Tools to discuss how regular eating of minimally processed foods affect Health & Wellbeing

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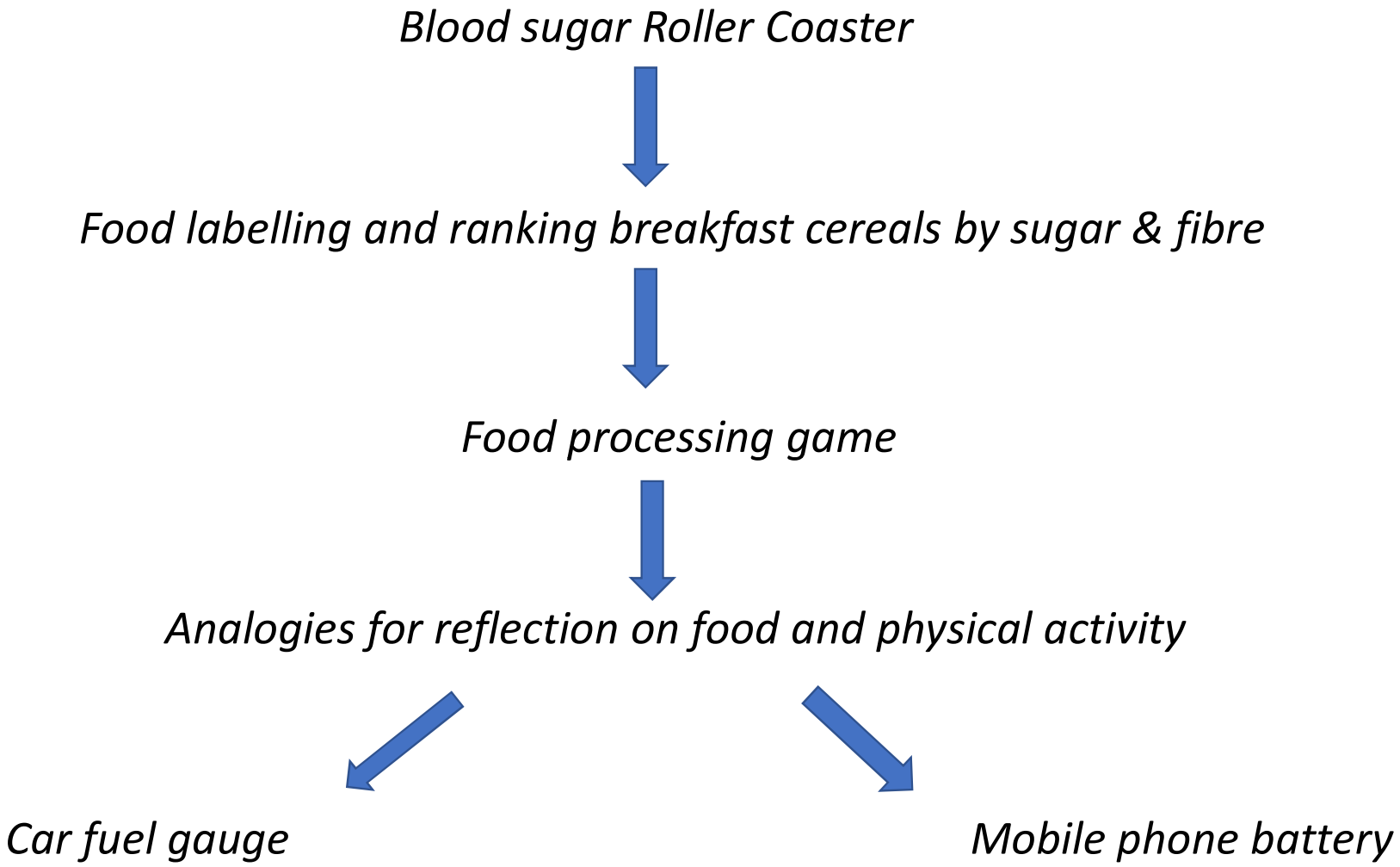
These x programme nutrition resources go together because they all relate to how the food we eat makes us feeling in the hours after eating it.

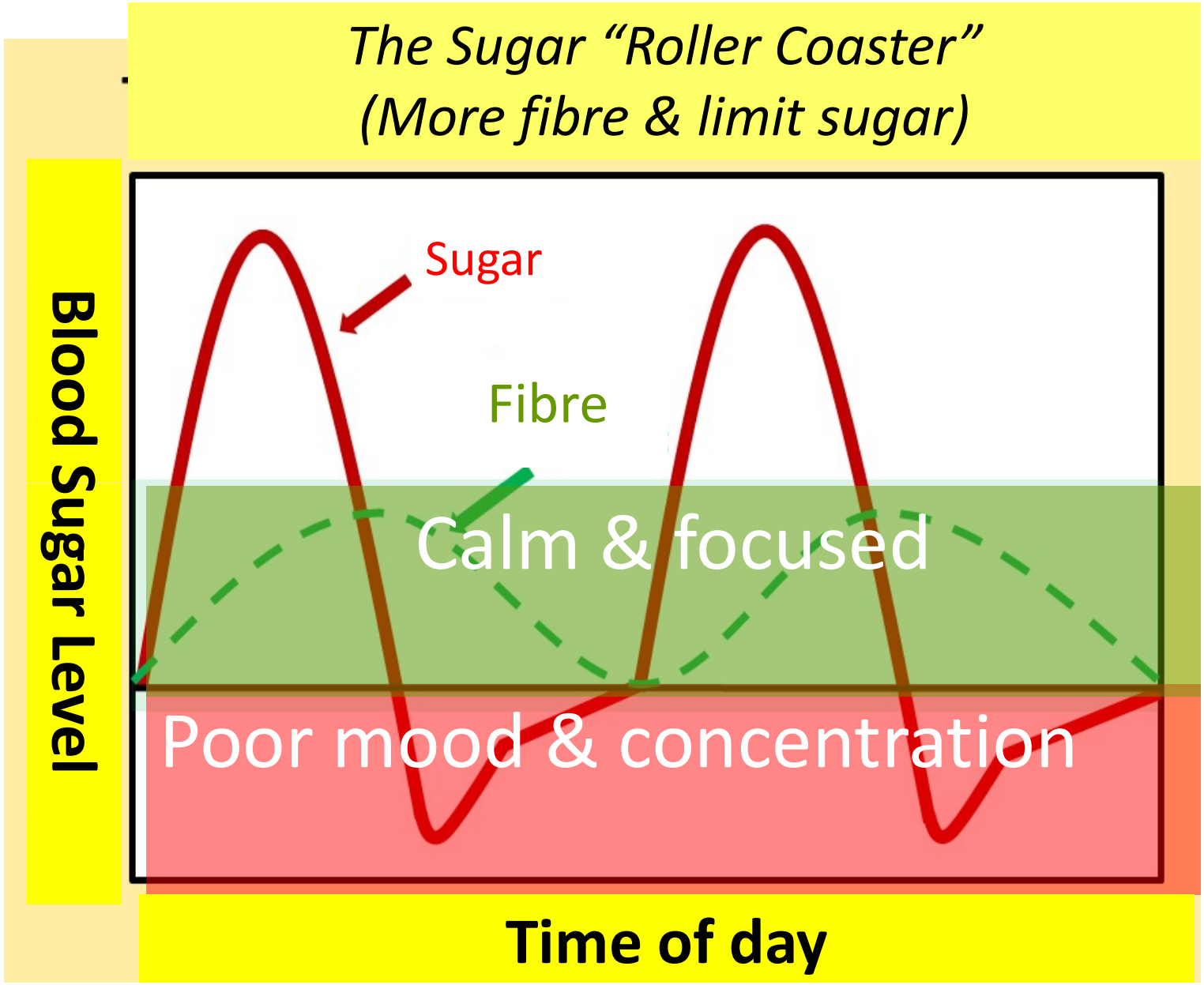
It is hoped that participants will be able to connect their lived experience with concepts like regular meals; the blood sugar roller coaster; the effects of food processing; & how physical activity affects our requirement for food.

They compliment the resources on benefits of eating a varied diet.


Blood sugar Roller Coaster
Food labelling and ranking breakfast cereals by sugar & fibre
Food processing game
Analogies for reflection on food and physical activity
Car fuel gauge
Mobile phone battery

Key concepts covered

- *Affect of regular meals and snacks on energy, attention & mood*
- *Affect of fibre on gut and brain*
- *Interpreting nutrition labelling*
- *Understanding food processing*
- *Food as energy source for physical activity*



Where might you be on this roller coaster if you:

- Skip breakfast
- Skip lunch
- Have lots of sugar
- Struggle with mood & attention

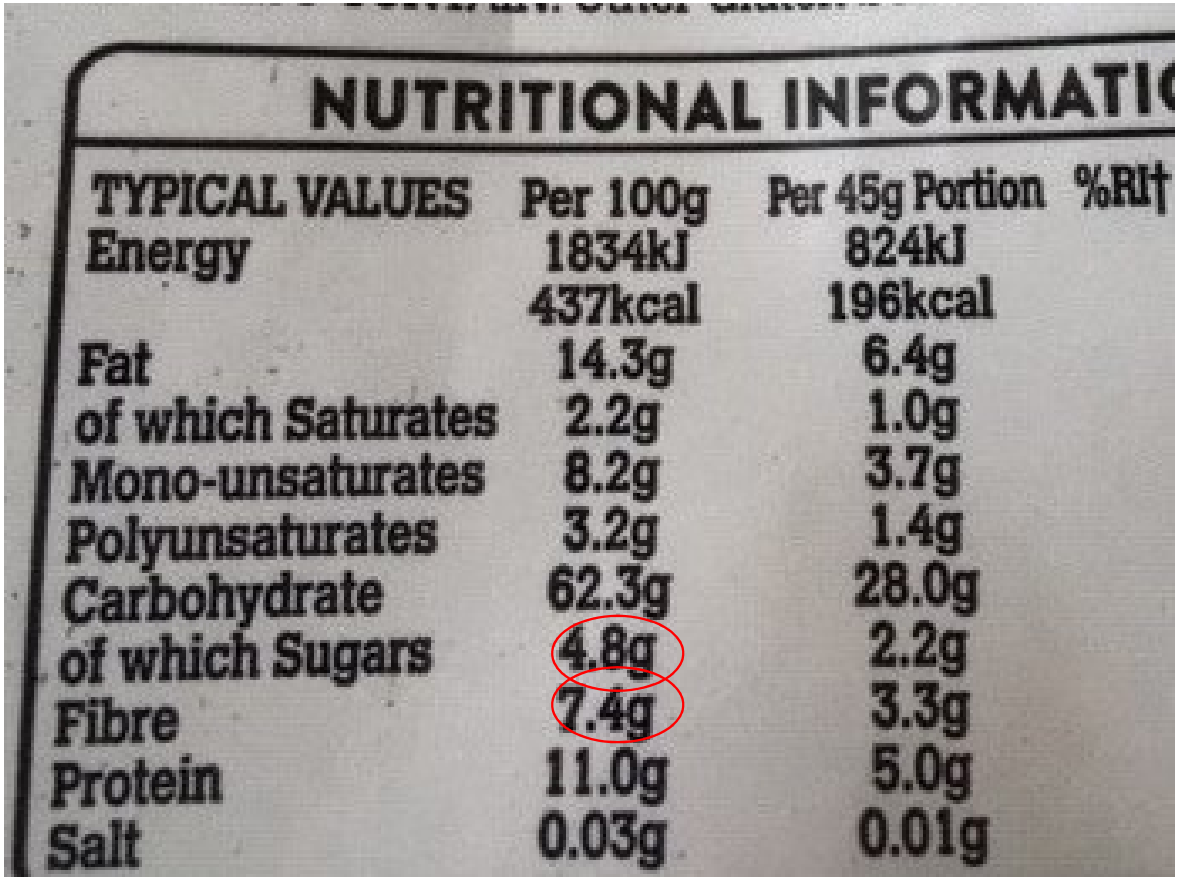
Key Messages:

- Eating meals make you feel good
- Slowly digested foods do this best

Breakfast cereals & Nutrition Labels

- Ask participants to bring in a breakfast cereal box from home.
- Works best in conjunction with, or following use of, ***Blood sugar roller coaster.***
- Begin by discussing breakfast:
    - Who has breakfast?
    - How does breakfast affect blood sugar?
    - What do you have most often?
    - What is your favourite breakfast when you have time?
- Now look at the cereal boxes. Rank by sugar content & by fibre content.
- You can consider working out the sugar to fibre ratio.
- For those with highest ratio (High sugar but low fibre); how will this affect blood sugar?
- Put this into context: eg: *Tastiest? Cheapest? Most promoted? Convenient?*
- You can follow this with the "***Food Processing Game***"

Breakfast cereals & Nutrition Labels (2)



NUTRITIONAL INFORMATI			
TYPICAL VALUES	Per 100g	Per 45g Portion	%RI†
Energy	1834kJ	824kJ	
	437kcal	196kcal	
Fat	14.3g	6.4g	
of which Saturates	2.2g	1.0g	
Mono-unsaturates	8.2g	3.7g	
Polyunsaturates	3.2g	1.4g	
Carbohydrate	62.3g	28.0g	
of which Sugars	4.8g	2.2g	
Fibre	7.4g	3.3g	
Protein	11.0g	5.0g	
Salt	0.03g	0.01g	

- Check figures “Per 100g” on label.
- Compare different cereals for:
  - Sugars / 100g and
  - Fibre / 100g
  - What is the Ratio of Sugar to fibre?
  - Rank them in order

Other Nutrients: This product has a medium fat content but is low in “Saturated fat” (Because te fat is from nuts and seeds).
It contains lots of starch (like all cereals) and some protein. The “Sugars” in this cereal is from dried fruit.

Food Processing Game

What gets removed?

What gets added?

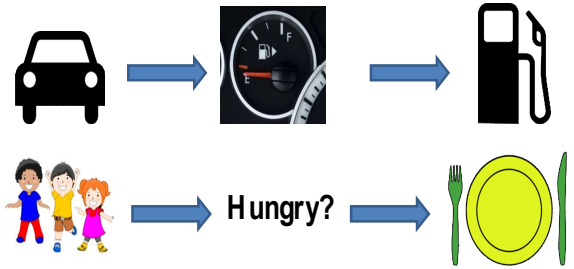
Which can you eat and digest more quickly?

Which are most heavily promoted?

Which do you enjoy most?

See word document for facilitator's notes

Car Fuel Gauge Fuelling Your Body for Physical Activity



- *"A car might need filling up with fuel every week if it is used a lot. It might only need filling up every month if it is not used so much.*

- *A week or a month is too long for us! We need filling up with food about 3 times a day. This is why we have breakfast, dinner and tea (or breakfast, lunch and dinner if you prefer!).*

- *If we are running around a lot we might run out of fuel more quickly, just like a car that is driven a lot. That means we might need to have either bigger meals, or extra food from snacks to keep us going. So the more active we are, the more we need to eat.*

- ***Sometimes we eat more than we need because it is really tasty, we are bored, or it helps to cheer us up! Most people do that occasionally. It is not so good for our health if we do that too often.*** *(If you have time, you can ask them how they felt last time they ate a bit too much).*

- *Ask participants to tell you about times when they have been very active and then felt really, really hungry afterwards. If they are planning to be very active like that again, can they think of a snack that will give the extra energy they need?"*

Is Your Battery Fully Charged?

This lesson plan helps participants to think about how they might match what they eat to how active they are going to be. It helps them tune in to what their body is telling them and to plan ahead; using the analogy of charging a mobile phone. There are 4 scenarios you can explore:

Scenario 1

In 2 hours time, you are going on a long walk and taking your phone with you. You won't have access to a charger and you'll be walking for most of the day. Should you plug your phone in and give it a charge before you go? And how about you? Have you had your breakfast? What did you have? How long will it keep you going for?

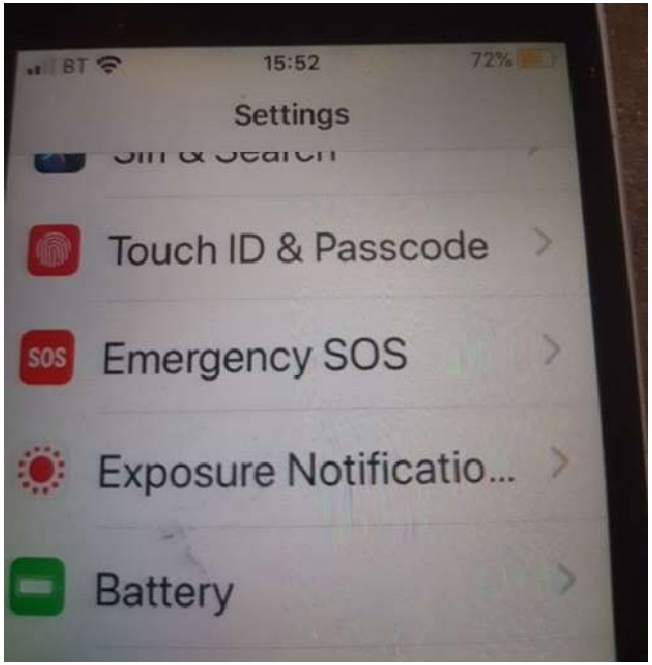
Scenario 2

This time you are going in a bike ride. Your phone is only half charged but its time to leave the house. You decide to take your charger with you knowing that you'll be able to find somewhere to plug it in before it runs out of charge. What about you? When do you think you will run out of charge? What snack could you take with you to make sure this doesn't happen? Draw on the blood sugar roller coaster how this might give you a boost to keep you going.

Is Your Battery Fully Charged? (2)

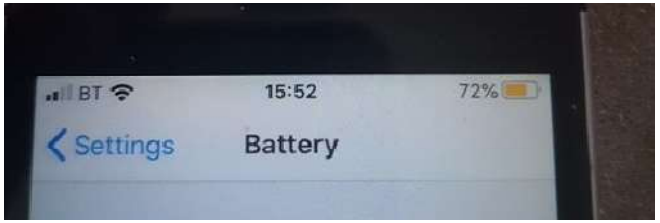
Scenario 3

You are in class (or at work) during the afternoon. You've had a very busy day so far. You were too busy this morning to charge your phone so now the low battery warning has come on. You were too busy at lunchtime to get lunch so your "Low battery warning" has come on too! How do you feel? How could you avoid this happening next time?



Scenario 4

You are going on a cross country run at school. It is twice as long as any distance you have run before. You might need to pace yourself. Using the phone analogy again, go into your "Settings", choose "Battery", and then choose "Low power mode". In this mode, you can't use your full power but it will mean your battery lasts longer. So you might only jog very slowly or even walk some of it. If you sprinted all the way, you'd soon run out of your own "Battery power".



You can link think Phone battery analogy to the "***Blood Sugar Roller Coaster***";