic 4

Look at the meals shown below. Look at the options to make it healthier.
What would you do to make it healthier?

MEAL 1 – Pizza, sugary fizzy drink



- ☐ Add chips, add extra cheese

OR

- ☐ swap half pizza for salad or add extra vegetables to pizza; swap drink for non-sugary one

MEAL 2 – Large burger and chips



- ☐ Get a larger portion of chips, add salt to the chips

OR

- ☐ add salad to a burger; get a smaller burger

MEAL 3 – Chicken curry and chips



- ☐ Add prawn crackers and a sugary drink

OR

- ☐ add extra vegetables to curry, for example, sweetcorn/peas; swap the chips for rice

MEAL 4 – Fried egg, sausages, toast



- ☐ Fry the bread and add bacon

OR

- ☐ swap sausage for baked beans; boil the egg

Snack – Full fat crisps and a sugar-free fizzy drink



- ☐ Swap crisps for a chocolate bar, add sweets

OR

- ☐ swap crisps for a banana

WORKSHEET 1 ADVANCED MAKING MEALS HEALTHIER

Module 1: Topic 4

Look at the following recipes. How would you make each one healthier?

VEGETABLE SOUP – four portions



Ingredients

- A selection of soup vegetables for example 1 onion, 1 carrot, 1 small turnip, 2 leeks, a sprig of parsley
- 25g of butter
- 1.5 litres of boiling water
- 2 stock cubes
- Salt and pepper

How would you make this healthier?

| |
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| |

CHEESE SANDWICH – One portion



Ingredients

- White bread
- Butter
- Cheese
- Mayonnaise

How would you make this healthier?

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TRIFLE – Six to eight portions



Ingredients

- 1 medium-sized Swiss Roll or sponge cake
- 25g jam or 1 can of fruit in syrup
- 235g custard power
- 375ml whole milk
- 50g caster sugar
- 426ml whipping cream
- 25g angelica and 25g chocolate strands to decorate

How would you make this healthier?

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| |

LASAGNE – four portions



Ingredients

- 250g lasagne sheets
- 2 tablespoons oil
- 1 onion
- 1 clove garlic
- 250g minced beef
- 1 tin chopped tomatoes
- 75g streaky bacon
- White sauce – 600ml whole milk, 50gs butter 50g white flour
- 100g cheddar cheese
- Salt and pepper

How would you make this healthier?

| |
|--|
| |
| |
| |

INSTRUCTIONS: WHAT IS IT? WORKSHEET 3

Module 1: Topic 4

Duration 40 minutes

Required Give each person a printout of the worksheet and a pen or pencil. Flip chart and photographs of composite meals to be used as examples.

Learning outcomes Understand that many meals contain foods from different food groups. They will be able to recognise foods from different food groups are part of a composite meal and assign the foods to the correct food group.

Preparation Review the food groups. Discuss with the group what foods belong in each food group. Explain what composite meals are. Discuss with them how many of their favourite meals are composite meals because they use foods from a number of different food groups.

Instructions **Suitable for Advanced**
Each person is asked to look at a list of ingredients. They have to identify what food group each food belongs to and suggest a meal that could be made using the ingredients.

ANSWERS: WHAT IS IT? WORKSHEET 3 ADVANCED

Module 1: Topic 4

Look at the list of foods below. What food group does each food belong to?
Can you suggest a meal you would make using some or all of the ingredients listed?

OPTION 1

| FOOD | FOOD GROUP | SUGGESTED MEAL |
|--------------------|--|------------------------|
| Cooked chicken | Meat, poultry, fish, eggs, beans and nuts | Chicken curry and rice |
| Button mushrooms | Vegetables, salad and fruit | |
| Red pepper | Vegetables, salad and fruit | |
| Onion | Vegetables, salad and fruit | |
| Rice | Wholemeal cereals and breads, potatoes, pasta and rice | |
| Frozen peas | Vegetables, salad and fruit | |
| Carrot | Vegetables, salad and fruit | |
| Clove of garlic | Vegetables, salad and fruit | |
| Vegetable oil | Fats, spreads and oils | |
| Chicken stock cube | Foods and drinks high in fat, sugar and salt | |
| Plain flour | Wholemeal cereals and breads, potatoes, pasta and rice | |
| | | |
| | | |
| | | |

OPTION 2

| FOOD | FOOD GROUP | SUGGESTED MEAL |
|-------------------------|--|----------------|
| Potatoes | Wholemeal cereals and breads, potatoes, pasta and rice | Shepherd's pie |
| Vegetable oil | Fats, spreads and oils | |
| Minced beef | Meat, poultry, fish, eggs, beans and nuts | |
| Carrot | Vegetables, salad and fruit | |
| Onion | Vegetables, salad and fruit | |
| Tin of chopped tomatoes | Vegetables, salad and fruit | |
| | | |

OPTION 3

| FOOD | FOOD GROUP | SUGGESTED MEAL |
|-------------------------|--|---------------------|
| Pasta | Wholemeal cereals and breads, potatoes, pasta and rice | Spaghetti bolognese |
| Vegetable oil | Fats, spreads and oils | |
| Minced beef | Vegetables, salad and fruit | |
| Garlic | Vegetables, salad and fruit | |
| Onion | Vegetables, salad and fruit | |
| Tin of chopped tomatoes | Vegetables, salad and fruit | |
| Red pepper | Vegetables, salad and fruit | |

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WORKSHEET 2 INTERMEDIATE

WHAT'S IN IT?

Module 1: Topic 4

Look at the images of meals below. Answer the questions about food groups.

BREAKFAST – Name three foods from any of the food groups in the photo.



| FOOD GROUP | FOOD ITEM FROM MEAL |
|--|---------------------|
| Vegetables, salad and fruit | |
| Wholemeal cereals and breads, potatoes, pasta and rice | |
| Milk, yogurt and cheese | |
| Meat, poultry, fish, eggs, beans and nuts | |
| Fats, spreads and oils | |
| Foods and drinks high in fat, sugar and salt | |

SNACKS – What food group does this food belong to? Please tick.



| FOOD GROUP | FOOD ITEM FROM MEAL |
|--|---------------------|
| Vegetables, salad and fruit | |
| Wholemeal cereals and breads, potatoes, pasta and rice | |
| Milk, yogurt and cheese | |
| Meat, poultry, fish, eggs, beans and nuts | |
| Fats, spreads and oils | |
| Foods and drinks high in fat, sugar and salt | |

LUNCH – What food group does the cola drink belong to? Please tick
What ingredients in the sandwich belong to the vegetables, salad and fruit food group?



| FOOD GROUP | FOOD ITEM FROM MEAL |
|--|---------------------|
| Vegetables, salad and fruit | |
| Wholemeal cereals and breads, potatoes, pasta and rice | |
| Milk, yogurt and cheese | |
| Meat, poultry, fish, eggs, beans and nuts | |
| Fats, spreads and oils | |
| Foods and drinks high in fat, sugar and salt | |

LUNCH – Please list one food ingredient for each food group used to make shepherd's pie.



| FOOD GROUP | FOOD ITEM FROM MEAL |
|--|---------------------|
| Vegetables, salad and fruit | |
| Wholemeal cereals and breads, potatoes, pasta and rice | |
| Milk, yogurt and cheese | |
| Meat, poultry, fish, eggs, beans and nuts | |
| Fats, spreads and oils | |
| Foods and drinks high in fat, sugar and salt | |

DINNER – Please list one food ingredient for each food group used to make chicken curry with rice.



| FOOD GROUP | FOOD ITEM FROM MEAL |
|--|---------------------|
| Vegetables, salad and fruit | |
| Wholemeal cereals and breads, potatoes, pasta and rice | |
| Milk, yogurt and cheese | |
| Meat, poultry, fish, eggs, beans and nuts | |
| Fats, spreads and oils | |
| Foods and drinks high in fat, sugar and salt | |

DINNER – Please list one food ingredient for each food group used to make pepperoni pizza.



| FOOD GROUP | FOOD ITEM FROM MEAL |
|--|---------------------|
| Vegetables, salad and fruit | |
| Wholemeal cereals and breads, potatoes, pasta and rice | |
| Milk, yogurt and cheese | |
| Meat, poultry, fish, eggs, beans and nuts | |
| Fats, spreads and oils | |
| Foods and drinks high in fat, sugar and salt | |

INSTRUCTIONS: SNACK ATTACK

Module 1: Topic 4

| | |
|-------------------|---|
| Duration | 2 x 40 minutes |
| Required | Flip chart and a pen. For the second session, you will need low and high-fat crisps, sugary and sugar-free fizzy drinks, and high-fat and reduced-fat biscuits. |
| Learning outcomes | Understand that snacks contain foods from different food groups and that some snacks are healthier than others. |
| Preparation | Review the Food Pyramid. Discuss with the group what types of food belong in each food group. Explain that snacks belong on the Food Pyramid too and that there are many different types of snacks. For the second session, you will need to buy low and high-fat crisps, sugary and sugar-free fizzy drinks, and high-fat and reduced-fat biscuits. |
| Instructions | <p>Session 1</p> <p>Ask the group to list their favourite snacks. Write the answers on the flip chart. Ask what food groups the snacks belong to – remember to include drinks. Once the list is on the board, ask them to point out which snacks are healthiest. If there are no suggestions that are healthy, ask them to suggest healthier alternatives.</p> <p>Ask each person to make one swap – they get to choose but it must be healthier. Ask them why they chose the swaps – why do they think their suggestion is healthier. Ask them if they could spot the difference in taste between sugary and non-sugary colas, high salt and low salt crisps, high-fat and lower fat biscuits.</p> <p>Next ask them to put that to the test by blind tasting some food at the next session.</p> <p>Session 2</p> <p>Put the food and drink out on the table. All packaging must be removed so they are going by taste only. Each person has to mark on a sheet which drink is higher in sugar, which biscuits are higher in fat and which crisps are higher in salt.</p> <p>Also include three 'wild cards.' This can include fresh fruit, toast and water. Invite the group to take part in a snack taste challenge. Ask them to try something they wouldn't normally eat.</p> <p>Explain that:</p> <ul style="list-style-type: none">• Most people consume snacks high in fat, sugar and salt and sugar sweetened drinks up to 6 times a day (Healthy Ireland Survey 2016).• There are no recommended servings for top shelf food and drinks because they are not needed for good health. Small or fun sized servings of chocolate, biscuits, cakes, sweets, crisps and other savoury snacks, ice cream and sugary drinks – not every day, maximum once or twice a week. <p>Discuss the health risks associated with foods that have a high-fat, sugar and salt content.</p> |

INSTRUCTIONS: WHAT IS IT? WORKSHEET 3

Module 1: Topic 4

Duration 40 minutes

Required Give each person a printout of the worksheet and a pen or pencil. Flip chart and photographs of composite meals to be used as examples.

Learning outcomes Understand that many meals contain foods from different food groups. They will be able to recognise foods from different food groups are part of a composite meal and assign the foods to the correct food group.

Preparation Review the food groups. Discuss with the group what foods belong in each food group. Explain what composite meals are. Discuss with them how many of their favourite meals are composite meals because they use foods from a number of different food groups.

Instructions **Suitable for Advanced**
Each person is asked to look at a list of ingredients. They have to identify what food group each food belongs to and suggest a meal that could be made using the ingredients.

ANSWERS: WHAT IS IT? WORKSHEET 3 ADVANCED

Module 1: Topic 4

Look at the list of foods below. What food group does each food belong to?
Can you suggest a meal you would make using some or all of the ingredients listed?

OPTION 1

| FOOD | FOOD GROUP | SUGGESTED MEAL |
|--------------------|--|------------------------|
| Cooked chicken | Meat, poultry, fish, eggs, beans and nuts | Chicken curry and rice |
| Button mushrooms | Vegetables, salad and fruit | |
| Red pepper | Vegetables, salad and fruit | |
| Onion | Vegetables, salad and fruit | |
| Rice | Wholemeal cereals and breads, potatoes, pasta and rice | |
| Frozen peas | Vegetables, salad and fruit | |
| Carrot | Vegetables, salad and fruit | |
| Clove of garlic | Vegetables, salad and fruit | |
| Vegetable oil | Fats, spreads and oils | |
| Chicken stock cube | Foods and drinks high in fat, sugar and salt | |
| Plain flour | Wholemeal cereals and breads, potatoes, pasta and rice | |

OPTION 2

| FOOD | FOOD GROUP | SUGGESTED MEAL |
|-------------------------|--|----------------|
| Potatoes | Wholemeal cereals and breads, potatoes, pasta and rice | Shepherd's pie |
| Vegetable oil | Fats, spreads and oils | |
| Minced beef | Meat, poultry, fish, eggs, beans and nuts | |
| Carrot | Vegetables, salad and fruit | |
| Onion | Vegetables, salad and fruit | |
| Tin of chopped tomatoes | Vegetables, salad and fruit | |

OPTION 2

| FOOD | FOOD GROUP | SUGGESTED MEAL |
|-------------------------|--|---------------------|
| Pasta | Wholemeal cereals and breads, potatoes, pasta and rice | Spaghetti bolognese |
| Vegetable oil | Fats, spreads and oils | |
| Minced beef | Vegetables, salad and fruit | |
| Garlic | Vegetables, salad and fruit | |
| Onion | Vegetables, salad and fruit | |
| Tin of chopped tomatoes | Vegetables, salad and fruit | |
| Red pepper | Vegetables, salad and fruit | |

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WORKSHEET 3 ADVANCED

WHAT IS IT?

Module 1: Topic 4

Look at the list of foods below. What food group does each food belong to?
Can you suggest a meal you would make using some or all of the ingredients listed?

OPTION 1

| FOOD | FOOD GROUP | SUGGESTED MEAL |
|--------------------|------------|----------------|
| Cooked chicken | | |
| Button mushrooms | | |
| Red pepper | | |
| Onion | | |
| Rice | | |
| Frozen peas | | |
| Carrot | | |
| Clove of garlic | | |
| Vegetable oil | | |
| Chicken stock cube | | |
| Plain flour | | |

OPTION 2

| FOOD | FOOD GROUP | SUGGESTED MEAL |
|-------------------------|------------|----------------|
| Potatoes | | |
| Vegetable oil | | |
| Minced beef | | |
| Carrot | | |
| Onion | | |
| Tin of chopped tomatoes | | |

OPTION 3

| FOOD | FOOD GROUP | SUGGESTED MEAL |
|-------------------------|------------|----------------|
| Pasta | | |
| Vegetable oil | | |
| Minced beef | | |
| Garlic | | |
| Onion | | |
| Tin of chopped tomatoes | | |
| Red pepper | | |
| Clove of garlic | | |
| Curry powder | | |
| Vegetable oil | | |
| Chicken stock cube | | |
| Plain flour | | |

INSTRUCTIONS: COOK IT CHALLENGE*

Module 1: Topic 4

Duration 1 x 40 minutes and 1 x 90 minutes

Required Flip chart and a pen, catering facilities.

Learning outcomes Understand that many meals contain foods from different food groups.
They will apply this knowledge by devising, preparing and cooking a meal.

Preparation Review the food groups. Discuss what types of food belong in each food group.
Explain what composite meals are.

Instructions

Session 1
Ask what their favourite meals are. Write the responses on the flip chart.

Get everyone to pick one meal from the list that they would like to cook in the centre – a secret ballot could be held to add to the excitement!

Announce the winner and write it up on the board.

Ask what ingredients or foods are needed to prepare the meal. As each food is suggested, ask them what food group it belongs to.

Once you have all the ingredients on the board, ask them what they would change to make it healthier – it could be adding a salad or more vegetables. Agree what one change they will make.

Plan and organise shopping, getting the ingredients bought within a specified budget.

Set a date for cooking the meal.

Session 2
Organise the preparation, cooking and serving of the meal – including clean-up duties.

* ONLY SUITABLE FOR CENTRES WITH
APPROPRIATE CATERING/KITCHEN
FACILITIES AND AVAILABLE BUDGET

INSTRUCTIONS: EVERYDAY EATING GROUP DISCUSSION*

Module 1: Topic 4

Duration 40 minutes

Required Flip chart and a pen.

Learning outcomes Understand that many meals contain foods from different food groups. They will be able to recognise foods from different food groups that are part of composite meals and assign the foods to the correct food group.

Preparation Review the Food Pyramid. Discuss what types of food belong in each food group. Explain what composite meals are.

Instructions Getting the conversation started:

- Ask them to shout out their favourite meals. Put the answers on the flip chart.
- Ask if they think any of the meals written up are composite meals, reminding them that that means they have more than one ingredient.
- Now ask them to suggest what ingredients their favourite meals may contain. Write the ingredients next to each meal. As you are writing up the ingredients, ask what food group each belongs to.
- Ask what difference using many ingredients makes – explore the concepts of taste, texture, colour and balance.
- Ask about the food groups – can they remember how much of each food group they should try to eat every day?
- Ask them if eating meals with a number of ingredients is an easy way to eat foods from a number of food groups.

IF COOKING FACILITIES ARE NOT AVAILABLE

- Ask the students to pick two meals from the flip chart.
- Ask them to suggest one extra ingredient they would add to make the meal healthier. It could be vegetables to a curry, or a salad with lasagne.

* IF COOKING FACILITIES ARE AVAILABLE

- Ask the group to pick two meals from the flip chart or pick two you know can be cooked in the centre.
- Suggest that one of the meals is cooked the following week. Ask them to suggest how they would make the meal healthier – it could be by adding a salad or more vegetables or an alternative cooking method. Agree what one change they will make.

INFORMATION SHEET

THE LOWDOWN ON FOODS THAT ARE HIGH IN SALT, SUGARS AND FAT

Module 1: Topic 5



When choosing a healthy diet, one of the key things to do is to cut down on fat (especially saturated fat), salt and added sugars.

FACTS ABOUT SALT

Salt is only needed in very small amounts in the diet. It is made up of two parts, sodium and chloride, and it is the sodium part that causes problems in our health if eaten in large amounts. The sodium in salt is an important mineral for balancing water levels in the body. It also helps control the work of the nerves and muscles in the body. Sodium is added to foods and can be used in making bread and preserving meats. Too much salt is not good for health and can lead to raised blood pressure, which triples your chances of developing heart disease and stroke. Eating salty foods from childhood can produce high blood pressure that with time worsens with age. The recommended maximum amount of salt for an adult is 6g per day.

Most of the salt we eat comes from processed foods, fast foods, and canteen and restaurant food. About 75% of the salt that we eat is hidden in everyday foods. These include processed meats, bacon, sausages, puddings, ready-made meals and sauces. Packet soups, stock cubes, gravy granules and some breakfast cereals and breads are also high in salt, as are salty snacks. Eat less of these high salt foods and remember to check the label. As well as this, we add salt to our food at home in cooking or at the table during meals. Only 15% occurs naturally in food.

Tips on how to eat less salt

Remember – cutting down on salt can help you to lower your blood pressure.

Try to reduce salt in food by:

- Using less salt yourself in cooking
- Eating more fresh foods
- Have less processed or salty snacks and foods.

1. Eat more natural foods

Natural foods contain little or no salt. Choose from:

- Lower fat and low-salt dairy, for example, natural yogurt and skimmed milk
- Starchy foods like potatoes, grains, oats and rice

- Fruits, vegetables (fresh, frozen, dried or tinned with no salt)
- Fresh fish, plain chicken, lean meat, eggs, unsalted nuts and seeds.

2. Eat less processed foods

As 75% of the salt in our food is found in processed foods. Check the labels to see which have less salt. Try to eat less or reduce the portion size of high salt foods.

Examples of processed foods are:

- Most breakfast cereals
- Bread and sandwiches
- Tinned and packed soups
- Meat products, for example, bacon, sausages or tinned meat
- Salted, smoked or tinned fish
- Biscuits, cakes and crackers and snacks, for example, crisps or peanuts
- Fast foods, for example, Chinese and Indian takeaways or hamburgers
- Ready-made meals, for example, pizzas, pasta dishes or curry
- Instant foods, for example, noodles
- Some brands of baked beans.

Swap it:

High salt

Carton, tinned or packet soup



Fries, battered fish and peas



Crisps



Low salt

Bowl of homemade soup



Fish dish



Unsalted popcorn



3. When cooking foods

It is important to cut down on the amount of salt that you add to your food when you are cooking. Avoid adding extra salt to dishes during preparation or cooking.

Use less of the following high-salt products to flavour foods:

- Table salt, sea salt, rock salt
- Garlic salt, stock cubes, soy sauce, gravy granules, sauces like ketchup or brown sauce
- Curry powders and some spices. These often have added salt – check the label.

Try to use alternatives to salt, such as herbs and spices, peppers, chillies, ginger, cinnamon, lemon juice and vinegar.

4. Food shopping: Look at food labels when buying foods

There are many types of salt – table salt, sea salt, rock salt and flakes. Salt is made up of two parts, sodium and chloride, and it is the sodium part that is bad for our health when too much is eaten.

Labels on food can be confusing at the best of times and even more so when it comes to salt. This is because they usually list the amount of sodium, not salt. It is important to remember that sodium is only a small part of salt: every 2.5g of salt in a food contains 1g of sodium. So listing the amount of sodium and not salt on a label can be quite misleading.

A quick guide to comparing whether foods are high or low in salt is to see how many grams of salt the product contains per 100g. EU guidelines on nutrition labels tell you if a food is high in salt:

| | |
|---------------|----------------|
| HIGH | Over 1.5g |
| MEDIUM | 0.3g to 1.5g |
| LOW | 0.3g and under |

If you are trying to cut down on salt, you should limit your consumption of foods that have more than 1.5g/100g. The colour-coded front of pack labels can help you see this easily.

5. Eating out

It is important to keep in mind that when someone else cooks your food, like takeaway burgers and fish and chips, you do not have control over the amount of salt, fat and sugar they add. Try not to add extra salt yourself.

- Always taste the food before you add any seasoning
- Try seasoning your food with black pepper instead of salt
- Choose fresh food over processed food – salad and fresh fruit, for example.

FACTS ABOUT SUGAR

Sugar contains lots of Calories but little goodness – the correct term for what we commonly call ‘Calories’ is kiloCalories (kcal). Most food labels will show the energy value in both kilojoules (kJ) and kiloCalories.

Eating too much sugar can cause weight gain. So it's best to keep it to small amounts in your diet. Sugar can also cause tooth decay – especially when you have sugary foods or drinks (including fruit juices) on their own. It's better to have sugary foods or drinks with a meal, or just afterwards.

Many processed foods like ready meals, confectionery and cakes contain high levels of added sugars and can be high in energy value (kJ/kcal). Many soft drinks contain mostly sugar and provide very little nourishment. Cutting down on these will help you be a healthy weight. Sports drinks or energy drinks are also high in sugar. Food and drinks high in sugar need to be limited. Only have these foods in small amounts.

Tips on how to eat less sugar

1. Cut down and find alternatives

- If you add sugar to your tea, coffee or breakfast cereal, gradually reduce the amount you add until it's little or none
- If you eat sugary breakfast cereals, try substituting with some wholegrain flakes. Aim to eventually switch to wholegrain cereals
- Read the labels on pre-packed foods and go for the low-sugar options
- Limit fizzy drinks. Try unsweetened fruit juice mixed with sparkling water instead. But keep this to mealtimes to protect your teeth
- Use fruit to sweeten things instead of syrup or jam. Try bananas sliced on toast for breakfast, or peaches tinned in their own juice with yogurt as a dessert
- It's best to keep sugar to small amounts in your diet to prevent weight gain.

2. Watch out for sugar in drinks

Sugar can also cause tooth decay, especially when you have sugary foods or drinks (including fruit juices) on their own. It's better to have sugary foods or drinks with a meal, or just afterwards.

Fizzy drinks contain a lot of sugar and can be very harmful to teeth so try not to drink them too often and when you do, have them with meals. Alternatives such as ‘sugar free’ or ‘diet’ varieties contain less or no sugar but are still quite acidic. Using a straw will reduce the amount of sugar that comes into contact with teeth.

If you take sports drinks remember that like other fizzy drinks and squashes they contain sugar and will contribute to tooth decay. Sports drinks are not something that should be consumed every day outside of sporting activities. Unless you are doing endurance sport (an activity for a very long period of time), water is the best way to rehydrate.

Stimulant or so-called “energy” drinks usually contain a lot of sugar and caffeine. And while some of their ingredients pose no health concerns, these drinks are not suitable as a thirst quencher after sports activities. Caution should also be taken when consuming these drinks with alcohol or medication, and they should not be consumed by children or pregnant women.

3. Read the Label

Did you know added sugars can be called by their chemical names – sucrose, glucose and maltose – and are also in syrups and honey, so always check the nutrition label on the back or side of packaged foods.

EU guidelines on nutrition labels to tell you if a food or drink is high in sugar.

| | |
|---------------|----------------------|
| HIGH | Over 22.5g per 100g |
| MEDIUM | 5g to 22.5g per 100g |
| LOW | 5g or less per 100g |

If you are trying to cut down on sugar, you should limit your consumption of foods that have more than 22.5g/100g

4. Change some habits

There are simple changes you can make that cut down the amount of sugar you consume.

| Swap | For |
|---------------------------|---|
| Sugary cereal | Bowl of wheat biscuits, porridge or a wholegrain cereal and a glass of orange juice |
| Regular bars of chocolate | Treat-size bars |
| Sugary drinks | Water, milk or zero Calorie drink |

FACTS ABOUT FATS, OILS AND SPREADS

Both the amount and type of fat you eat is important.

Did you know?

- 1 teaspoon of oil contains 5g of fat.
- 1 heaped teaspoon of margarine or butter has almost 6g of fat.
- 1 heaped teaspoon of lower fat spread or lower fat butter has almost 3g fat.
- Reduced fat spreads contain different amounts so check the label.

All oils contain a lot of fat (100%). Margarines and butter (80%) contain the same amount of energy value (kJ/kcal) and fat (80%) but have different types of fat. Lower fat margarine and lower fat butter have less fat (about 40%).

There are two main types of fat in the diet, saturated and unsaturated fat. All fats and oils are very high in energy value (kJ/kcal). Use as little as possible of the different types of fats, spread and oils. We need to be careful about the type of fat we eat:

1. **Saturated fat** ("bad fat") is normally found in animal foods. If you have too much saturated fat in your diet, your cholesterol in your blood increases and this can put you at risk of heart disease. We need to reduce these fats and oils as much as possible in our diet. These harmful fats include the white fat you see on meat, and are also in sausages, puddings and meat pies, as well as in butter, hard margarines, lard and some dairy products like hard cheese and cream. Saturated fats are also in pastries, cakes, biscuits,

chocolate, confectionery and salty snacks like crisps. Reduce your intake of saturated fats by limiting these foods to special occasions.

2. **Unsaturated fat** ("good fat") such as polyunsaturated and monounsaturated fats is mainly found in plant foods and most pure vegetable oils, the spreads made from these and in seeds and nuts. These fats are better for your health and so are healthier types to include in your diet. However, you still need to be careful with the total amount of fat you eat. Choose vegetable oils that are high in monounsaturated fats, such as rapeseed or olive oil, as well as oils high in polyunsaturated fat, such as sunflower oil and corn oil, as they are better for your health than saturated fat (butter, lard).

Remember all types of fat and oils are high in energy value (kJ/kcal). While some fats and oils help to protect against heart disease (polyunsaturated and monounsaturated fats), it is important to remember that they are just as high in energy value (kJ/kcal) as other more harmful fats and oils (saturated, hydrogenated (hardened) and trans fats).

EU guidelines on nutrition labels for telling you if a food is high in fat

Total fat

| | |
|---------------|----------------------|
| HIGH | Over 17.5g per 100g |
| MEDIUM | 3g to 17.5g per 100g |
| LOW | 3g or less per 100g |

Saturated fat

| | |
|---------------|-----------------------|
| HIGH | Over 5g per 100g |
| MEDIUM | 1.5g to 5g per 100g |
| LOW | 1.5g or less per 100g |

Cut down on foods high in fat

Foods such as cakes, sweets, biscuits and butter are high in fats and low in nutrients. Eating too many foods high in fat, including saturated fat, should be avoided. Here are some handy tips:

- Limit to sometimes, not every day and only in very small amounts.
- Don't be tempted to swap eating healthy foods so you can have more foods high in fat. You need healthy foods in the proportions recommended, as per the eatwell plate, to provide all your vitamins and minerals.
- Choose reduced fat versions of polyunsaturated or monounsaturated spread.
- Choose lean cuts of meat (remove all visible fat), poultry where possible.
- Choose lower fat dairy foods where possible, for example, lower fat milk, yogurt and cheese.
- Oily fish is the best source of an essential fat called Omega 3. This fat is also good for heart health. The best types of oily fish are salmon, mackerel, herring and trout.

| Swap | For |
|----------------------|---------------------------------------|
| Full milk and yogurt | lower fat milk and lower fat yogurt |
| Frying food | Boiling, baking, grilling or steaming |

If you are trying to cut down on fat, you should limit your consumption of foods and drinks that have more than 3g/100g of total fat and more than 1.5g/100g of saturated fat.

Food labelling plays an important role in making healthier choices. Food labels can be used to make healthier, safer and more informed food choices when choosing between products. Food labels let you know what nutrients manufactured food products contain. The ingredients' label and nutrition panel on the back of pack can help you to make healthier choices.

You might:

- Use the label to choose a food from the meat, fish and alternatives group that has less fat, for example, lean minced meat
- Read the label before buying frozen vegetables. For example, the label may show that cauliflower and sauce has more fat than plain cauliflower
- Find useful information on food labels about particular nutrients.

Front of Pack labelling

The new voluntary Front of Pack (FoP) nutrition labelling system was launched to help you see at glance what is in your food. It is colour-coded red, amber and green. In addition to colour coding, you will also see the number of grams of fat, saturated fat, sugars and salt in a portion or a 'serving' of the food.

The label also highlights 'percentage reference intakes' (formerly known as guideline daily amounts). The percentage reference intake is based on the amount of each nutrient and energy value which is provided in a portion of the food for an adult.

Food products which display colour coding labels (red, amber or green) on the front of the pack help you choose the healthier option. The labels let you know if the food you are buying has high, medium or low amounts of fat, saturated fat, sugars and salt.

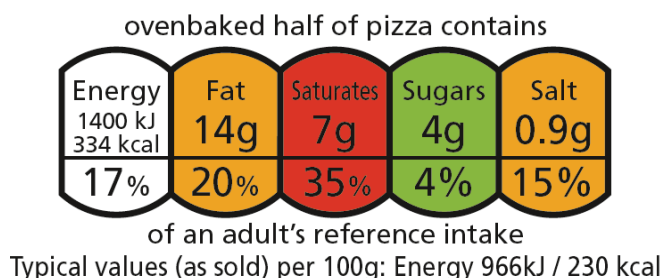
You will find Front of Pack labelling mostly on processed convenience foods, such as ready meals, pizzas, sausages, burgers, pies, sandwiches and breakfast cereals.

Portion size information is provided in easily understood language, for example,

- ¼ of a pie
- 1 burger
- ½ pizza.

Percentage Reference Intake (% RI) information based on the amount of each nutrient and energy value in a portion of the food is provided. The term 'Reference Intake' has replaced 'Guideline Daily Amounts.'

Energy value in kilojoules and kiloCalories per 100g/ml and in a specified portion of the product is also provided.



Voluntary front of pack nutrition labelling cannot be given on its own. The full mandatory (back of pack) nutrition declaration must also be provided. This comprises information on the energy, fat, saturates, carbohydrate, sugars, protein and salt contained in the product.

What do the colours mean?

A **red colour** on the front of pack means the food is high in something you should try to cut down on in your diet. It is fine to have the food occasionally, or as a treat, but you should watch how often they choose these foods, or try eating them in smaller amounts.

An **amber colour** means the food isn't high or low in the nutrient, so this is an acceptable choice most of the time. You might want to go for green for that nutrient some of the time.

A **green colour** means the food is low in that nutrient. The more green lights, the healthier the choice. Many of the foods with colour coding that you see in shops will have a mixture of red, amber and green. So, when choosing between similar products, you should choose foods with more greens and ambers, and fewer reds, to ensure healthier choices.



Food Labels

To understand what you and your family are eating, you need to be able to make sense of food labels.

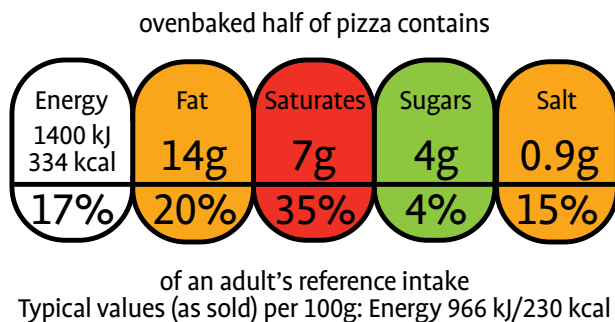
Healthy foods are low in fat, low in sugar, low in salt but high in fibre.

Nutritional Information

Under EU Food Law, when nutritional information is given it must be stated as per 100g of a food or drink.

| Nutritional Information | Typical value per 100g | 30g serving with 125ml skimmed milk | |
|---|------------------------|-------------------------------------|--|
| Energy | 1580kJ 372kcal | 725kJ 171kcal | ... 100g of some foods may be more or less than a typical serving |
| Protein | 7g | 7g | |
| Carbohydrate of which sugars starch | 84g 8g 76g | 31g 8g 23g | ... Sugar Low-sugar – less than 5g per 100g Sugar-free – contains naturally occurring sugar or no extra sugar added No added sugar – no extra sugar added |
| Fat of which saturates | 0.9g 0.2g | 2.5g 1.5g | ... Fat Low-fat – less than 3g per 100g Low-saturates – less than 1.5g per 100g |
| Fibre | 3g | 0.9g | ... Fibre High-fibre – 6g or more per 100g |
| Salt | 1.8g | 0.7g | ... Salt Low-salt – 0.3g or less per 100g |

Many foods will display a Front of Pack nutrition label



Many companies choose to display adult's reference intakes. These outline the approximate amount of nutrients needed by healthy adults and children every day. Look for products with lowest reference nutrient intakes. This information is given per serving. It will be displayed as a percentage for each nutrient.

- Green** means the food is low in that nutrient. The more green lights, the healthier the choice.
- Amber** means the food isn't high or low in the nutrient, so this is an acceptable choice most of the time.
- Red** on the front of pack means the food is high in something consumers should try to cut down on in their diet.

Check the label and **avoid foods that are high in sugar, salt or fat.** Foods that are high in fibre may also be high in sugar and salt.

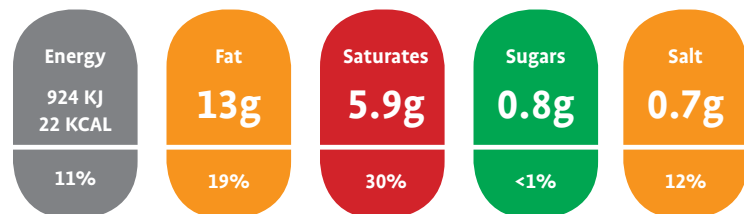




What's in your cereal?

Check before you choose.

If the cereal name or description sounds sugary then it most likely is. Descriptions like 'honey-coated', 'frosted' or 'chocolate-coated' are a good give-away that they contain added sugar. Most cereals will have a label on the front of packaging like the one below. Choose more greens and ambers, and fewer reds.



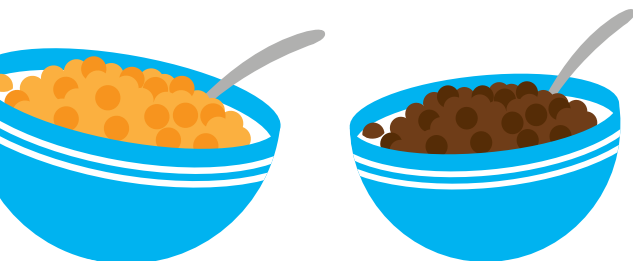
Green means low in that nutrient, and is the healthier choice.

Amber means medium.

Red means high.

Add natural sweetness to your cereal with fruit.

Swap sugary cereals for whole-grain cereals. Whole-grain cereals have more fibre to help out children's digestive system and will keep you fuller for longer.



One daily win can start your kids on the way to a healthier life.
For more ways to start visit makeastart.ie or makeastart.org

| Name | Serving (g) | Sugar (g) | Equivalent in teaspoons of sugar | Calories (kcal) | Salt (g) | Fibre (g) |
|------------------------------------|-------------------|-----------|----------------------------------|-----------------|----------|-----------|
| Kelloggs Crunchie Nut | 30 | 11 | 3 | 119 | 0.23 | 0.8 |
| Aldi Choco Rice | 30 | 9.6 | 2.5 | 117 | 0.22 | 0.7 |
| Tesco Choco Snaps | 30 | 9.6 | 2.5 | 117 | 0.2 | 0.7 |
| Lidl Choco Rice | 30 | 9.6 | 2.5 | 116 | 0.15 | 1 |
| Tesco Honey Nut Corn Flakes | 30 | 9.1 | 2.5 | 121 | 0.2 | 0.7 |
| Kelloggs Coco Pops | 30 | 9 | 2.5 | 116 | 0.23 | 0.9 |
| Aldi Honey Nut Crunchy Corn Flakes | 30 | 8.4 | 2 | 119 | 0.14 | 0.9 |
| Lidl Corn Flakes Honey and Peanuts | 30 | 6.6 | 1.5 | 118 | 0.14 | 1.3 |
| Nestle Cheerios | 30 | 6.3 | 1.5 | 113 | 0.28 | 2.3 |
| Aldi Multi-grain Hoops | 30 | 5.8 | 1.5 | 114 | 0.18 | 2.2 |
| Tesco Multigrain Hoops | 30 | 5.1 | 1.5 | 115 | 0.2 | 2 |
| Lidl Multigrain Hoops | 30 | 5 | 1.5 | 114 | 0.19 | 2.8 |
| Nestle Shreddies | 30 | 4.5 | 1 | 109 | 0.21 | 3.6 |
| Tesco Malt Wheaties | 30 | 4.2 | 1 | 110 | 0.18 | 3.2 |
| Lidl Malt Wheaties | 30 | 3.7 | 1 | 110 | 0.13 | 3.9 |
| Aldi Malted Wheaties | 30 | 3.3 | 1 | 109 | 0.13 | 3.3 |
| Kelloggs Rice Krispies | 30 | 3 | 1 | 115 | 0.34 | 0.3 |
| Aldi Crisp Rice | 30 | 2.7 | 0.5 | 115 | 0.22 | <0.5 |
| Tesco Rice Snaps | 30 | 2.7 | 0.5 | 115 | 0.2 | 0.5 |
| Lidl Rice Snaps | 30 | 2.7 | 0.5 | 115 | 0.2 | 0.5 |
| Kelloggs Corn Flakes | 30 | 2.4 | 0.5 | 113 | 0.34 | 0.9 |
| Tesco Corn Flakes | 30 | 2.1 | 0.5 | 115 | 0.2 | 0.9 |
| Aldi Corn Flakes | 30 | 1.9 | 0.5 | 114 | 0.17 | 1 |
| Aldi Wheat Bisks | 2 biscuits (37.5) | 1.7 | <0.5 | 136 | 0.24 | 3.8 |
| Lidl Bixies | 2 biscuits (37.5) | 1.7 | <0.5 | 136 | 0.24 | 3.8 |
| Tesco Wheat Biscuits | 2 biscuits (37.5) | 1.7 | <0.5 | 134 | 0.2 | 3.8 |
| Weetabix | 2 biscuits (37.5) | 1.7 | <0.5 | 136 | 0.1 | 3.8 |
| Kavanaghs Instant Oats (Aldi) | 40 | 0.5 | 0 | 149 | 0.01 | 3.5 |
| Odlums Porridge Oats | 40 | 0.5 | 0 | 147 | 0 | 3.6 |
| Lidl Corn Flakes | 30 | 0.4 | 0 | 117 | 0.27 | 1.4 |
| Flahavans Progress Oatlets | 40 | 0.4 | 0 | 148 | 0.01 | 3.3 |
| Flahavans Quick Oats | 40 | 0.4 | 0 | 148 | 0.01 | 3.3 |
| Ready brek | 40 | 0.4 | 0 | 150 | 0.01 | 3.2 |
| Quaker Oats so Simple | 40 | 0.4 | 0 | 148 | trace | 4.2 |
| Oatilicious Porridge Oats (Lidl) | 40 | 0.3 | 0 | 150 | <0.01 | 4 |

1 level teaspoon is 4 grams

How many calories in...? Sweets

**222
cal**



**182
cal**



**164
cal**



**176
cal**



**148
cal**



**184
cal**



**47
cal**



How many calories in...? Crisps

86
cal



136
cal



89
cal



197
cal



91
cal



172
cal



103
cal



How many calories in...? Biscuits

107
cal



56
cal



92
cal



106
cal



55
cal



76
cal



150
cal



124
cal



How many calories in...? Chocolate

210
cal



137
cal



95
cal



70
cal



165
cal



229
cal



100
cal



107
cal

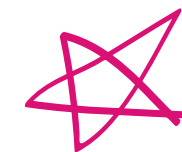


170
cal



240
cal





Check before you choose

- ★ Sugary drinks, a leading cause of tooth decay, are also linked with **excess weight in children**, which **increases their risk of heart disease, cancer and type II diabetes**.
















- ★ If choosing other drinks read the label to **check the sugar level, ideally choose no added or low-sugar options**.
- ★ Limit fruit juice or a smoothie to a small glass, once a day. **Always choose unsweetened**.
- ★ If your family is in the habit of drinking sugary drinks, **reduce them gradually. Only give them with a meal to reduce tooth decay**.
- ★ If choosing squash or cordial, **water it down well**.
- ★ Water is tastier when it's cold:
 - ★ Put a jug of water in the fridge
 - ★ Make it fun, use colourful cups and straws
- ★ **Do not introduce sugary drinks to toddlers** in the first place then you won't have to wean them off later.










| Fizzy Drinks (Regular) | | |
|------------------------|-------------------------|---|
| Drink/description | Sugar per 200ml serving | Equivalent in teaspoons of sugar |
| Club Orange | 26.4g | 6  |
| Fanta Orange | 24g | 6  |
| 7UP | 22.4g | 6  |
| Pepsi | 22.4g | 6  |
| Coca Cola | 21.2g | 5  |
| Lucozade | 17.4g | 4  |
| Sprite | 13.2g | 3  |



| Fizzy Drinks (Diet) | | |
|---------------------|-------------------------|----------------------------------|
| Drink/description | Sugar per 200ml serving | Equivalent in teaspoons of sugar |
| Fanta Zero | 1.6g | 0 |
| Diet Coke | 0g | 0 |
| 7UP Free | 0g | 0 |
| Pepsi Max | 0g | 0 |

| Smoothies | | |
|---|-------------------------|---|
| Drink/description | Sugar per 200ml serving | Equivalent in teaspoons of sugar |
| Aldi Del Rivo (Oranges, Mangoes and Pineapple Smoothie) | 27g | 7  |
| Naked (Mighty Mango Juice Smoothie) | 25.3g | 6  |
| Juice Press (Raspberry and Blueberry Smoothie) | 25.6g | 6  |
| Tesco (Strawberry and Banana Smoothie) | 23.4g | 6  |
| Innocent (Mango and Passion Fruit) | 22g | 6  |
| Lidl (Strawberry, Blackberry, and Raspberry) | 17g | 4  |







| High Fruit Squashes or Cordials | | |
|--|-------------------------|---|
| Drink/description | Sugar per 200ml serving | Equivalent in teaspoons of sugar |
| Sainsbury's High Juice Squash (Blackcurrant) | 17.6g | 4  |
| Lidl Lindhouse High Juice (Blackcurrant) | 16g | 4  |
| Asda High Juice (Blackcurrant) | 15.4g | 4  |
| Lidl Lindhouse High Juice (orange) | 12.8g | 3  |
| Tesco High Juice (Orange Squash) | 12.2g | 3  |
| Asda High Juice (Florida Orange) | 12g | 3  |
| Sainsbury's High Juice Squash (Orange) | 12g | 3  |

| Regular Squashes or Cordials | | |
|---|-------------------------|---|
| Drink/description | Sugar per 200ml serving | Equivalent in teaspoons of sugar |
| Ribena (Strawberry or Blackcurrant) | 20g – 20.8g | 5  |
| Vimto Original Squash | 9.4g | 2  |
| Miwadi Orange | 4.8g | 1  |
| Dunnes Stores (Orange Squash) | 1.6g | 0 |
| Asda Orange (Double Strength Squash) | 0.32g | 0 |
| Tesco (Double Strength Orange, Every Day Value) | 0.16g | 0 |

| Ready To Drink Fruit Juice Drinks | | |
|--|-------------------------|---|
| Drink/description | Sugar per 200ml serving | Equivalent in teaspoons of sugar |
| Amigo (Orange Juice Drink) | 23.2g | 6  |
| Lidl plein sud (Orange Juice Drink) | 22g | 6  |
| Ribena (Blackcurrant) | 21g | 5  |
| Capri Sun (Apple and Blackcurrant Juice Drink) | 20g | 5  |
| Sunny D (Citrus Juice Drink) | 16.5g | 4  |
| J20 (Apple and Mango Juice Drink) | 12.4g | 3  |
| Aldi Rio D'oro Sun Shots (Apple Juice Drink) | 6.8g | 2  |
| Tesco Fruit Splash (Orange Juice Drink, No Added Sugar) | 2.2g | 0 |
| Fruice Juicy (Tropical Juice Drink, With Added Vitamins) | 1.8g | 0 |
| Robinsons Fruit Shoot (Low Sugar) | 1.6g | 0 |
| Dunnes Stores (Apple and Blackcurrant Juice Drink, No Added Sugar) | 0.4g | 0 |
| Vimto (No Added Sugar) | 0g | 0 |

| Fruit Juice Drinks (sweetened) | | |
|--|-------------------------|---|
| Drink/description | Sugar per 200ml serving | Equivalent in teaspoons of sugar |
| Del Monte (44% Fruit Juice Drink) Tropical Flavour | 23.6g | 6  |
| Ocean Spray Cranberry Classic (25% Fruit Juice From Concentrate) | 22g | 6  |
| Sainsbury's (Cranberry Juice Drink) | 21g | 5  |

| No Added Sugar Squashes or Cordials | | |
|--|-------------------------|----------------------------------|
| Drink/description | Sugar per 200ml serving | Equivalent in teaspoons of sugar |
| Aldi (High Juice Orange) | 2.08g | 0 |
| Sainsbury's (High Juice Orange) | 2g | 0 |
| Tesco (High Juice Orange) | 2g | 0 |
| Robinsons (Orange and Pineapple) | 1.4g | 0 |
| Ribena (Blackcurrant) | 1g | 0 |
| Dunnes Stores (Orange Squash) | 0.5g | 0 |
| Aldi (Apple & Blackcurrant Squash) | 0.4g | 0 |
| Miwadi Orange | 0.32g | 0 |
| Fruice Orange (Double Strength) | 0.24g | 0 |
| Kia Ora Orange | 0.2g | 0 |
| Sainsbury's (Squash Double Concentrate, Orange Basics) | 0.08g | 0 |

| Unsweetened Fruit Juices (No Added Sugar, From Concentrate or Not) | | |
|--|-------------------------|---|
| Drink/description | Sugar per 200ml serving | Equivalent in teaspoons of sugar |
| Jaffa Gold Orange Juice | 23.4g | 6  |
| Copella (Not From Concentrate) Orange Smooth | 20g | 5  |
| Tropicana (Not From Concentrate) Orange Original | 20g | 5  |
| Sqeez (from Concentrate) Orange | 18.2g | 5  |
| Innocent (Not From Concentrate) Orange With Bits | 16.4g | 4  |
| Sainsbury's (100% Pure Squeezed Smooth Orange Juice) | 15.2g | 4  |

INSTRUCTIONS AND ANSWERS: WHICH FOOD HAS THE LOWER SALT, SUGAR OR FAT CONTENT? WORKSHEET 1

Module 1: Topic 5

Duration 20 minutes

Required Give each person a printout of the worksheet and a pen or pencil.

Learning outcomes Understand that foods and drinks have different salt, sugar and fat contents and that some are healthier than others.

Preparation Discuss that foods have different salt, sugar and salt contents. Explain that sugar, salt and fat exist naturally or may be added during the production and/or cooking processes. Explain that some salt, sugar and fat are necessary to maintain a healthy diet but too much can lead to significant health issues.

Instructions The worksheet compares sets of two foods and drinks. The task is to identify which has the lower salt, sugar or fat content. Discuss their answers with the group, explaining the role of food labelling.

Answers

**ANSWERS:
WHICH FOOD HAS THE LOWER SALT,
SUGAR OR FAT CONTENT?
WORKSHEET 1 BASIC
Module 1: Topic 5**

Look at the foods and drinks shown below.
Tick which food or drink has the lower salt content.

WHICH FOOD HAS THE LOWER SALT?

☐ Bacon sandwich with white bread ☒ Turkey sandwich with brown bread

☐ Popcorn ☐ Chips

☐ Dry-roasted peanuts ☒ Natural peanuts

www.eatright.eu

**ANSWERS:
WHICH FOOD HAS THE LOWER SALT,
SUGAR OR FAT CONTENT?
WORKSHEET 1 BASIC
Module 1: Topic 5**

Look at the foods and drinks shown below.
Tick which food or drink has the lower sugar content.

WHICH FOOD HAS THE LOWER SUGAR?

☒ 100% fruit juice ☐ Sugary fizzy drink

☐ Cornmeal ☒ Muesli

☐ Doughnut ☒ Bread roll

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**ANSWERS:
WHICH FOOD HAS THE LOWER SALT,
SUGAR OR FAT CONTENT?
WORKSHEET 1 BASIC
Module 1: Topic 5**

Look at the foods and drinks shown below.
Tick which food or drink has the lower fat content.

WHICH FOOD HAS THE LOWER FAT?

☐ Fast food fries ☒ Plain chips

☒ Vegetable pizza with spinach ☐ Pepperoni pizza, with extra cheese

☐ Egg fried rice ☒ Fried rice

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Basic

**ANSWERS:
WHICH FOOD HAS THE LOWER SALT,
SUGAR OR FAT CONTENT?
WORKSHEET 1 ADVANCED
Module 1: Topic 5**

Look at the food labels below to find the fat, sugar and salt content.

Which cheese has the lower amount of saturated fat?

☒ Cheddar ☐ Brie

Which bread has the lower amount of salt?

☐ White bread ☒ Wholemeal bread

Which cereal has the lower amount of sugar?

☐ Cornflakes ☒ Bran flakes

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Advanced

WORKSHEET 1 BASIC

WHICH FOOD HAS THE LOWER SALT, SUGAR OR FAT CONTENT?

Module 1: Topic 5

Look at the foods and drinks shown below.
Tick which food or drink has the lower salt content.

WHICH FOOD HAS THE LOWER SALT?



☐ Bacon sandwich with white bread

OR



☐ Turkey sandwich with brown bread



☐ Popcorn

OR



☐ Crisps



☐ Dry-roasted peanuts

OR



☐ Natural peanuts

WORKSHEET 1 BASIC

WHICH FOOD HAS THE LOWER SALT, SUGAR OR FAT CONTENT?

Module 1: Topic 5

Look at the foods and drinks shown below.
Tick which food or drink has the lower fat content.

WHICH FOOD HAS THE LOWER FAT?



☐ Fast-food fries

OR



☐ Oven Chips



☐ Vegetable pizza with spinach

OR



☐ Pepperoni pizza, with extra cheese



☐ Egg fried rice

OR



☐ Boiled rice

WORKSHEET 1 BASIC

WHICH FOOD HAS THE LOWER SALT, SUGAR OR FAT CONTENT?

Module 1: Topic 5

Look at the foods and drinks shown below.
Tick which food or drink has the lower sugar content.

WHICH FOOD HAS THE LOWER SUGAR?



☐ 100% fruit juice

OR



☐ Regular fizzy drink



☐ Sweetened cereal

OR



☐ Branflakes



☐ Doughnut

OR



☐ Bread roll

WORKSHEET 1 ADVANCED

WHICH FOOD HAS THE LOWER SALT, SUGAR OR FAT CONTENT?

Module 1: Topic 5

Look at the food labels below to find the fat, sugar and salt content.

Which cheese has the lower amount of saturated fat?

NUTRITIONAL INFORMATION:

Typical values per 100g:
Energy 1630kJ/390kcal, Protein 26g,
Carbohydrate 0.1g, of which sugars 0.0g,
Fat 64g, of which saturates 39.8g, Fibre 0.0g,
Sodium 0.8g, Equivalent as salt 1.9g,
Calcium 690mg (86% RDA*)

Typical values per 30g serving:
Energy 489kJ/117kcal, Protein 7.8g,
Carbohydrate <0.1g, of which sugars 0.0g,
Fat 19.2g, of which saturates 11.8g, Fibre 0.0g,
Sodium 0.2g, Equivalent as salt 0.6g,
Calcium 207mg (26% RDA*)

* RDA = Recommended Daily Allowance

NUTRITIONAL INFORMATION

| Typical Values | Per 100g | Per 20g Serving |
|--------------------|----------------|-----------------|
| Energy | 1663kJ/401kcal | 333kJ/80kcal |
| Fat | 33g | 6.6g |
| of which saturates | 19.8g | 4g |
| Carbohydrate | 0.1g | 0.02g |
| of which sugars | 19.8g | 4g |
| Protein | 26g | 5.2g |
| Salt | 1.9g | 0.38g |

Which bread has the lower amount of salt?

TYPICAL NUTRITIONAL INFORMATION

| | per 100g | per 25g |
|--------------------|----------|---------|
| ENERGY | 2100kJ | 300kJ |
| | 503kcal | 126kcal |
| FAT | 29.2g | 7.3g |
| of which saturates | 4.8g | 1.2g |
| CARBOHYDRATE | 55.9g | 14.0 |
| of which sugars | 0.9g | 0.2g |
| PROTEIN | 4.1g | 1.0g |
| SALT | 1.5g | 0.4g |

TYPICAL NUTRITIONAL INFORMATION

| | Per 100g | Per 30g Serving |
|-------------------------------|----------|-----------------|
| Energy | 2099kJ | 630kJ |
| | 502kcal | 151kcal |
| Fat | 26.1g | 7.8g |
| Of which saturates | 2.0g | 0.6g |
| Carbohydrate | 59.0g | 17.7g |
| Of which sugars | 3.7g | 1.1g |
| Protein | 5.6g | 1.7g |
| Salt | 1.57g | 0.47g |
| This pack contains 5 servings | | |

Which cereal has the lower amount of sugar?

NUTRITION INFORMATION

| | Typical Value per 100g | 30g Serving with 125ml of skimmed milk |
|--------------------|------------------------|--|
| ENERGY | 1639kJ/387kcal | 743kJ/175kcal |
| FAT | 2.5g | 3g |
| of which saturates | 1g | 1.5g |
| CARBOHYDRATE | 85g | 32g |
| of which sugars | 35g | 17g |
| PROTEIN | 5g | 6g |
| SALT | 0.75g | 0.35g |

NUTRITION INFORMATION

| | Typical Value per 100g | 30g Serving with 125ml of skimmed milk |
|--------------------|------------------------|--|
| ENERGY | 1604kJ/379kcal | 732kJ/173kcal |
| FAT | 2.5g | 3g |
| of which saturates | 0.5g | 1.5g |
| CARBOHYDRATE | 76g | 29g |
| of which sugars | 20g | 12g |
| PROTEIN | 11g | 8g |
| SALT | 0.75g | 0.35g |

INSTRUCTIONS: CUT DOWN ON SALT, SUGAR AND FAT WORKSHEET 2

Module 1: Topic 5

| | |
|-------------------|--|
| Duration | 20 minutes |
| Required | Give each person a printout of the worksheet and a pen or pencil. |
| Learning outcomes | Understand that foods and drinks have different salt, sugar and fat contents and that some are healthier than others. Understand that the food you choose and how you prepare it, controls the amount of salt, sugar and fat you consume. |
| Preparation | Discuss that foods have different salt, sugar and salt contents. Explain that sugar, salt and fat exist naturally or may be added during the production and/or cooking processes. Explain that some salt, sugar and fat are necessary to maintain a healthy diet but too much can lead to significant health issues. |
| Instructions | The worksheet asks why eating too much salt, sugar and fat is unhealthy. They are asked to give two ways of cutting down on the amount of salt, sugar and fat they consume. |

INSTRUCTIONS AND ANSWERS: HIDDEN SUGAR QUIZ

Module 1: Topic 5

| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--|---|--|-------------------|---|--|-----------------------------------|--------------------|------------------------------------|-------------------|--|---------------------|-------------------------------------|---------------------|---------------------------------------|-------------------|------------------------------------|---------------------|--|--|-------------------------------|---------------------|----------------------------------|---------------------|---------------------------------|-------------------|----------------------------|---------------------|------------------------------|---------------------|--|--|-------------------------|--------------------|
| Duration | 20 minutes | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Required | Give each person a printout of the quiz sheet and a pen or pencil. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Learning outcomes | Understand that some foods contain more sugar than you think. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Preparation | Discuss that foods and drinks have different sugar contents. Discuss how it can be difficult to understand how much sugar is in a food or drink. Talk about the amount of sugar in terms of teaspoons of sugar. Would they eat a teaspoon of sugar on its own? | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Instructions | The quiz sheet lists different foods and drinks. Two options are given the number of teaspoons of sugar each contains. They circle the number of teaspoons of sugar they think each food or drink contains. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Answers | <p>All answers are based on a 4g teaspoon of sugar. Remember to multiply these values x 4g for sugar amount eaten each time.</p> <table><tr><td>1 plain digestive biscuit (15g)</td><td>½ teaspoon</td></tr><tr><td colspan="2">½ teaspoon may seem small but remember you are unlikely to stop at one biscuit in one sitting, these will quickly add up.</td></tr><tr><td>Can of sugary cola (330ml)</td><td>8 teaspoons</td></tr><tr><td>Bowl of rice crispies (30g)</td><td>½ teaspoon</td></tr><tr><td>Bowl of sugar-coated breakfast cereal (30g)</td><td>2½ teaspoons</td></tr><tr><td>Serving of baked beans (80g)</td><td>1¼ teaspoons</td></tr><tr><td>Slice of wholemeal toast (31g)</td><td>⅓ teaspoon</td></tr><tr><td>1 teaspoon of ketchup (20g)</td><td>1¼ teaspoons</td></tr><tr><td colspan="2">Be careful when measuring out ketchup – a dollop of ketchup you might squeeze out could be a lot more than a teaspoon.</td></tr><tr><td>Bar of chocolate (54g)</td><td>7½ teaspoons</td></tr><tr><td>1 chocolate biscuit (18g)</td><td>1¼ teaspoons</td></tr><tr><td>Can of diet cola (330ml)</td><td>0 teaspoon</td></tr><tr><td>1 Jaffa cake (4.3g)</td><td>1½ teaspoons</td></tr><tr><td>Fruit Smoothie (200g)</td><td>5½ teaspoons</td></tr><tr><td colspan="2">You might think that it's the same to have a fruit smoothie and a can of cola but there are important vitamins and minerals needed by your body in the smoothie that are not in the can of cola.</td></tr><tr><td>Lucozade (380ml)</td><td>8 teaspoons</td></tr></table> | 1 plain digestive biscuit (15g) | ½ teaspoon | ½ teaspoon may seem small but remember you are unlikely to stop at one biscuit in one sitting, these will quickly add up. | | Can of sugary cola (330ml) | 8 teaspoons | Bowl of rice crispies (30g) | ½ teaspoon | Bowl of sugar-coated breakfast cereal (30g) | 2½ teaspoons | Serving of baked beans (80g) | 1¼ teaspoons | Slice of wholemeal toast (31g) | ⅓ teaspoon | 1 teaspoon of ketchup (20g) | 1¼ teaspoons | Be careful when measuring out ketchup – a dollop of ketchup you might squeeze out could be a lot more than a teaspoon. | | Bar of chocolate (54g) | 7½ teaspoons | 1 chocolate biscuit (18g) | 1¼ teaspoons | Can of diet cola (330ml) | 0 teaspoon | 1 Jaffa cake (4.3g) | 1½ teaspoons | Fruit Smoothie (200g) | 5½ teaspoons | You might think that it's the same to have a fruit smoothie and a can of cola but there are important vitamins and minerals needed by your body in the smoothie that are not in the can of cola. | | Lucozade (380ml) | 8 teaspoons |
| 1 plain digestive biscuit (15g) | ½ teaspoon | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ½ teaspoon may seem small but remember you are unlikely to stop at one biscuit in one sitting, these will quickly add up. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Can of sugary cola (330ml) | 8 teaspoons | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Bowl of rice crispies (30g) | ½ teaspoon | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Bowl of sugar-coated breakfast cereal (30g) | 2½ teaspoons | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Serving of baked beans (80g) | 1¼ teaspoons | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Slice of wholemeal toast (31g) | ⅓ teaspoon | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 teaspoon of ketchup (20g) | 1¼ teaspoons | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Be careful when measuring out ketchup – a dollop of ketchup you might squeeze out could be a lot more than a teaspoon. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Bar of chocolate (54g) | 7½ teaspoons | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 chocolate biscuit (18g) | 1¼ teaspoons | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Can of diet cola (330ml) | 0 teaspoon | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 Jaffa cake (4.3g) | 1½ teaspoons | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fruit Smoothie (200g) | 5½ teaspoons | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| You might think that it's the same to have a fruit smoothie and a can of cola but there are important vitamins and minerals needed by your body in the smoothie that are not in the can of cola. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Lucozade (380ml) | 8 teaspoons | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

WORKSHEET 2 ADVANCED

CUT DOWN ON SALT, SUGAR AND FAT

Module 1: Topic 5

Please answer the questions below

Why is eating too much salt unhealthy? Please give two reasons.

1. _____
2. _____

Give two examples of how to cut down on the amount of salt you eat.

1. _____
2. _____

Why is eating and drinking too much sugar unhealthy? Please give two reasons.

1. _____
2. _____

Give two examples of how to cut down on the amount of sugar you eat.

1. _____
2. _____

Why is eating too much fat unhealthy? Please give two reasons.

1. _____
2. _____

Give two examples of how to cut down on the amount of fat you eat.

1. _____
2. _____

HIDDEN SUGAR QUIZ

Module 1: Topic 5

How much sugar is in the food and drink listed below? Circle the answer.

| | | | |
|--|--------------|----|--------------|
| 1. 1 plain digestive biscuit (15g) | 2 teaspoons | OR | ½ teaspoon |
| 2. Can of sugary cola (330ml) | 5 teaspoons | OR | 8 teaspoons |
| 3. Bowl of rice crispies (30g) | ½ teaspoon | OR | 2 teaspoons |
| 4. Bowl of sugar-coated breakfast cereal (30g) | 2½ teaspoons | OR | 1 teaspoon |
| 5. Serving of baked beans (80g) | 1¼ teaspoons | OR | 3 teaspoons |
| 6. Slice of wholemeal toast (31g) | ⅓ teaspoon | OR | 4 teaspoons |
| 7. 1 teaspoon of ketchup (20g) | ½ teaspoon | OR | 1¼ teaspoons |
| 8. Bar of chocolate (54g) | 4 teaspoons | OR | 7½ teaspoons |
| 9. 1 chocolate biscuit (18g) | 1¼ teaspoons | OR | 2 teaspoons |
| 10. Can of diet cola (330ml) | 0 teaspoon | OR | 1½ teaspoons |
| 11. 1 Jaffa cake (4.3g) | ½ teaspoon | OR | 1½ teaspoons |
| 12. Fruit smoothie (200g) | 4 teaspoons | OR | 5½ teaspoons |
| 13. Lucozade (380ml) | 8 teaspoons | OR | 3 teaspoons |

*based on a 4g teaspoon of sugar



INSTRUCTIONS: CHOOSE THE HEALTHY OPTION GROUP DISCUSSION

Module 1: Topic 5

Duration 40 minutes

Required Examples of everyday food and drink such as bread, fruit, crisps, fruit juice, water, sugary fizzy drinks, chocolate bars, pizza or baked beans. Try to include examples of the same food or drink with different fat, sugar and salt contents, for example, a sugary fizzy drink and a sugar-free drink. Include one potato to prompt the discussion about healthy/unhealthy cooking methods. Flip chart and pen.

Learning outcomes Understand that foods and drinks have different salt, sugar and fat contents and that some are healthier than others. Understand that food labelling and cooking methods help control the amount of fat, sugar and salt you consume.

Preparation Discuss that foods and drinks have different salt, sugar and salt contents. Explain that sugar, salt and fat exist naturally or may be added during the production and/or cooking processes. Explain that some salt, sugar and fat are necessary to maintain a healthy diet but too much can lead to significant health issues.

Instructions

Start by asking:

- What foods and drinks do they consume?
- Is it important to limit the amount of fat, sugar and salt they consume?
- What foods contain a lot of fat, sugar and salt?
- How are fat, salt and sugar added to food? Prompt them to talk about the ingredients in the food and how it is prepared.

Now show the group the food packaging and discuss:

- What foods or drinks have the highest and lowest fat, sugar or salt content?
- How do they know?
- Can they find information about fat, sugar and salt on the food labelling? This can include claims such as lower fat or nutritional information.
- How would they use food labelling to choose foods or drinks that are lower in fat, sugar or salt?

Now show the group a potato and discuss:

- The many ways to cook a potato, you can list the answers on a flip chart.
- What cooking method is the healthiest?

Discussion can include the difference between chip shop chips and oven chips, chunky and thin chips.

Conclude the discussion by asking them to suggest ways to cut down on the amount of fat, sugar and salt they consume. List the ideas for each on the flip chart.

INSTRUCTIONS: FIND THE LOWEST GAME

Module 1: Topic 5

Duration 20 minutes

Required Bring in eight packs, choosing everyday foods such as bread, fruit, crisps, fruit juice, water, a sugary fizzy drink, a chocolate bar, pizza or baked beans. The packs must have nutritional information on them.

Learning outcomes Understand that the nutrition information on packs helps control the amount of fat, sugar and salt you consume.

Preparation Discuss that foods and drinks have different fat, sugar and salt contents. Explain the difference between what's low and high. Pass a pack around and show them where they can find the fat, sugar and salt content information

Instructions Break the group into teams of two. Place the food packs on a table, grouped in sets of two. Ask each team to look at the packs and compare the salt, sugar and fat contents. For each set of two foods they identify, which food has the lower salt, sugar or salt content?

INFORMATION SHEET STAYING HYDRATED – AN ESSENTIAL GUIDE TO HEALTHY DRINKS

Module 1: Topic 6

Humans can survive for a few weeks without food, but you cannot go without fluids for more than two to three days. So it's important to understand the amount and type of fluids you need to consume every day.



How much should you drink?

The amount a person needs to drink to avoid getting dehydrated will vary depending on a range of factors, including their size, the temperature and how active they are. So, for example, if you're exercising hard in hot weather you'll need to drink more.

To stay healthy, it's important to replace the fluid you lose when you breathe, sweat or urinate. You get some fluid from your food but most comes from drinks. The European Food Safety Authority recommends that women should drink about 1.6 litres of fluid and men should drink about 2.0 litres of fluid per day. That's about eight 200ml glasses for a woman and ten 200ml glasses for a man. Alcohol does not count as part of your fluid intake.

What is the healthiest drink?

Try to choose healthier drinks as part of a healthy, balanced diet. Water is the best choice for drinking regularly throughout the day.

Watch out for sugar and caffeine

Many soft drinks are high in sugar. Food and drinks that are high in sugar are often high in Calories, and having too many Calories can make you more likely to gain weight. Kilojoules and kilocalories are both measures (units) of the amount of energy in food. The correct term for what we commonly call 'Calories' is kilojoules (kJ) or kilocalories (kcal).

Some energy drinks are high in both sugar and caffeine. Checking the nutrition labels on soft drinks, such as fruit juices and fizzy drinks, can help you make healthier choices.



Water

Your body is nearly two-thirds water and so it is really important that you consume enough fluid to stay hydrated and healthy. If you don't get enough fluid you may feel tired, get headaches and not perform at your best. 'Fluid' includes not only water from the tap or in a bottle, but also other drinks that give you water such as tea, coffee, milk, fruit juices and soft drinks. You also get water from the food you eat – on average food provides about 20% of your total fluid intake.

Most of the chemical reactions that happen in your cells need water in order to take place. You also need water so that your blood can carry nutrients around the body and get rid of waste.

Water is the healthiest choice for quenching your thirst at any time. It has no Calories and contains no sugars that can damage teeth.

Here are some tips to help you drink more water:

- Get into the habit of always serving water, whether it's with meals or as a daily thirst quencher
- Still water is kinder to teeth than fizzy/ sparkling varieties
- Carry a bottle of water to school, work or play

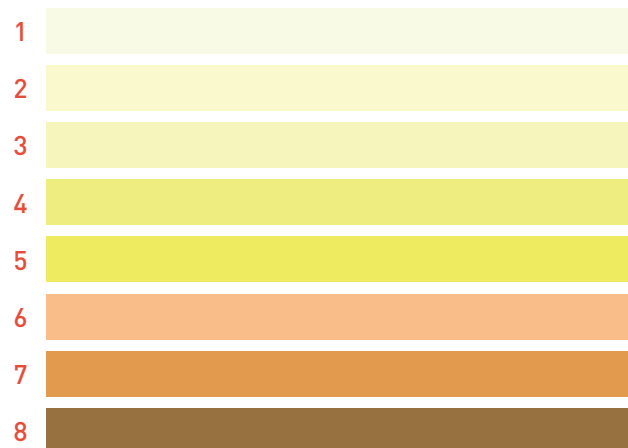
How can you tell if you are getting enough water?

Your body has special mechanisms to make sure you stay hydrated. Feeling thirsty is your body's way of telling you that you need to drink more. However, the easiest way to spot that you might not be getting enough water is if your urine is a dark yellow colour during the day.

If you are getting enough water your urine should be a pale straw colour. If it's darker than number three on the Pee Chart or if you are urinating infrequently or passing very small amounts of urine then you probably need to drink some more fluid.

You also need to drink more if it is hot, or if your temperature is high due to physical activity or illness.

Pee Chart



Your target is to make sure that your pee is the same colour as numbers 1,2 and 3. Colours 4 and 5 suggest dehydration and 6, 7 and 8 severe dehydration.

Armstrong LE (2000): Performing in Extreme Environments. Champaign: Human Kinetics.

Tasty tip!

If you don't like the taste of plain water, try sparkling water or add a slice of lemon or lime. You could also add some no-added-sugar or reduced-sugar squash or fruit juice for flavour.

Milk



Milk is a good source of calcium, a mineral that helps build and maintain healthy bones. It also contains vitamins and other minerals which are good for your health.

Choose the healthier option

For a healthier choice, choose lower fat varieties such as semi-skimmed, 1% fat or skimmed milk. Limit your intake of flavoured milks, milkshakes, condensed milk and milk-based energy or malt drinks because these contain added sugar, which is bad for teeth and can lead to weight gain.

Juices, smoothies and 5 A DAY



Fruit and vegetable juices and smoothies contain a variety of vitamins which are good for your health.

A glass (150ml) of unsweetened/100% fruit juice counts as one of your recommended five daily portions of fruit and vegetables. However, juice can only ever count as one portion a day, no matter how much you drink. This is because it doesn't contain the fibre found in whole fruits and vegetables.

Fruit juice also contains sugar that can damage teeth. It's best to drink it with a meal because this can help protect teeth.

Although smoothies and 100% fruit juices contain sugar they also contain essential vitamins and minerals needed for a healthy diet.

Check the label

When buying fruit juice, check the labels carefully and choose 100% fruit juice with no added sugar, which counts as one of your 5 A DAY.

Are 'juice drinks' the same as 'pure fruit juice'?

No. Juice drinks tend to contain small amounts of fruit juice that then have water and sugar added. They should be regarded as an occasional drink and taken with a meal.

Watch out for 'juice drinks,' which can contain as little as 5% fruit juice and a lot of added sugar, and do not count as one of your 5 A DAY.

Fizzy drinks, squashes and cordials



Fizzy drinks, squashes and juice drinks contain lots of sugar and very few nutrients, so keep them to a minimum.

Their high sugar content means they are high in kilojoules/kilocalories, and foods that are high in kJ/kcal can contribute towards becoming overweight.

Diet versions of fizzy drinks also contain very few nutrients, so milk or water are much healthier choices.











Top tip

Cutting down on fizzy drinks and squashes is a good way of reducing the number of Calories you consume, while not missing out on any nutrients.



Find out about the sugar

You may be surprised at the amount of energy contained in sugary fizzy drinks, squashes and cordials. Just look at how much sugar is contained in some every day drinks.










Regular fizzy drinks

| Drink | Sugar per 200ml serving | In cubes of sugar (5g) |
|--------------------|-------------------------|---|
| Lucozade (regular) | 34.4g | 7       |
| Pepsi (regular) | 21.2g | 4     |

High fruit squashes or cordials

| Drink | Sugar per 200ml serving | In cubes of sugar |
|--------------------------------------|-------------------------|---|
| Asda High Juice (Blackcurrant) | 27.4g | 5      |
| Sainsbury High Juice Squash (orange) | 16.5g | 3    |

Ready to drink fruit juice drinks

| Drink | Sugar per 200ml serving | In cubes of sugar |
|--|-------------------------|---|
| Ribena (blackcurrant) | 21g | 4     |
| Sunny D (citrus fruit drink) | 17g | 3    |
| Capri Sun (apple and blackcurrant juice drink) | 20g | 4     |
| Robinsons Fruit Shoot (low sugar) | 1.6g | 0 |

Fizzy drinks (diet)

| Drink | Sugar per 200ml serving | In cubes of sugar |
|------------|-------------------------|-------------------|
| Fanta Zero | 1.6g | 0 |
| Diet Coke | 0g | 0 |

A standard can is 330ml. A standard bottle is 500ml.

To find out more about the sugar in drinks visit www.eatright.eu/drinkschart

Tea, coffee and caffeine



Tea and coffee contain caffeine, which is a stimulant. This means caffeine can temporarily make you feel more alert or less drowsy. Caffeine affects some people more than others, and the effect can depend on how much caffeine you normally consume.

It's fine to drink tea and coffee as part of a balanced diet. But it's important that tea, coffee or other drinks containing caffeine are not your only source of fluid. Caffeinated drinks can also make the body produce more urine. Some people are more susceptible to this than others, but it also depends on how much caffeine you have and how often you have it.

Sports drinks



Sports drinks can be useful when you're doing high-level endurance sports or doing sport for more than 60 minutes and need an energy boost. However, they are no different to any other sugary soft drinks, which means they are high in Calories and contribute to tooth decay. Unless you're taking part in high-level endurance sports, water is the healthier choice and the best way to replace fluids lost through exercise.

Energy drinks and caffeine



Energy drinks are generally drinks with high caffeine levels that are claimed by the manufacturers to give the consumer more 'energy' than a typical soft drink.

Energy drinks often contain high levels of caffeine and are often high in sugar. They may also contain other stimulants and sometimes vitamins and minerals or herbal substances. The caffeine levels in these drinks vary, but there is often around 80mg of caffeine in a small 250ml can. This is the same as two cans of cola or a small mug of coffee. People who are sensitive to caffeine should consume high-caffeine food and drinks only in moderation.

Energy drinks are not suitable for babies, children, pregnant or breastfeeding women.

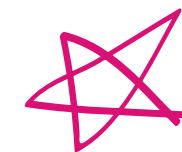
The new EU Food Information Regulation (FIR) legislation will make it compulsory for warnings for children, pregnant and breastfeeding women to avoid high energy drinks.

Energy drinks can make people dependant on caffeine which can then show signs of withdrawal when not drinking them. It can also lead to nausea, anxiety, palpitations and jitteriness. The drinks contain a lot of sugar, which can cause weight gain and tooth decay.

The various potential problems of energy drinks among children and adolescents include:

- cardiovascular events (high doses of caffeine may have an adverse effect on heart conditions that prohibit the use of stimulants)
- possible effects on children and adolescents with attention deficit hyperactivity disorder (ADHD) or eating disorders
- effects on Calorie intake and diabetes
- effects on bone mineralization





Check before you choose

- ★ Sugary drinks, a leading cause of tooth decay, are also linked with **excess weight in children**, which **increases their risk of heart disease, cancer and type II diabetes**.















- ★ If choosing other drinks read the label to **check the sugar level, ideally choose no added or low-sugar options**.
- ★ Limit fruit juice or a smoothie to a small glass, once a day. **Always choose unsweetened**.
- ★ If your family is in the habit of drinking sugary drinks, **reduce them gradually. Only give them with a meal to reduce tooth decay**.
- ★ If choosing squash or cordial, **water it down well**.
- ★ Water is tastier when it's cold:
 - ★ Put a jug of water in the fridge
 - ★ Make it fun, use colourful cups and straws
- ★ **Do not introduce sugary drinks to toddlers** in the first place then you won't have to wean them off later.










| Fizzy Drinks (Regular) | | |
|------------------------|-------------------------|---|
| Drink/description | Sugar per 200ml serving | Equivalent in teaspoons of sugar |
| Club Orange | 26.4g | 6  |
| Fanta Orange | 24g | 6  |
| 7UP | 22.4g | 6  |
| Pepsi | 22.4g | 6  |
| Coca Cola | 21.2g | 5  |
| Lucozade | 17.4g | 4  |
| Sprite | 13.2g | 3  |



| Fizzy Drinks (Diet) | | |
|---------------------|-------------------------|----------------------------------|
| Drink/description | Sugar per 200ml serving | Equivalent in teaspoons of sugar |
| Fanta Zero | 1.6g | 0 |
| Diet Coke | 0g | 0 |
| 7UP Free | 0g | 0 |
| Pepsi Max | 0g | 0 |

| Smoothies | | |
|---|-------------------------|---|
| Drink/description | Sugar per 200ml serving | Equivalent in teaspoons of sugar |
| Aldi Del Rivo (Oranges, Mangoes and Pineapple Smoothie) | 27g | 7  |
| Naked (Mighty Mango Juice Smoothie) | 25.3g | 6  |
| Juice Press (Raspberry and Blueberry Smoothie) | 25.6g | 6  |
| Tesco (Strawberry and Banana Smoothie) | 23.4g | 6  |
| Innocent (Mango and Passion Fruit) | 22g | 6  |
| Lidl (Strawberry, Blackberry, and Raspberry) | 17g | 4  |







| High Fruit Squashes or Cordials | | |
|--|-------------------------|---|
| Drink/description | Sugar per 200ml serving | Equivalent in teaspoons of sugar |
| Sainsbury's High Juice Squash (Blackcurrant) | 17.6g | 4  |
| Lidl Lindhouse High Juice (Blackcurrant) | 16g | 4  |
| Asda High Juice (Blackcurrant) | 15.4g | 4  |
| Lidl Lindhouse High Juice (orange) | 12.8g | 3  |
| Tesco High Juice (Orange Squash) | 12.2g | 3  |
| Asda High Juice (Florida Orange) | 12g | 3  |
| Sainsbury's High Juice Squash (Orange) | 12g | 3  |

| Regular Squashes or Cordials | | |
|---|-------------------------|---|
| Drink/description | Sugar per 200ml serving | Equivalent in teaspoons of sugar |
| Ribena (Strawberry or Blackcurrant) | 20g – 20.8g | 5  |
| Vimto Original Squash | 9.4g | 2  |
| Miwadi Orange | 4.8g | 1  |
| Dunnes Stores (Orange Squash) | 1.6g | 0 |
| Asda Orange (Double Strength Squash) | 0.32g | 0 |
| Tesco (Double Strength Orange, Every Day Value) | 0.16g | 0 |

| Ready To Drink Fruit Juice Drinks | | |
|--|-------------------------|---|
| Drink/description | Sugar per 200ml serving | Equivalent in teaspoons of sugar |
| Amigo (Orange Juice Drink) | 23.2g | 6  |
| Lidl plein sud (Orange Juice Drink) | 22g | 6  |
| Ribena (Blackcurrant) | 21g | 5  |
| Capri Sun (Apple and Blackcurrant Juice Drink) | 20g | 5  |
| Sunny D (Citrus Juice Drink) | 16.5g | 4  |
| J20 (Apple and Mango Juice Drink) | 12.4g | 3  |
| Aldi Rio D'oro Sun Shots (Apple Juice Drink) | 6.8g | 2  |
| Tesco Fruit Splash (Orange Juice Drink, No Added Sugar) | 2.2g | 0 |
| Fruice Juicy (Tropical Juice Drink, With Added Vitamins) | 1.8g | 0 |
| Robinsons Fruit Shoot (Low Sugar) | 1.6g | 0 |
| Dunnes Stores (Apple and Blackcurrant Juice Drink, No Added Sugar) | 0.4g | 0 |
| Vimto (No Added Sugar) | 0g | 0 |

| Fruit Juice Drinks (sweetened) | | |
|--|-------------------------|---|
| Drink/description | Sugar per 200ml serving | Equivalent in teaspoons of sugar |
| Del Monte (44% Fruit Juice Drink) Tropical Flavour | 23.6g | 6  |
| Ocean Spray Cranberry Classic (25% Fruit Juice From Concentrate) | 22g | 6  |
| Sainsbury's (Cranberry Juice Drink) | 21g | 5  |

| No Added Sugar Squashes or Cordials | | |
|--|-------------------------|----------------------------------|
| Drink/description | Sugar per 200ml serving | Equivalent in teaspoons of sugar |
| Aldi (High Juice Orange) | 2.08g | 0 |
| Sainsbury's (High Juice Orange) | 2g | 0 |
| Tesco (High Juice Orange) | 2g | 0 |
| Robinsons (Orange and Pineapple) | 1.4g | 0 |
| Ribena (Blackcurrant) | 1g | 0 |
| Dunnes Stores (Orange Squash) | 0.5g | 0 |
| Aldi (Apple & Blackcurrant Squash) | 0.4g | 0 |
| Miwadi Orange | 0.32g | 0 |
| Fruice Orange (Double Strength) | 0.24g | 0 |
| Kia Ora Orange | 0.2g | 0 |
| Sainsbury's (Squash Double Concentrate, Orange Basics) | 0.08g | 0 |

| Unsweetened Fruit Juices (No Added Sugar, From Concentrate or Not) | | |
|--|-------------------------|---|
| Drink/description | Sugar per 200ml serving | Equivalent in teaspoons of sugar |
| Jaffa Gold Orange Juice | 23.4g | 6  |
| Copella (Not From Concentrate) Orange Smooth | 20g | 5  |
| Tropicana (Not From Concentrate) Orange Original | 20g | 5  |
| Sqeez (from Concentrate) Orange | 18.2g | 5  |
| Innocent (Not From Concentrate) Orange With Bits | 16.4g | 4  |
| Sainsbury's (100% Pure Squeezed Smooth Orange Juice) | 15.2g | 4  |

INSTRUCTIONS AND ANSWERS: CHECK THE SUGAR WORKSHEET 1

Module 1: Topic 6

| | |
|-------------------|---|
| Duration | 20 minutes |
| Required | Give each person a printout of the worksheet and a pen or pencil. |
| Learning outcomes | Understand that drinks have sugar content and that some are healthier than others. |
| Preparation | Discuss that drinks have different sugar content. Explain that fizzy drinks, squashes and juice drinks contain lots of sugar and very few nutrients, so keep them to a minimum. Highlight that diet versions of fizzy drinks also contain very few nutrients, so milk or water are much healthier choices. |
| Instructions | The worksheet lists three categories of every day drinks. The task is to identify which has the lowest and highest sugar content in each category. Discuss their answers with the group, asking if they are surprised by the amount of sugar the drinks can contain. |
| Answers | <p>Fizzy drinks</p> <p>Sprite contains the least amount of sugar.</p> <p>Lucozade contains the most amount of sugar.</p> <p>Regular squashes and cordials</p> <p>Tesco Double Strength contains the least amount of sugar.</p> <p>Ribena contains the most amount of sugar.</p> <p>Ready to drink fruit juice drinks</p> <p>Tesco Fruit Splash Orange juice drink, no added sugar and Dunnes Stores Apple and Blackcurrant juice drink, no added sugar contain the least amountsof sugar.</p> <p>Amigo Orange juice drink contains the most amount of sugar.</p> |

CHECK THE SUGAR WORKSHEET 1

INTERMEDIATE

Module 1: Topic 6

Look at the tables to answer the questions about the amount of sugar the drinks contain

FIZZY DRINKS

| | Grams of of sugar per 200ml serving | Equivalent in cubes of sugar (5 g) |
|--------------|---|--|
| Sprite | 13.2g | 3 |
| Coca Cola | 21.2g | 4 |
| Fanta Orange | 24.8g | 5 |
| 7UP | 22.4g | 4 |
| Club Orange | 26g | 5 |
| Pepsi | 21.2g | 4 |
| Lucozade | 34.4g | 7 |

What drink contains the least amount of sugar?

What drink contains the most amount of sugar?

REGULAR SQUASHES AND CORDIALS

| | Grams of of sugar per 200ml serving | Equivalent in cubes of sugar (5 g) |
|--------------------------------|---|--|
| Robinsons Orange and Pineapple | 3.7g | 1 |
| Asda Orange | 1.2g | 0 |
| Tesco Double Strength | 0.16g | 0 |
| Ribena | 21g | 4 |
| Dunnes Stores Orange | 1.6g | 0 |
| Vimto Original Squash | 9.5g | 2 |
| Miwadi Orange | 4.5g | 1 |

What drink contains the least amount of sugar?

What drink contains the most amount of sugar?

READY TO DRINK FRUIT JUICE DRINKS

| | Grams of of sugar per 200ml serving | Equivalent in cubes of sugar (5 g) |
|--|---|--|
| Tesco Fruit Splash Orange juice drink, no added sugar | 2.2g | 0 |
| Capri Sun | 20g | 4 |
| J20 | 12.4g | 2 |
| Dunnes Stores Apple and Blackcurrant juice drink, no added sugar | 2.g | 0 |
| Ribena | 21g | 4 |
| Sunny D | 17g | 3 |
| Amigo Orange juice drink | 23.2g | 5 |

What drinks contain the least amount of sugar?

What drink contains the most amount of sugar?

INSTRUCTIONS AND ANSWERS: CHECK THE LABEL WORKSHEET 2

Module 1: Topic 6

| | |
|--------------------------|--|
| Duration | 20 minutes |
| Required | Give each person a printout of the worksheet and a pen or pencil. |
| Learning outcomes | Understand that drinks have different salt, sugar and fat contents and that some are healthier than others. |
| Preparation | Discuss that drinks have different salt, sugar and salt contents. Explain that sugar, salt and fat exist naturally or may be added during the production process. Explain that some salt, sugar and fat are necessary to maintain a healthy diet but too much can lead to significant health issues. |
| Instructions | The worksheet provides nutritional information of six drinks. The task is to identify which drinks have the highest salt, sugar or fat content. They are also asked to identify the drinks with highest energy value and contain 2.5g or less than 2.5g of sugar per 100ml. Discuss their answers with the group, explaining the role of food labelling. |
| Answers | <ol style="list-style-type: none">1. Drink 5 contains the highest amount of sugar per 100ml.2. Drink 4 contains the highest energy value.3. Drink 4 contains the highest amount of fat per 100ml.4. Drink 5 contains the highest amount of salt per 100ml.5. Drink 6 contains 2.5g or less of sugar per 100ml. |

CHECK THE LABEL WORKSHEET 2 ADVANCED

Module 1: Topic 6

Look at the nutritional labels below taken from everyday drinks to answer the questions.

DRINK 1

NUTRITION INFORMATION

| | per 100ml |
|--------------------|--------------|
| ENERGY | 192kJ/45kcal |
| FAT | 0g |
| of which saturates | 0g |
| CARBOHYDRATE | 11g |
| of which sugars | 11g |
| PROTEIN | 0g |
| SALT | 0.04g |
| FIBRE | 0g |
| VITAMINS | |
| Niacin | 8mg |
| Pantotheic Acid | 2mg |
| Vitamin B6 | 2mg |
| Vitamin B12 | 2µg |

DRINK 2

NUTRITION INFORMATION

| | per 100ml |
|--------------------|--------------|
| ENERGY | 114kJ/27kcal |
| FAT | 0g |
| of which saturates | 0g |
| CARBOHYDRATE | 6.7g |
| of which sugars | 6.7g |
| PROTEIN | 0g |
| SALT | 0.1g |
| FIBRE | 0g |
| VITAMINS | |
| Vitamin C | 12mg |
| Niacin | 2.4mg |
| Pantotheic Acid | 0.9mg |
| Folic Acid | 30µg |

DRINK 3

NUTRITION INFORMATION

| | per 100ml |
|--------------------|--------------|
| ENERGY | 223kJ/53kcal |
| FAT | 0.1g |
| of which saturates | 0.1g |
| CARBOHYDRATE | 11.9g |
| of which sugars | 10.6g |
| PROTEIN | 0.5g |
| SALT | 0g |
| FIBRE | 1.5g |
| VITAMINS | |
| Vitamin C | 27mg |

DRINK 4

NUTRITION INFORMATION

| | per 100ml |
|--------------------|--------------|
| ENERGY | 269kJ/64kcal |
| FAT | 3.5g |
| of which saturates | 2.2g |
| CARBOHYDRATE | 4.9g |
| of which sugars | 4.9g |
| PROTEIN | 3.3g |
| SALT | Trace |
| FIBRE | Trace |
| CALCIUM | 118mg |
| VITAMIN B12 | 0.4µg |

DRINK 5

NUTRITION INFORMATION

| | per 100ml |
|--------------------|--------------|
| ENERGY | 253kJ/55kcal |
| FAT | 0g |
| of which saturates | 0g |
| CARBOHYDRATE | 13g |
| of which sugars | 13g |
| PROTEIN | 0g |
| SALT | 0.02g |
| FIBRE | 0g |

DRINK 6

NUTRITION INFORMATION

| | per 100ml |
|--------------------|---------------|
| ENERGY | 1.5kJ/0.5kcal |
| FAT | 0g |
| of which saturates | 0g |
| CARBOHYDRATE | 0g |
| of which sugars | 0g |
| PROTEIN | 0g |
| SALT | Trace |
| FIBRE | 0g |

CHECK THE LABEL WORKSHEET 2 ADVANCED

Module 1: Topic 6

1. What drink contains the highest amount of sugar per 100ml?

2. What drink contains the highest energy value?

3. What drink contains the highest amount of fat per 100ml?

4. What drink contains the highest amount salt per 100ml?

5. Which drink contains 2.5g or less of sugar per 100ml?

INSTRUCTIONS: WHAT WE DRINK GROUP DISCUSSION

Module 1: Topic 6

Duration 40 minutes

Required Examples of labelled drinks or printed images of labelled drinks. Pen and flip chart.

Learning outcomes Understand that drinks can contain a lot of different ingredients, including sugar and caffeine. Understand that some drinks are healthier than others.

Preparation Bring in examples of different drinks to include energy drinks, fruit juices, squashes, water, sugary fizzy drinks and sugar-free fizzy drinks. Alternatively print images of a range of drinks to use to prompt the conversation.

Instructions Getting the conversation started:

- Ask the group if they know how much fluid they should drink every day. The European Food Safety Authority recommends that women should drink about 1.6 litres of fluid and men should drink about 2.0 litres of fluid per day. That's about eight 200ml glasses for a woman and ten 200ml glasses for a man. Alcohol does not count as part of your fluid intake. Ask the group what they drink in an average day.
- Ask what their favourite drinks are and why they like them. Do certain drinks affect their mood or energy levels. Write the answers up on the flip chart.
- Ask do they know how many ingredients there are in some drinks - use the packs or images of drinks to prompt this discussion.
- Once they have looked at the packs, ask if they are surprised at the number of ingredients and different types.
- How do they think the ingredients affect their mood and energy levels?
- What drink contains the most amount of sugar? Ask if drinking that amount of sugar is healthy, exploring the impact too much sugar has on dental and weight.
- Ask them to talk about energy drinks. Do they know energy drinks can make people dependant on caffeine which can then show signs of withdrawal when not drinking them. It can also lead to nausea, anxiety, palpitations and jitteriness. The drinks contain a lot of sugar, which can cause weight gain and tooth decay.
- Draw their attention to the nutrition information provided on the pack and how this helps them make an informed decision. Now ask which drink is the healthiest and which drink is the least healthy based on the ingredients and nutrition information.

End by encouraging them to drink more water - it's healthy and on tap!

INSTRUCTIONS: DRINK UP! ART & COMMUNICATIONS

Module 1: Topic 6

Duration 3 x 60 minutes

Required Access to art materials and/or use of a camera phone.

Learning outcomes Apply the knowledge they have acquired about fluids to create promotional materials.

Preparation Ask the group if they can think of any brilliant advertising for different drinks. Prompt them by suggesting different types of drinks - sugary fizzy drinks, diet drinks, juices and energy drinks. What do they like about it, what makes it good? Explore what they think creates a great ad. Now is their chance to create something memorable.

Instructions The group has to develop, as individuals or in teams, an advertisement that promotes one of two themes. They can use any medium – create a poster, a radio ad, a video for YouTube or a TV ad. The choice is theirs.

Theme 1 – Drink water
Encourage people to drink at least eight glasses of water a day. Remind people that it's healthy and on tap!

Theme 2 – Check the sugar
Encourage people to choose drinks that are low in sugar and to check the sugar on the nutrition label to make sure they are making the healthy choice.