

## Healthy Lunchboxes Workshops

September 2015

Our Key Stage 2 classes had a great time working with Jen and Karen from 'Hearty Lives'.

The workshops began with looking at the 'Eat Well Plate' and discussing the different food groups.

The children were then given items of food to sort onto the plate. This led to some good discussion about which groups certain foods belonged in, for example, should ice-cream belong in the dairy or sugar group?

The children discussed why some parts of the plate were bigger than others and the leaders went on to teach the children that all food groups are important but must be eaten in proportion.

The children were then shown 3 different lunchboxes. They worked in small groups to estimate how much sugar was contained in the foods in each box. They counted spoons of sugar into bowls, each spoon being 5 grams, and showed their estimates to the class. They were very surprised at the amount of sugar in different foods.

Even the lunchbox that looked as if the contents were quite healthy, exceeded the recommended amount of 20–24 grams for children.



Some classes were also taught about the dangers of eating too much fat in their diet. Jen told them about the role of our arteries and how they transport blood around the body. The children examined some models of fat and they were shown how too much fat can block arteries.



Karen and Jen also attended our Parent's Forum Meetings and gave presentations. The Parent's Forums were very well attended; the highest number for our school and also the highest number for the Healthy Schools team.

Jen and Karen spoke about their roles in the Healthy Schools Team and told the parents about the work they had done with our children. They used the same activity they had done with the children: estimating how much sugar was contained in 3 different lunchboxes. Parents were very involved and it sparked lots of discussions about food labelling and shopping for healthy options.

Karen told the parents about the other workshops and courses they would be happy to run at school. Many people expressed an interest and we hope to hold these workshops over the next year.