

Quiz answers

Section 1: Smart Food

Fat attack (pages 14-15)

Fat per portion

175g of strawberries.....	0.7g
Regular portion of fried chicken and chips.....	4.4g
1 plain doughnut.....	10.8g
1 banana.....	0.6g
1 small blueberry muffin.....	4.0g
1 tablespoon of ketchup.....	0.1g
175g of peas.....	0.6g

Be salt savvy (pages 18-19)

If 1g of salt contains 0.4g of sodium how much sodium is there in 3g of salt? **1.2g**

If cheddar cheese contains 0.7g sodium in every 100g, how much salt does cheddar cheese contain in every 100g? **1.75g**

Section 3: Food and Your Body

Food intolerance and allergies (pages 48-49)

1: **True**; 2: **False**; 3: **True**; 4: **False**; 5: **False**; 6: **True**; 7: **True**.

Your mood and food (pages 54-55)

1: **d**; 2: **c**; 3: **d**; 4: **a**.

Your digestive system and food (pages 56-57)

1: **True**; 2: **True**; 3: **False**; 4: **False**; 5: **True**; 6: **False**.

Vitamins (pages 64-65)

1: **Vitamin A**; 2: **Vitamin E**; 3: **Vitamin C**; 4: **Vitamin C**; 5: **Vitamin A**.

My food planner

Photocopy and fill in the food planner over the page for one week and find out how healthy your diet really is! Once you have filled in the planner, do our healthy eating questionnaire (see page 71) and get some top tips on how to improve your eating habits.

We have filled in a sample planner first to give you an idea of how to do it.

Sample food planner

Day 1			
Meal	What I ate	What I drank	Food groups eaten (circle which ones apply)
Breakfast	wholegrain toast with marmite	Milk	<input checked="" type="checkbox"/> Milk and dairy <input type="checkbox"/> Meats <input checked="" type="checkbox"/> Grains <input type="checkbox"/> Fruit <input type="checkbox"/> Vegetable <input checked="" type="checkbox"/> Other
Snack	Banana	water	<input type="checkbox"/> Milk and dairy <input type="checkbox"/> Meats <input checked="" type="checkbox"/> Grains <input checked="" type="checkbox"/> Fruit <input type="checkbox"/> Vegetable <input checked="" type="checkbox"/> Other
Lunch	Ham and salad pita sandwich, low fat yogurt	Fruit juice	<input checked="" type="checkbox"/> Milk and dairy <input checked="" type="checkbox"/> Meats <input checked="" type="checkbox"/> Grains <input checked="" type="checkbox"/> Fruit <input checked="" type="checkbox"/> Vegetable <input type="checkbox"/> Other
Snack	Muesli bar	Fruit smoothie	<input checked="" type="checkbox"/> Milk and dairy <input type="checkbox"/> Meats <input checked="" type="checkbox"/> Grains <input checked="" type="checkbox"/> Fruit <input type="checkbox"/> Vegetable <input type="checkbox"/> Other
Dinner	Roast chicken with fresh vegetables and cous cous	water	<input type="checkbox"/> Milk and dairy <input checked="" type="checkbox"/> Meats <input checked="" type="checkbox"/> Grains <input type="checkbox"/> Fruit <input checked="" type="checkbox"/> Vegetable <input checked="" type="checkbox"/> Other
Snack	Stawberries and 1 oat cake	Herbal tea	<input type="checkbox"/> Milk and dairy <input type="checkbox"/> Meats <input checked="" type="checkbox"/> Grains <input checked="" type="checkbox"/> Fruit <input type="checkbox"/> Vegetable <input checked="" type="checkbox"/> Other

My food planner

Day: _____			
Meal	What I ate	What I drank	Food groups eaten <i>(circle which ones apply)</i>
Breakfast			Milk and dairy Meats Grains Fruit Vegetable Other
Snack			Milk and dairy Meats Grains Fruit Vegetable Other
Lunch			Milk and dairy Meats Grains Fruit Vegetable Other
Snack			Milk and dairy Meats Grains Fruit Vegetable Other
Dinner			Milk and dairy Meats Grains Fruit Vegetable Other
Snack			Milk and dairy Meats Grains Fruit Vegetable Other

Healthy eating questionnaire

How healthy are you?

1. Do you eat three meals per day? Breakfast, lunch, and dinner? **Yes/No?**
2. Do you snack healthily during the day when you feel hungry or need an energy boost? **Yes/No?**
3. Are you eating foods every day from the daily food groups to get your 'at least 5 a day', including grains, fruits, vegetables, proteins, dairy and healthy fats (like oils, nuts, seeds, and avocados)? **Yes/No?**
4. Are you balancing your diet by allowing yourself to eat some occasional sweets? **Yes/No?**
5. Do you find it hard to incorporate healthy foods into your diet? **Yes/No?**
6. Do you stop eating when your stomach tells you that you are full, when snacking or during meals? **Yes/No?**
7. Do you try different kinds of food on a regular basis or do you find yourself usually eating many of the same foods? **Yes/No?**

Results – setting your goals

1. If you answered **no** to question 1, you should aim to eat three balanced meals per day (breakfast, lunch and dinner) because this is the best way to maintain your energy throughout the day and to maintain a health weight.

If you answered **yes** to this question, you can always try to improve what you eat by eating meals that include a variety of healthy foods from all of the food groups.

2. If you answered **no** to question 2, you should try to eat healthy snacks throughout the day because doing so means you are less likely to eat too much at meals. Try to snack on fruits (dried or fresh) or vegetables during the day to keep away those hunger pangs.

If you answered **yes** to this question, you are helping your body to stay in energy balance – putting the right amount in to get the right amount out!

3. If you answered **no** to this question, try planning ahead and think about what foods you can include in your diet or talk to your parents about how they can help you make your diet more varied and balanced.

If you answered **yes** to this question, well done and keep it up! Check also whether you're meeting the "5 a day" goal and, if not, add more fruit and veg to your diet.

4. If you answered **no** to this question, you should remember that sweets like chocolate and cake are all right as "sometimes" foods, i.e. to eat in moderation. If you give them up completely in an attempt to eat healthier this may only make you crave them even more. The key word is balance.

If you answered **yes** to this question, remember to eat this type of food in moderation!

5. If you answered **yes** to this question, and do find it hard to eat healthy foods regularly either because they are less convenient or you don't like some of the 'healthy' options given to you – create a list of some healthy foods that you like as snacks and talk with your parents or even your friends about how to make some "boring" healthy meals tastier (for example, you may find some salads to be boring but think about how you could add more flavour to them by adding perhaps sunflower seeds or strawberries).

If you answered **no** to this question, well done and keep it up!

6. If you answered **no** to this question, or aren't sure if you can tell whether or not you are getting full as you eat, try to eat your meals slower and savour them more – as the longer your meal is (an ideal time is about 20 minutes) the more easily you will be able to tell if you are getting full. If you eat your meals quite fast you often miss the signals that your stomach sends to your brain telling you that you are full.

If you answered **yes** to this question, you are listening to your body and avoiding overeating.

7. If you find yourself eating a lot of the same foods usually, even if these foods are healthy ones – try to mix up your diet with a larger variety of healthy foods. For instance, you could try to eat some different kinds of fruits or vegetables each week, different kinds of whole grain breads, or different flavours of yoghurts. It is important to have variety in our diets because it is easy to get bored with food and when you get bored you are more likely to turn to a sugary sweet snack.

If you eat a variety of different foods, well done and keep it up!

Setting my goals

Now that you have started the process of improving not only your fitness but your eating habits, it is also important to set goals for the future and to turn your good intentions into good habits. To set goals in relation to a healthy eating plan that is right for you, you need to do the following:

1. Think about **what** you want to change.
2. Think about **why** you need to change it.
3. Think about **what steps** you need to take reach your goal. *These changes don't have to be big – even small steps can make a difference.*
4. Think about **who** can help you.
5. Think about **when** you are likely to achieve your goal.
6. Think about **how** you will reward yourself – that's the fun part!

Use the following chart to set simple goals for healthy eating. You can also ask your family or friends to help.

And check out the MOVE module for the personal fitness plan that should be used in conjunction with your healthy eating plan – as regular exercise not only improves your mood but can also improve your appearance and help you achieve and maintain a healthy body.

We have filled in a sample chart first to give you an idea of how to do it.

Sample goal chart

Goal	To include more calcium in my diet
Reason	To have stronger bones so I can do better at football
Action steps	1. Have milk with my breakfast. 2. Have low fat yoghurt after my lunch or dinner. 3. Eat low fat cheese.
Who will help	My friends and family
Timescale	One month to add more calcium
Reward	One hour extra of TV

My goal chart

Goal	
Reason	
Action steps	
Who will help	
Timescale	
Reward	

Pre-programme healthy food audit

Please undertake the following healthy food audit of your club **before** you begin the EAT module of the Make Space for Health programme, to help us in assessing the impact of this module.

1. Do you offer any food as part of the club provision? If yes, please provide details.

2. Do you have any vending machines onsite? If yes, please provide details.

3. Do you currently provide access to any healthy eating/lifestyle information, advice and resources in your club? If yes, please provide details.

4. Have you run any healthy eating/lifestyle programmes before? If yes, please provide details.

5. Do staff have any qualifications and/or interest in this area? If yes, please list qualifications/experience.

6. Do any of the young people participating in the club have special needs to take into account when running Make Space for Health? And if so, how will you cater for their needs?

7. Does the club have any links with health programmes or healthy living activities in the local area? If yes, please provide details.

Thank you for your input.

Please return your completed form to:

Make Space for Health, 4Children, City Reach, 5 Greenwich View Place, London E14 9NN.

Programme evaluation

Monitoring form for youth workers

Please fill in the following form after each of the three sections of the EAT module has been completed, to help us in monitoring and evaluating the Make Space for Health programme.

1. How many young people took part in the sessions? _____
2. Were there any problems completing any of the activities? If yes, please provide details of what the issues were and for which activity or activities.

3. Were the sessions enjoyable? Please provide details of why or why not.

4. Are there any topics you would like to see included in the EAT module? If yes, please provide details.

5. Which activities/interactions did you find most useful, and why?

6. Which activities/interactions did you find least useful, and why?

Thank you for your input.

Please return your completed form to:

Make Space for Health, 4Children, City Reach, 5 Greenwich View Place, London E14 9NN.

Evaluation form – participants

Please fill in the following form when you have finished the EAT module, to give us your feedback about EAT. We can then use this information when we evaluate EAT as part of the Make Space for Health programme, and it will help us in developing this and/or new programmes.

1. How much has your understanding of healthy eating increased or developed as a result of this programme?

A huge amount	A lot	A fair amount	A little	None
5	4	3	2	1

If you gave a score of 2 or 1, please explain why you gave this rating.

2. How much has your interest in healthy eating improved or developed as a result of this programme?

A huge amount	A lot	A fair amount	A little	None
5	4	3	2	1

If you gave a score of 2 or 1, please explain why you gave this rating.

3. Will you change any of your eating habits because of what you learnt in this programme?

Definitely	Probably	Maybe	Probably not	No
5	4	3	2	1

Please explain why you gave this rating.

4. Will you change any of your exercise habits because of what you learnt in this programme?

Definitely	Probably	Maybe	Probably not	No
5	4	3	2	1

Please explain why you gave this rating.

5. How interesting did you think the EAT activities/interactions were?

Very interesting	Quite interesting	Interesting	A bit dull	Boring
5	4	3	2	1

Please explain why you gave this rating.

6. What is your overall rating of the EAT module?

Excellent	Great	Good	OK	Poor
5	4	3	2	1

Please explain why you gave this rating.

Thank you for your input.

Please give your completed form to your youth worker/activity leader to return to:
Make Space for Health, 4Children, City Reach, 5 Greenwich View Place, London E14 9NN.

Evaluation form – youth workers

Please fill in the following feedback form at the end when you have completed the EAT module, to help us in monitoring and evaluating the Make Space for Health programme.

1. To what extent has your understanding of healthy eating increased or developed as a result of this programme?

A huge amount	A lot	A fair amount	A little	None
5	4	3	2	1

If you gave a score of 2 or 1, please explain why you gave this rating.

2. Please rate how you found the EAT activities/interactions.

Very stimulating	Quite stimulating	Interesting	A bit dull	Boring
5	4	3	2	1

Please explain why you gave this rating.

3. What is your overall rating of the EAT module?

Excellent	Great	Good	OK	Poor
5	4	3	2	1

Please explain why you gave this rating.

Thank you for your input.

Please return your completed form to:

Make Space for Health, 4Children, City Reach, 5 Greenwich View Place, London E14 9NN.

For further information

www.bda.uk.com

The British Dietetic Association website offers information and resources on diet, nutrition and health.

www.b-eat.co.uk

BEAT Eating Disorders provides helplines for adults and young people, online support and a UK-wide network of self-help groups to help people beat their eating disorders.

www.childline.org.uk

ChildLine is the UK's free, 24-hour helpline for children in distress or danger, offering confidential advice and support.

www.connexions.gov.uk

Connexions offers advice on education, careers, housing, money, health and relationships for 13-19 year olds in the UK.

www.eatwell.gov.uk

Healthy eating website from the Food Standards Agency, an independent Government department set up in 2000 to protect the public's health and consumer interests in relation to food.

www.food4life.org.uk

Food4Life provides information about diet at different life stages and has some interactive games.

www.healthyschools.gov.uk

The National Healthy Schools Programme is part of the Government's healthy nation strategy to make a significant difference to the health and achievement of children and young people.

www.need2know.co.uk/health

Need2Know Health offers advice and information on healthy eating and many other health-related issues.

www.nice.org.uk

The National Institute of Clinical Excellence provides guidance on promoting good health and on health issues including preventing, identifying, assessing and managing obesity.

www.nutrition.org.uk

The British Nutrition Foundation website offers information, advice and resources on nutrition.

www.teenagehealthfreak.org

Teenage Health Freak website for young people, with a daily diary, quiz, A-Z of health topics, questions answered and more.

www.samaritans.org

Samaritans provides confidential non-judgemental emotional support, 24 hours a day for people who are experiencing feelings of distress or despair.

www.teenweightwise.com

The British Dietetic Association website for young people, with information, tips and advice on healthy eating and exercise.

