



# Food Smart Children & Families

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Food Smart



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# Food Smart Children & Families



## **6 Sessions including –**

A video briefing for practitioners

An activity card resource to assist in your delivery

A family engagement video demonstrating kitchen skills and getting children hands on with food

A home learning resource to extend learning



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# Food Smart & HAF

## 6 Sessions –

1. Eat The Rainbow
2. Senses Of Food
3. Portions & Portion sizes for you
4. You Are What You Eat – the impact of processed food
5. Grow Your Own – growing your own
6. Lunch Box, Swap – moving away from traditional school lunches

## My Food Skills Passport

Name: \_\_\_\_\_



Activities based on 5-a-day  
of the Eatwell Guide  
the right portion size  
the impact of  
ows and growing  
ative to the

[www.healthyschoolscp.org.uk/healthy-eating/food-smart-for-the-HAF-programme](http://www.healthyschoolscp.org.uk/healthy-eating/food-smart-for-the-HAF-programme)



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# Session 1 – Eat The Rainbow

*Only  
30%  
get their  
5-a-day*

*39%  
of all  
food intake*



*150ml  
Fruit Juice*





# Session 1 – Eat The Rainbow

## Why? –

1. Fruit and vegetables are a good source of vitamins and minerals
2. They are an excellent source of dietary fibre, which is lacking in modern diets
3. They form part of a healthy and balanced diet
4. They are low in fat and calories
5. They help lower the risks of cancer and heart disease and help maintain a healthy weight

# Session 1 – Eat The Rainbow

## The Challenge –

Eating different colours of fruits and vegetables gives us different nutrients so why not taste and eat the rainbow?

They should try fruits and vegetables that they might not have eaten for a while or are new or different.

The activity card has a taste test chart for them to fill in and track what they have tasted



# Session 1 – Eat The Rainbow

## Family Activity –

Creating rainbow fruit salads and salads

They will be learning the following skills from the Food Smart,

## Food Skills Passport –



Washing



Peeling, Squeezing, Grating, Cutting,  
Slicing, Dicing, Chopping



Mixing



Layering



# Session 1 – Eat The Rainbow

## Home Learning Resource Link– Food Logo Challenge



## Food Logo Challenge



Have a look at the food packaging you have at home, can you find any of these quality assurance logos?

List the foods you find them on.

Logo	Food	Logo	Food	Logo	Food




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## Session 2 – Senses Of Food



75-95% of  
what we taste  
is actually  
smell



90% of food  
we taste with  
our eyes



Savoury



SWEET



SALTY



SOUR



BITTER

# Session 2 – Senses Of Food

How? –

Hearing the crack of freshly baked crusty bread

The smell of bacon

The look of a fruit salad

The feel of a creamy cheese



# Session 2 – Senses Of Food

## The Challenge –

Eating food through all of our senses enables us to try new things, so excite the senses through food.

They should try different foods using just one sense or maybe explore the same food in different ways.

The activity card has a sense chart for them to fill in and track what they have tasted



# Session 2 – Senses Of Food

## Family Activity –

Creating kebabs, these can be cooked or raw

They will be learning the following skills from the Food Smart,

## Food Skills Passport –



Washing



Peeling, Cutting, Slicing, Dicing,  
Chopping



Layering





# Session 1 – Eat The Rainbow

Home Learning Resource Link–

Food I Spy



Food I Spy



Go on a food treasure hunt around your house, try to list the foods you find in the correct category of the Eatwell Guide.

(Remember 'Other Foods' are things we should eat less often and in small amounts like chocolate and crisps.)

Fruit & Vegetables	Carbohydrates	Proteins, Beans & Pulses	Dairy & alternatives	Oils & Spreads	Other Foods



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