



# Grow well Choices level 1

## Homelink



# Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Each serving contains

Energy 1046kJ 250kcal	Fat 5g	Saturated 1.3g	Sugars 34g	Salt 0.9g
12.5%	7%	LOW	LOW	HIGH
		LOW	LOW	MED
		6.5%	38%	15%

Typical values (as sold) per 100g: 697kJ/ 167kcal  
of an adult's reference intake

**Choose foods lower  
in fat, salt and sugars**



Water, lower fat milk, sugar-free drinks including tea and coffee all count.  
**Limit fruit juice and/or smoothies to a total of 150ml a day.**



Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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For more information on the eatwell guide:  
[www.foodstandards.gov.scot/news/launching-eatwell-guide-%E2%80%93-healthy-eating-benchmark-scotland](http://www.foodstandards.gov.scot/news/launching-eatwell-guide-%E2%80%93-healthy-eating-benchmark-scotland)

# Introduction

## Welcome to Grow Well Choices

Grow Well Choices is about making choices in our everyday life to help us be healthy, fit and have more energy.

We will learn about healthy eating, the importance of being active, having enough sleep and looking after our teeth. We will play games and have fun doing many activities.

Please see <https://education.gov.scot/parentzone/> for more fun activities around food and health that you could try at home.

## Session 1 – Being active

In order to be more active superhero Emil is going to try, with the help of his mum, to walk their dog more often. He will ask his mum to go with him. He also thinks about playing tag games at school with his friends.

**To maintain a basic level of health, children and young people aged 5 to 18 need to do:**

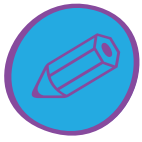
- At least 60 minutes of physical activity every day – this should range from moderate activity, such as cycling and playground activities, to vigorous activity, such as running, football and tennis.
- This does not have to be done all in one go. It can be spread over the whole day in 10, 15 or 20 minute slots.
- On three days a week, these activities should involve exercises for strong muscles, such as squats, and exercises for strong bones, such as jumping and running.
- Children and young people should reduce the time they spend sitting watching TV, playing computer games and travelling by car when they could walk or cycle instead.

**Physical activity includes all forms of activity:**

- everyday activity/active living e.g. walking to school, walking to the shops, tidying up after playing, taking the scooter to the shops, cycling to friends, gardening
- active recreation e.g. walking, cycling, active play, dancing
- sports e.g. more structured activity, dancing, swimming, gymnastics, football, rugby, cheerleading

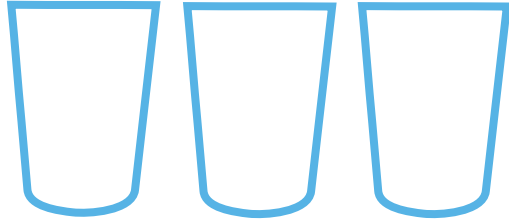
The body changes when we are active, e.g. 'huffing and puffing', heart beating fast, flushed cheeks, feeling sweaty and hot.





## Task

1. Colour in a water cup each time you drink water after being active this week. Draw more cups if you drank water on more than 3 occasions after being active.



2. Name one physical activity you are going to do this week.  
(draw a picture or write down your answer)

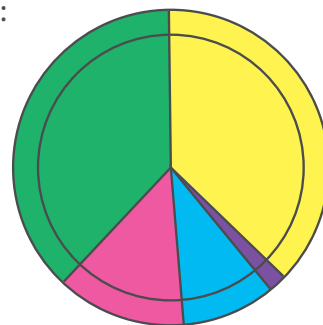
3. The people who will help you be active are...

## Session 2 – Eatwell Guide

Today the superhero Lana tries a new vegetable - a carrot and loves it! Emil today explains that eating a variety of foods will provide us with the nutrients, vitamins and minerals our body needs to be healthy.

The 'eatwell guide' shows how much of what we eat and drink should come from each food group. This includes everything we eat and drink – including snacks.:

- Fruit and vegetables
- Potatoes, bread, rice, pasta and other starchy carbohydrates
- Dairy and alternatives
- Beans, pulses, fish, eggs, meat and other products
- Oils and spreads



### 'Foods high in sugars, fat and salt'

These foods are not needed as part of a healthy diet, and so if included, should only be done infrequently and in small amounts.



### Hydration

Aim to drink 6-8 glasses of fluid every day. Water and lower fat milk are the best options. One glass (150ml) of fruit juice and smoothies can count towards your fluid intake and one portion of fruit and vegetables. Juices and smoothies do not contain the same amount of fibre that whole fruit do so only one glass of juice can count towards your 5-a day.

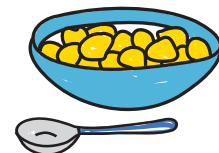
### What is a healthy balanced diet?

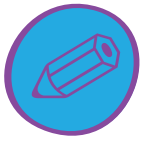
Try to eat:

- plenty of fruit and vegetables throughout the day – these are great as snacks in between meals
- plenty of potatoes, bread, rice, pasta and other starchy carbohydrates – choose wholegrain varieties when you can and have some at every mealtime
- some milk and dairy food or dairy alternatives
- some beans, pulses, fish, eggs, meat and other proteins
- just a small amount of oils and spread – try to choose unsaturated oil and lower fat spreads

### Some tips on eating more healthily

- Have a healthy breakfast every day - breakfast gives you energy when your body needs it the most. It fills you up so that you don't snack on foods which are high in fat or sugar if you are hungry mid-morning.
- Try to eat lots of different fruit and vegetables and aim to eat at least 5 portions every day. Choosing different colours of fruit and vegetables will give you a variety of vitamins and minerals.
- Enjoy a sit-down meal with your family as often as possible.
- Have less fizzy juice, squashes, flavoured milk, chocolate, biscuits, cakes and crisps - we know these foods and drinks taste good but they are also high in sugar and fat.

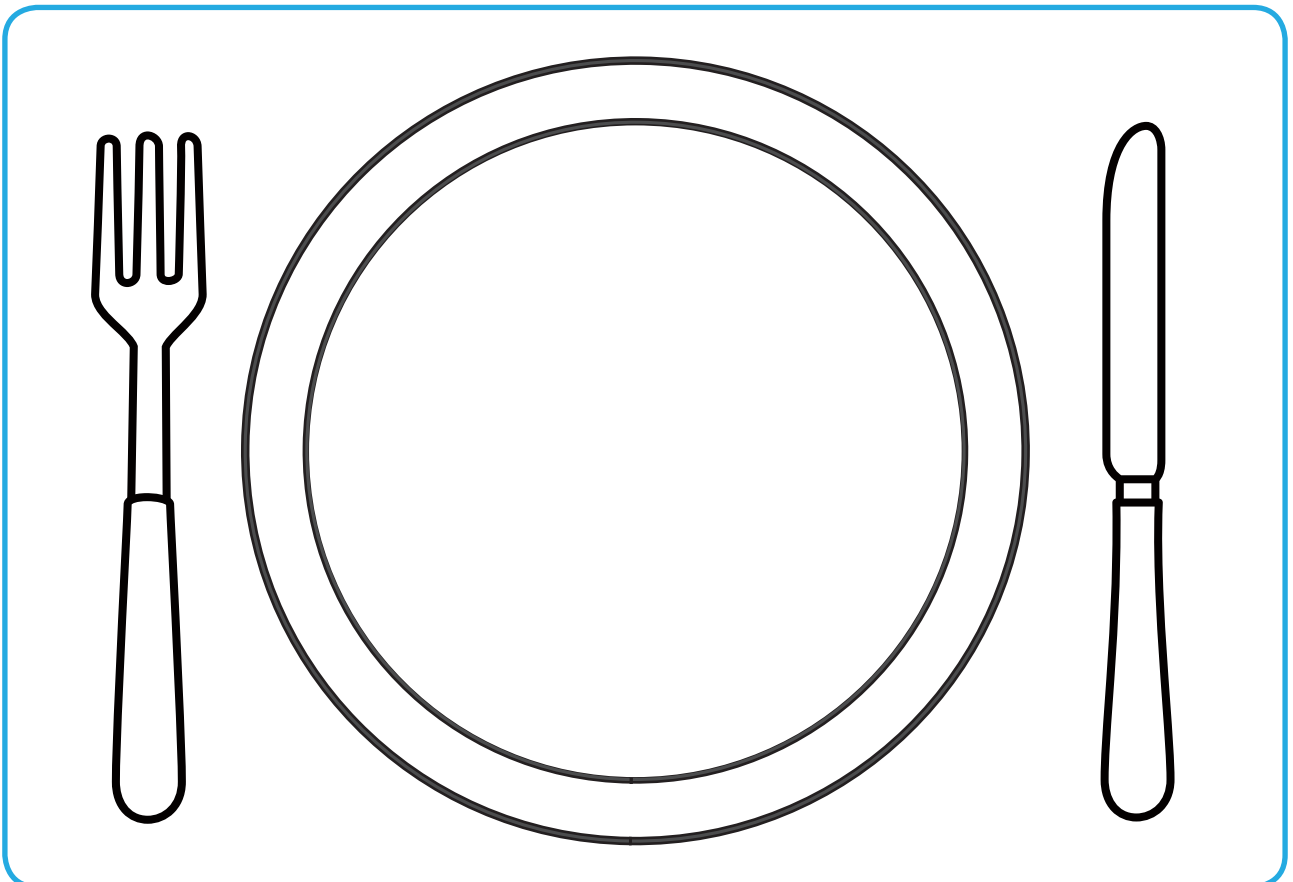




## Task

1. I tried a new fruit and/or vegetable. You can draw, cut out and stick in, write or use crafts. Did you like it?

2. Give an example of a balanced meal that Lana can have?





## Session 3 – Smile

Today Emil went for a quick check-up to the dentist; he learns lots of ways to keep his teeth healthy. The dentist is very happy with Emil's teeth and gives him a sticker.

### Key Messages

- Brush teeth twice a day for 2 minutes
- Brush in a circular motion with a pea sized amount of toothpaste
- Spit don't rinse after brushing teeth
- Replace toothbrush regularly
- Visit the dentist for regular checkups
- Cut out or cut down intake of sugary/fizzy drinks (including diet varieties)
- Ensure fresh and diluting juices are well diluted (ratio of 1 part juice to 10 parts water)
- If having sugary drinks, limit them to mealtimes only and use a straw
- If having a sugary snack or drink, wait for a minimum of 30 minutes before brushing your teeth
- Drink milk as it is a good source of calcium for strong teeth and bones
- Milk and water are the only teeth friendly drinks
- Eat healthy snacks
- If you are having a high sugar food, you can share with your friends or family or have a smaller amount to limit sugar intake

Sugar is added to food and drinks in many different ways. Every time we eat or drink anything sugary, our teeth are under acid attack for up to 1 hour. This is because the sugar will react with the bacteria in the plaque (the sticky coating on your teeth) and produce harmful acids.

One more thing - sugar from sweets or fizzy drinks releases energy to our body quickly but it doesn't stay in our body long. Foods like bread, wholegrain cereal and bananas release energy in our bodies more slowly - this is better for our body.

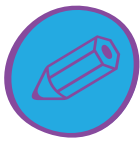
Sugar can sometimes be hidden in our foods and can come in different names such as glucose (solid syrup), dextrose, sucrose, fructose and maltose.

### Did you know?

You can check the amount of sugar in your food and drink by scanning the barcode, using the sugar smart app.



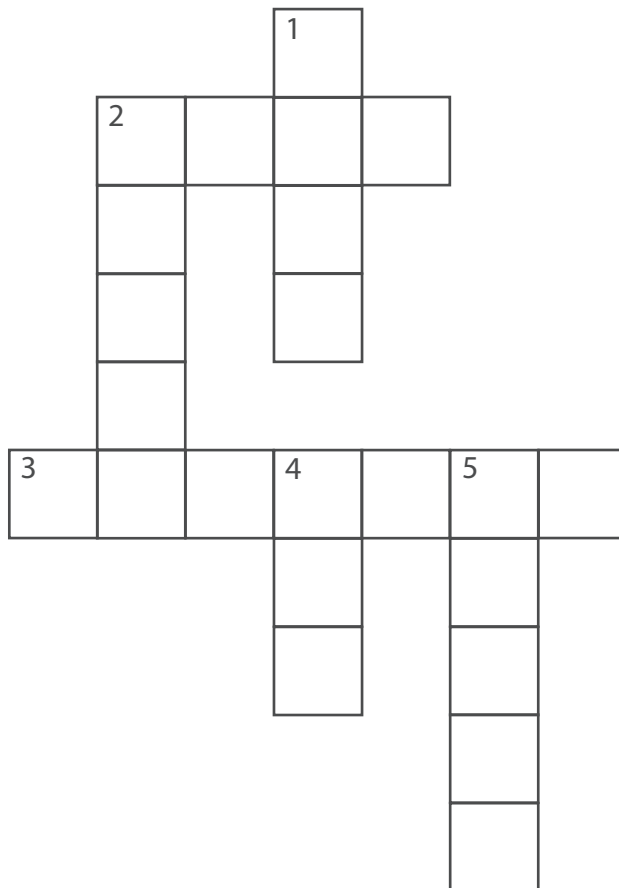




## Task

1. Why are your teeth and gums important?

2. Do the fun crossword below



### Across

2. What should you do after brushing your teeth instead of rinsing?
3. Who should you visit to check your teeth?

### Down

1. What should you drink for good strong teeth and bones?
2. If you are with friends, what can you do with a bag of sweets?
4. How many minutes should you brush your teeth for?
5. What should you use with a high sugar drink?

3. Complete the toothbrushing diary. Colour in the moons and suns to show each time you brushed your teeth for 2 minutes this week.

	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Before bed							
In the morning							

## Session 4 – Fat

Today, Emil and Lana are having breakfast cooked for them by Emil's dad. The superheroes learn about different healthy ways they can cook their breakfast, while still enjoying the foods they love.

Fat is an essential nutrient that provides energy. It comes from both animal and plant sources. In liquid form it is sometimes called oil. We need some fat in our diet but if we eat too much it can be unhealthy.

### Different kinds of fat

Olive oil, rapeseed oil or other vegetable oils, butter, margarine and spreads, fats in mayonnaise, cream, biscuits, cakes, crisps and cheese

#### Here are a few tips for cutting back on fat:

- Cut down on high fat snack food such as crisps, cakes, buns and biscuits
- Have them 'only so often'

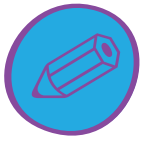
#### Your family can help too:

- Grilling or baking food in the oven rather than frying can reduce the fat content by over half
- Cut the fat - trim off any fat you can see from meat before you cook it and skin chicken and turkey first
- Draining off fat after cooking will also help

#### Did you know?

You can learn about fats in foods by the labels to help you make a healthy choice, use the table on the back page.





## Task

1. Look at some food packaging with traffic lights label on the front and write down or draw a food high (red) and another low (green) in fat in the boxes below.

**High Fat**

**Low Fat**

2. Complete the word search below:

D	D	P	F	G	J	O	Q	T	D	H	S	G	M	B
N	E	U	F	B	D	F	P	L	A	W	Q	Y	Y	W
K	W	L	C	R	I	S	P	S	A	F	P	T	L	E
U	B	C	L	U	O	G	H	P	Y	A	M	D	Z	Y
Y	A	R	K	I	M	Y	S	H	J	F	E	E	N	A
J	Q	L	I	O	R	A	O	H	P	A	B	L	K	O
K	B	A	E	T	Z	G	E	Q	G	R	Z	I	Q	M
N	B	V	Z	G	K	S	M	G	S	P	V	O	V	N
L	W	G	X	L	E	B	O	I	L	P	X	B	A	P
W	A	W	C	E	V	A	C	A	Q	J	R	J	Z	S
O	U	Y	H	L	P	K	D	N	W	X	E	O	N	N
P	B	C	X	B	C	E	K	J	J	I	J	R	A	W
R	B	R	Y	O	N	D	G	R	D	Q	S	B	D	D
K	H	A	H	C	D	C	N	B	E	D	X	Q	R	J
E	V	A	W	O	R	C	I	M	K	C	Q	N	E	I

BAKED

FAT

BOILED

GRILLED

CHEESE

MICROWAVE

CRISPS

OIL

## Session 5 – Snacks

Today Emil and Lana talk about changes they can make to their snacks. They are trying to have a snack that will give them some energy until their next meal, like fruit and vegetables, toast and yoghurt. These snacks can keep us going for longer than foods such as crisps and chocolate.

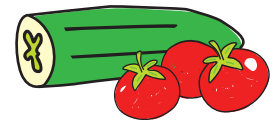
### Key Messages

Ideally we should aim to have 3 meals (breakfast, lunch and evening meal) and 2 snacks (mid-morning and mid-afternoon) each day; 3 + 2 in short. This may help us from getting too hungry in between meals and so we can avoid having too many small snacks during the day (grazing).

### Super Snacks

Choose these snacks most of the time. They are low in sugar and also low in fat

- Fresh fruit e.g. apple, banana, oranges, plums, pears, peaches and grapes
- Raw vegetables, e.g. carrot, celery, cucumber, peppers, cherry tomatoes
- Bread, bread rolls, bread sticks, toast with low calorie spread, rice cakes
- Crackers, crisp bread, plain popcorn
- Low fat and low sugar yoghurt
- Glass of semi-skimmed milk
- Plain cereal, e.g. wheat biscuits, porridge



### So So Snacks

These snacks can contain high amounts of fat and/or large amounts of sugar as well as salt. Go with caution - eat in moderation. You can experiment with making healthier homemade versions of these snacks.

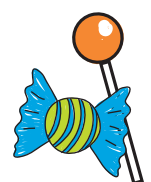
- Nuts, seeds and fruit mix, bombay mix
- Sandwiches, bagels
- Plain biscuits e.g. digestives, rich tea
- Plain or fruit scones, teacakes, crumpets, muffins and pancakes
- Snack size cheese portions e.g. soft cheese triangles, stringy cheese sticks
- Baked crisps, flavoured rice cakes, cheese dunkers, smoothies, fruit juice

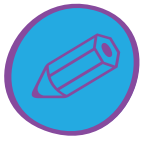


### Only so often Snacks

These snacks contain large amounts of sugar and/or fat. Stop and think - eat sparingly.

- Sweets e.g. jellies, pastilles, fruit gums, liquorice, chews, boiled sweets, mints
- Chocolate, filled chocolate bars, chocolate eggs
- Chocolate covered biscuits
- Sweetened popcorn
- Cakes e.g. mini chocolate rolls, doughnuts, chocolate biscuits, fairy cakes, chocolate crispy cakes, flapjacks, gateaux, apple pies, jam tarts
- Crisps and other savoury snacks
- Ice cream, choc ices, ice lollies
- Fizzy drinks, sugar coated cereal
- Cereal bars can be a quick and easy snack; however, some cereal bars can contain a lot of fat and/or sugar. It is a good idea to look at the labels to find the best option.





## Task

1. Complete the task below by drawing a line from the red snacks (**only so often**) to the healthier snack choice.

**Fried crisps**

**Bread sticks**

**Chocolate Cereal Bar**

**Baked crisps**

**toffee POPCORN**

**Plain POPCORN**

**Chocolate Bar**

**Banana**

2. Write down some healthy snack swaps you could make.

3. Who can help you make a healthy snack swap?

## Session 6 – Fast foods, takeaways and Eating Out

Today Emil and Lana visit a pizza restaurant with both of their families. Lana is curious to know what pizza toppings are the healthiest. Lana finds out that chicken is a good meat to choose along with some fruit or vegetables such as pineapple or mushrooms. It's also important to think about how often we eat out and the size of the portions we have. Thinking about making healthier choices and swaps, Emil and Lana both choose a small pizza each.

### Tips for dining out

Eating out can be a fun and sociable activity; however, some fast food places serve food that is high in fat, sugar and salt. It is still possible to make healthier choices when having fast foods or eating out. Changes can be grouped under three headings: **portion size, frequency of eating out and swaps for healthier choices.**

### Burgers

- Avoid extra cheese, mayonnaise and chips as they are high in fat
- Try not to choose 'go large', 'double' or 'super-size'

### Pizza

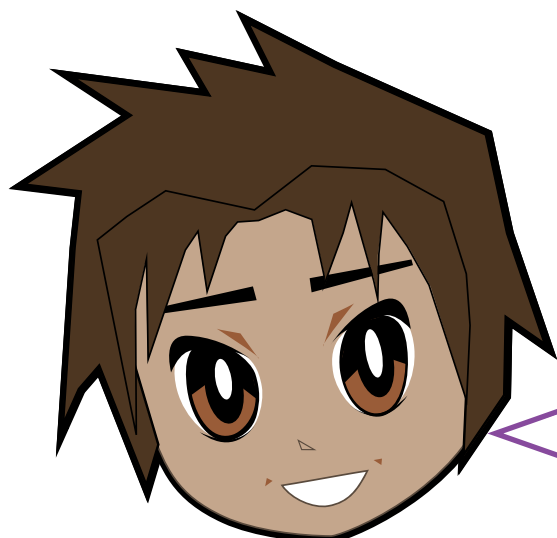
- Choose thin based pizzas
- Don't ask for extra cheese
- Toppings like vegetables, chicken, ham and pineapple are a good choice
- Limit varieties like pepperoni, bacon or meat feast
- Try not to choose stuffed crusts

### Indian

- Avoid cream or coconut based sauces like korma and masala
- Tandoori or tikka sauces are less creamy and lower in fat
- Choose rice or small naan bread but not both
- Try not to have too much poppadoms because they are high in fat

### Chinese

- Try not to have too many prawn crackers as these are high in fat
- 'Crispy', 'fried', 'battered' or 'satay' dishes are all high in fat
- Choose boiled rice instead of egg fried rice
- Choose chicken chop suey, Szechuan prawns or steamed fish which are all low fat options



### MORE tips:

Try to always have some vegetables or salad with your meal.

When having sandwich 'meal deals' try and choose healthy options such as fruit bags and water/milk instead of crisps, chocolate and sugary drinks



## Task

1. Complete the task below by drawing a line from the red options to the healthier green options

**EGG fried  
rice**

**Have a  
takeaway  
every week  
and go to a  
restaurant  
twice a  
month**

**DOUBLE cheese  
Burger**

**3x tomato  
sauce  
Portions**

**Fizzy Juice**

**Thick Crust  
Pepperoni  
Pizza**

**Large chips**

**Thin Crust  
Cheese and  
tomato  
Pizza**

**Milk**

**Boiled Rice**

**Small chips**

**Pine out  
or have  
takeaways  
less often**

**1x tomato  
sauce portion**

**Small cheese  
Burger**



## Session 7 – Healthy Balance

Today Emil and Lana are competing in their school sports day. They are both very excited to take part in the races, especially the 3-legged race. Both Emil and Lana made sure that they had an early night and had a good breakfast in the morning.

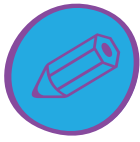
### Key Messages

- It is important to have breakfast in the morning to set us up for the day ahead
- We need energy from food to work well and be active
- Children at age 5 are recommended to have around 11 hours of sleep. This reduces by 15 minutes every year until at 14 onwards children need 9 hours of sleep.

### Tips for a good night's sleep

- Keep a regular sleep routine
- Ensure a relaxing bedtime pattern
- Ensure a constant environment for sleep which is cool, dark and quiet
- Avoid screen (phone, TV etc.) time before sleep





## Task

1. Get someone to help you draw hands on the clocks to show what time you went to bed at night and got up, then add up how many hours you slept for, you can ask an adult to help you.
2. In the circle, draw a smiley face if you had breakfast. Draw a sad face if you didn't have breakfast. Do you have breakfast everyday or nearly every day? If not, can you make some small changes to help you to have breakfast?

	I went to bed at	I got out of bed at	Hours slept	I had breakfast
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

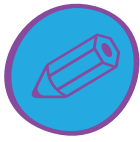
## Session 8 – SUPERhero celeBration

Today, Emil and Lana are thinking about all the changes they have made recently. Emil and Lana cheer and play a game called superheroes! They pretend they can fly and run around the garden waving their capes in the air, they have so much fun.

### Summary of key messages

- At least 60 minutes of physical activity every day – this should range from moderate activity, such as cycling and playground activities, to vigorous activity, such as running and tennis
- It is recommended to have a selection of food from the main food groups (all those in the circle of the eatwell guide) to achieve a balanced and healthy diet
- Brushing teeth for 2 minutes twice a day, visiting the dentist regularly and reducing sugary food and drink between meals all help towards keeping teeth healthy
- We need some fat in our diet, but if we eat too much of it, it can be unhealthy. Making healthy swaps will help reduce fat intake.
- 3 + 2 = having 3 main meals (breakfast, lunch and evening meal) plus 2 healthy snacks (mid-morning and mid-afternoon) each day. This is a simple rule to stop us from getting too hungry in between meals and having too many small snacks during the day (grazing).
- Healthier choices can be made when eating out. It's good to remember the three headings when making healthy choices: portion size, frequency of eating out and healthy swaps.
- Getting a good night's sleep can be achieved by keeping a regular routine with a constant environment (cool, dark and quiet).





## Task

1. Write down the healthy choices you have made over the last few weeks at home or at school.

2. Complete the Grow Well Choices cross word below

**Across**

2. What colour is the 'only so often' snack?

3. What should we drink after being active?

4. How many fruit and vegetables should we try to have each day?

5. Who should you visit to look after your teeth?

7. A green snack that is green in colour.

1

2

3

4

5

6

7

**Down**

1. What meal should we have to give us our energy at the start of the day?

6. What does a good night's sleep give?

# How to read a food label

Each grilled burger (94g) contains

Energy	Fat	Saturates	Sugars	Salt
924 kJ 220 kcal	13g	5.9g	0.8g	0.7g
11%	19%	30%	<1%	12%

of an adult's reference intake

Typical values (as sold) per 100g: Energy 966kJ / 230kcal

Front of pack labels, such as the label in the above image, usually give a quick guide to:

Energy, fat content, saturated fat content, sugars content and salt content.

These labels provide information on the number of grams of fat, saturated fat, sugars and salt and the amount of energy (in KJ and kcal) in a serving or portion of a food.

Colour coded nutritional information tells us at a glance if the food has high, medium or low amounts of fat, saturated fat, sugars or salt.

**Red means high**

**Amber means medium**

**Green means low**

In short, the more green on the label, the healthier the choice. If you buy food that has all or mostly green on the label, you know straight away that it's a healthier choice.

Amber means neither high nor low, so you can eat foods with all or mostly amber on the label most of the time.

But any red on the label means the food is high in fat, saturated fat, sugars or salt and these are the foods we should cut down on. Try to eat these foods less often and in small amounts.

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or email [grampian@nhs.net](mailto:grampian@nhs.net)