

# Food Smart Children & Families

Heidi Latronico-Ferris Food Smart







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





# **Food Smart & HAF**

#### 6 Sessions -

- 2. Senses Of Foo Passport
- 3. Portions & Po for you
- 4. You Are What processed food
- 5. Grow Your Own your own
- 6. Lunch Box, Swa traditional scho

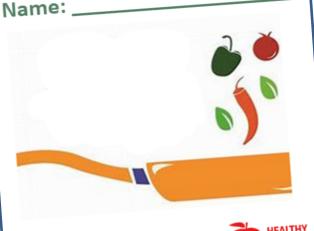
1. Eat The Rainb My Food Skills

ties based on 5-a-day of the Eatwell Guide the right portion size

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tive to the

















150ml

FruitJuice

#### 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





#### 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





# 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







**Home Learning Resource Link-Food Logo Challenge** 



# PECT 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
		RSSOCIATION OF		100 E	
RSPCA ASSURED		ORGANIC S		CERTIFIED	
ASSURED		QUALITY		FARMED RESPONSIBLY	
S O O O		STANDARD beef British		ASC-AQUA ORG	
British		CERTIFIED			
15		CERTIFIED SUSTAINABLE SEAFOOD MSC www.msc.org			
Lion eggs		J S DA			





# Session 2 - Senses Of Food

75-95% of what we taste is actually smell



90% of food we taste with our eyes





Savoury





























# 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







**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.)

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







# Food Smart Children & Families

www.healthyschoolscp.org.uk/healthy-eating/food-smart-for-the-HAF-programme



