



# Food Smart Families & Children

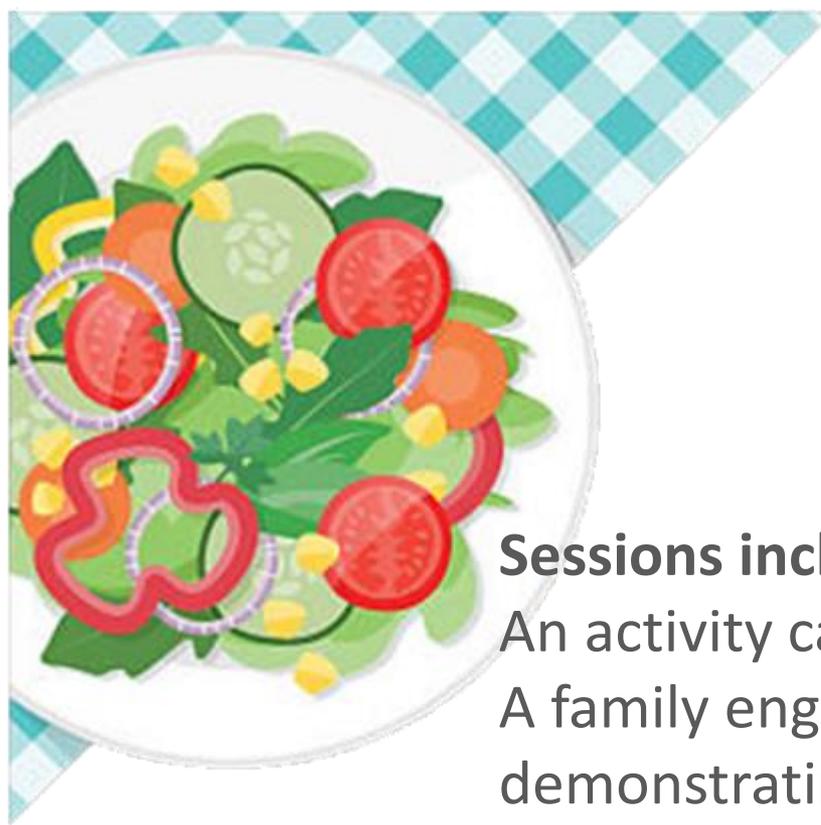
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# Food Smart Children & Families



## Sessions include –

- An activity card resource to assist in your delivery
- A family engagement cook-a-long video demonstrating kitchen skills to support children to get 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 – how to grow your own
6. Lunch Box, Swap & Share – how to make traditional school lunches more healthy

## 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

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# Session 5 – Grow Your Own



30.8%  
of all food  
purchased  
in the UK  
is thrown  
away



6.5 million  
tonnes of  
food is  
wasted by UK  
households  
every year



4.5 million  
tonnes of  
which is  
edible!

# Session 4 – Grow Your Own

## Why? –

1. Growing your own seasonal and local produce ensures you to get the most vitamins and minerals
2. It helps us to save money by buying less
3. We waste less as we have grown and nurtured it ourselves
4. Reduces our carbon footprint so we are not transporting food from all over the world
5. It also reduces the amount of rubbish we generate as it does not have to be packaged

# Session 5 – Grow Your Own

## The Challenge –

Understanding where our food comes from helps us to make better and more informed choices about what we eat.

Identify food province from packaging and deciding if could have been brought from somewhere closer or even grown at home.

The activity card has a world map to be able to plot how far their food has travelled.



# Session 5 – Grow Your Own

## Family Grow-A-Long –

Growing your own fruit and vegetables from food waste and wasted food.

They will be learning the following skills



Reducing Waste



Reusing Waste



Recycling Waste



# Session 5 – Grow Your Own

## Home Learning Resource Link–

### Waste Diary



## Food Waste or Wasted Food? Diary

Keep a diary to track what food you are throwing away, are there ways you could reduce your wasted food by, less or smaller packs, freezing fresh foods to keep them for longer or even looking at your portion sizes to make sure you are not leaving any excess food on your plate.

	Breakfast		Lunch		Dinner	
	Food Waste	Wasted Food	Food Waste	Wasted Food	Food Waste	Wasted Food
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

# Session 6 – Lunch Box, Swap Box!



*1.6% of packed lunches meet basic food standards*

*1 in 5 contain vegetables or salad*



*Only 43% take up school meals*



# Session 6 – Lunch Box, Swap Box

## How? –

1. Ensure the Eatwell Guide is represented across all the food groups
2. Portion sizes are correct for each food type
3. Whole foods and limited processed foods are used as much as possible
4. Check the food labels – look for greens with few ambers and avoid red

# Session 6 – Lunch Box, Swap Box

## The Challenge –

Can you apply everything you have learnt to create a healthy lunch.

Make sure consideration is given to how the lunch will be stored and the daily temperature

The activity card has our own Eatwell Guide lunch box to help you plan a healthy and well balanced lunch



# Session 6 – Lunch Box, Swap Box

## Family Activity –

Creating rhubarb & custard oaty crunch, overnight oats, fruity granola bars and lemon sesame flapjack

They will be learning most of the skills from the Food Smart **Food Skills Passport** –



Preparation Skills



Kitchen Skills



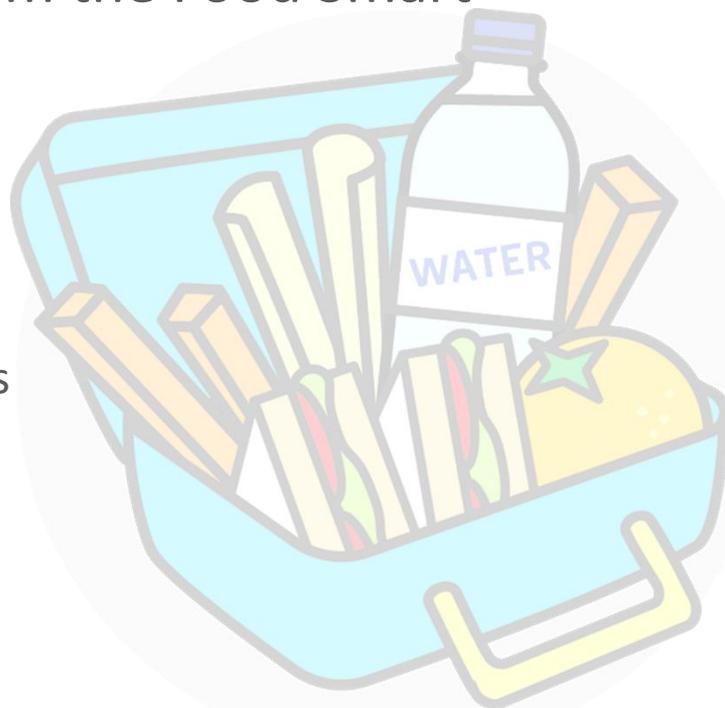
Combination Skills



Cooking Skills



Presentation Skills



# Session 4 – You Are What You Eat!

Home Learning Resource Link–  
 Create Your Own Meal  
 Evaluate Your Own Meal




## Create Your Own Meal

Now that you have discovered all the yummy foods in your house, have looked at and which of the processed foods are the healthiest - together and create your own meal?



## Evaluation of Your Meal

Well done on creating your own meal, I am sure it was delicious! Thinking about what you did, and the methods and ingredients you used - would you do anything differently?

Meal -	
What I would do differently	What I would use instead

extra things you might need to season or cook with such as salt and oils.  
 the skills identified on the skills passport.

Ingredients	Cost of Each

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