

HEALTHY EATING TOOLKIT

**MESSAGES & ACTIVITIES FOR YOUR
HEALTHY HOLIDAYS PROVISION**

ABOUT THIS TOOLKIT



This healthy eating toolkit has been developed for the Leeds Healthy Holidays summer provision 2022, as part of the Healthy Holidays Plus programme (HHP). This is the second edition, following a pilot version for Easter provision 2022.

FoodWise Leeds has co-produced the contents with a wide range of collaborators, including local third sector organisations, schools, community hubs, key food providers, Leeds City Council and Leeds Community Foundation.

Please take inspiration
from this resource.
You are welcome to use
all or parts of it, as you
know your families and
provision best!

We will be collecting feedback after summer provision and use it to improve future editions. If you have any initial feedback, please email info@foodwiseleeds.org.

Thank you to all Healthy Holidays providers and others who have been involved in the Healthy Holidays Plus programme to date.

CONTENTS



Got 5 minutes? Let's talk food!.....3

Daily healthy eating messages & activities:

- Exploring food through senses.....4
- Healthy food activities outdoors.....5
- Growing food & seasonal eating.....6
- Switch up your food.....7

Involving the wider family:

- Sharing recipes using the FoodWise Recipe Hub.....8

Summer Competition!.....9

Useful Information:

- Healthy eating printables.....10
- Family signposting.....10

About FoodWise Leeds.....10



GOT 5 MINUTES? LET'S TALK FOOD!

When starting the day, serving lunch, offering snacks or at another point during the day, use these short foodie conversation starters to integrate daily food education into your provision.



WHAT FRUIT & VEG ARE IN SEASON RIGHT NOW?

PROMPTS:

- Where in the world has the food on your plate come from?
- Why do you think it's good to eat foods that are grown in the UK (i.e. eating local & seasonally)?
- Food from home or away game

ANSWERS:

- Seasonal fruit & veg in summer: Blackcurrants, Broccoli, Carrots, Mint, Peas, Radishes, Strawberries (More examples).
- Eating local and seasonal food is not only tasty and healthy but helps to protect our planet too! (More details)



WHAT DO YOU THINK IS A STARCHY CARBOHYDRATE?

PROMPTS:

- How much of our plate should starchy carbohydrates take up?
- What you do think 'wholegrain' means? Why is it good to eat wholegrain versions?

ANSWERS:

- Starchy carbohydrates include potatoes, bread, rice, pasta, and cereals.
- They should make up just over one third of what we eat.
- They are a good energy source & a main source of a range of nutrients in our diet.
- Wholegrain versions (e.g. wholemeal bread) can contain to up 75% more nutrients than refined versions.



TELL ME ABOUT A TASTY AND HEALTHY SNACK...

PROMPTS:

- What do you think a 'healthy snack' is? (More details)
- Why is it important to only have small amounts of sugar in our snacks? (More details)

ANSWERS:

- Examples include: fruit kebabs, veg sticks (e.g. carrot, pepper & celery), sugar snap peas with hummus.
- Fresh fruit & veg are very good snack choices as they contain vitamins, minerals and are a good source of fibre (More details).



When talking food, remember the 3 S's!

To make sure you can engage your provision attendees, try to be:

Specific
Simple
Steady paced

Other ideas:

- What do you think a 'balanced diet' is? (Refer to Eat Well Guide, p.10)
- How much sugar do you think is in your favourite drink? (More details)



DAILY HEALTHY EATING MESSAGES + ACTIVITIES

The following suggestions are to support providers when including elements of healthy eating messaging and/or activities each day of provision.

Please feel free to take these ideas and make them your own to suit your families and organisation.



EXPLORING FOOD THROUGH SENSES

DAY ACTIVITY

WHAT YOU MIGHT NEED

- | | |
|---|---|
| <p>1 INTRODUCE THE WEEK'S THEME and planned activities. Talk about the benefits of eating a variety of different food types.</p> | <ul style="list-style-type: none"> • Eat a balanced diet (poster) • Flavour School (FS) Manual p.4-6 |
| <p>2 SESSION 1: TOUCH
<i>Activity:</i> Exploring textures, softness etc.
<i>Messages:</i> Why eat the rainbow?</p> | <ul style="list-style-type: none"> • FS Manual Pg. 11-13 • A variety of whole vegetables and fruit. |
| <p>3 SESSION 2: SMELL
<i>Activity:</i> Exploring smells, e.g. seasonal veg/fruit (e.g. strawberries) or dried herbs/spices.
<i>Messages:</i> Why eat seasonally (e.g. strawberries are rich in antioxidant vitamin C, which helps maintain healthy bones!)</p> | <ul style="list-style-type: none"> • FS Manual p.15-17 • Vitamins & minerals • 3-4 strong-smelling foods, herbs or spices. |
| <p>4 SESSION 3: TASTE
<i>Activity:</i> Exploring sweetness, sourness etc.
<i>Messages:</i> Importance of eating a range of different foods, refer to the Eat Well Guide.</p> | <ul style="list-style-type: none"> • FS Manual p.23-25 • Selection of vegetables and fruit prepared in small pieces for trying. |
| <p>5 SESSION 4: SIGHT
<i>Activity:</i> Exploring colours, shapes, sizes etc.
<i>Messages:</i> How to make food appealing with colours, presentation, freshness etc.</p> | <ul style="list-style-type: none"> • FS Manual p.7-9 • Creative materials (e.g. paper, pencils, pens). • VegRocks Rainbow Activity (FoodWise Leeds & Veg Cities) |

TOP TIPS:

- Flavour Schools' golden rules are (read more [here](#), p.4-6):
 - No one has to try anything they don't want.
 - No one has to like anything.
- Considerations may need to be taken for children/young people with additional sensitivities (e.g. to touch, smell, taste & sight).
- Give children/young people the choice of what to try from a range of healthy options.
- Children and young people are more likely to try new food when it's kept separate from main meals and snacks.
- Only give small pieces of food to try, with whole versions nearby for reference.
- Make a game of it, look at these [Activity Cards](#) from Street Games.



GROUNDWORK YORKSHIRE

"Exploring food through the senses was a really fun way for children to try a range of healthy and sometimes unfamiliar foods. Involving the wider families as well meant we could show them how to easily make a game out of trying new/different food.

The most important part for us was giving the children a choice of which foods to try and away from meal times. This way they were much more willing to try different foods."



Make posters and submit them to the summer competition! More details on page 9.

DAILY HEALTHY EATING MESSAGES + ACTIVITIES

HEALTHY FOOD ACTIVITIES OUTDOORS



IMPORTANCE OF FOOD HYGIENE (OUTDOORS & INDOORS)

- Remember to have hand washing stations accessible for everyone.
- Plan ahead for food storage, preparation, cooking & serving.
- Find out more [here](#).

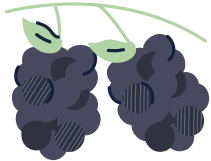
Take inspiration from the following ideas. You might focus on one per week, per day, whatever works for your provision.

PREPARING RAW FOOD

- Prepare a tasty and fresh salad with children/young people.
- Introduce them to each ingredient (through senses, see p.4) and involve them in the chopping.



FORAGING FOR FOOD



- Forage for edible flowers, berries or leaves. Find them along hedgerows, path edges & in woodlands ([More details](#)).



Always ensure you know what you are eating. If unsure, bring someone in with experience of foraging.

GROWING FOOD

- Grow food onsite, in the ground or in pots for the children/young people to take away with them (see p.6).
- Take a trip to a Leeds urban farm and see how food is grown locally.



"We prepared some exciting salads. One that went down really well was watermelon, cucumber, mint and lime salad.

We used the mint from the Rosebank orchard but using potted herb plants from the supermarket is just as effective and engaging!"



"Our aims for the outdoor food activities were to include a range of vegetables, herbs, pulses and spices that families may not have used before. We also wanted to use recipes that were affordable meals on a budget.

We found the simpler recipes worked best with some choice in what they added. The children liked chopping some veg but it was helpful to have some ready done as well."



Ask them to make short videos celebrating food outdoors and submit them to the summer competition! More details on p.9.

DAILY HEALTHY EATING MESSAGES + ACTIVITIES



GROWING FOOD & EATING SEASONALLY

DAY ACTIVITY

WHAT YOU MIGHT NEED

- | | |
|---|---|
| <p>1 INTRODUCE THE WEEK'S THEME & activities. Play '<u>Food from home or away</u>'.</p> | <ul style="list-style-type: none"> RHS Lesson plan: <u>Fruit & vegetables for health</u> |
| <p>2 SESSION 1: SOWING SEEDS
 <i>Activity:</i> Make <u>Pea Head people</u> + a <u>watering can</u> from recycled plastic bottles.
 <i>Messages:</i> <u>Why grow your own food</u> & <u>growing on windowsills</u>.</p> | <ul style="list-style-type: none"> Pre-prepared pea/cress pots* <u>Season Well</u> resources: <ul style="list-style-type: none"> <u>Growing in recycled containers</u> <u>DIY Recycled bottle watering can</u> |
| <p>3 SESSION 2: EATING SEASONALLY
 <i>Activity:</i> Prepare a snack/meal with seasonal veg/fruit with the children/young people.
 <i>Messages:</i> <u>Why eat seasonal</u> & play <u>what part of the plant do we eat</u>.</p> | <ul style="list-style-type: none"> Recipe: <u>Sweet & Sour Spring Onion Stir Fry</u>. (FoodWise Summer Toolkit & Season Well) Pg. 3 |
| <p>4 SESSION 3: GROWING FROM SCRAPS
 <i>Activity:</i> Run the <u>Saucer Veg activity</u>, re-growing seasonal veg from kitchen scraps.
 <i>Messages:</i> <u>Why eat fruit & veg?</u></p> | <ul style="list-style-type: none"> <u>RHS What part of the plant do we eat game</u> |
| <p>5 SESSION 4: HARVESTING FOOD
 <i>Activity:</i> Harvest shoots from pre-prepared pots* & host a taste testing (see pg.4).
 <i>Messages:</i> What food you can make when ready to harvest (refer to recipes on right).</p> | <ul style="list-style-type: none"> Pre-prepared pea/cress pots* Example recipes: <ul style="list-style-type: none"> <u>Pea & Mint Soup</u> (Season Well) <u>Leek, pea & watercress soup</u> |



Some providers have told us how much more children/young people engaged with eating seasonal foods when using ingredients they've learnt to grow!



Shantona Women's & Family Centre

"For our Easter Healthy holidays we used the toolkit to plant seeds. The young people enjoyed following the easy-to-read instructions, planting seeds, getting their hand dirty with the soil and also following up afterwards to show what had grown.

Parents were pleased their children took part in growing their own plants which they had later used as a part of their ingredients to open their fast in the month of Ramadan."

DEWSBURY ROAD COMMUNITY HUB AND LIBRARY

"When growing food with children, bigger seeds are easier for them to handle. Bean, pea and, sunflower seeds work really well. Make labels with wooden spoons & forks for a bit of fun too!

Harvesting is a great time to explore the food grown, through smelling, touching and seeing different textures and sizes."



DAILY HEALTHY EATING MESSAGES + ACTIVITIES

SWITCH UP YOUR FOOD

Take inspiration from the following ideas. You might focus on one per week, per day, whatever works for your provision!

EXPLORING SPICES

- Spices & herbs are essential to preparing & cooking food. They can bring flavour, colour & fragrance, as well as nutritional benefits.
- Play 'Guess the spice or herb' and have children/young people identify spices/herbs by sight, smell, touch & taste (see p.4)



TRYING FAKEAWAYS!

- Prepare & cook 'fakeaways' with attendees to show healthy alternatives of family favourites. Here's a few to try:
 - Chinese Sweet & Sour Chicken + Egg-fried rice
 - Caribbean Vegetable Curry
 - Veggie Bean Burgers



ADDING JUST ONE MORE VEG

- Try some #JustOneMore recipes with children/young people. Find these marked with Just One More badge on the FoodWise Recipe Hub.
- Introduce different veggie Lunch Box Hacks each day & hold a vote for favourites at the end of the week.
- Learn more about the Just One More campaign here.



Remember, where recipes ask for fresh ingredients, frozen or tinned ingredients can be used as an alternative and be more affordable.



"Ask the young people what they like to eat including fast food and show them how to make healthier versions of their favourite meal.

For example, we made KFC-style by coating chicken breast in spiced breadcrumbs and baking in the oven. Tastes great!"



"We made the Pea & Mint Soup recipe with children at Bramhope Primary School using peas they had grown and mint from their garden.

The kids loved it and the parents asked for the recipe!"



WEEKLY HEALTHY EATING ACTIVITY FOR THE WIDER FAMILY

It's important to involve the whole family through the Healthy Holidays programme, in whichever way is best for your provision. To do this, some providers have supplied recipe cards to families each week. Suggestions for how to do this are listed below.



SHARING RECIPES USING THE FOODWISE HUB

1. Each week, choose 3-4 recipe cards from the [FoodWise Recipe Hub](#).
2. Select which approach below is most suitable for your provision and families:

- **CHOOSE ON THEIR BEHALF:** Choose recipe cards to give to families with a box of ingredients needed.
- **ASK FAMILIES TO CHOOSE:** Invite the parents/carers to choose from the selected recipe cards. Once you've prepared the ingredients needed, ask families to pick up the ingredients and recipe card later that week.
- **CHOOSE VIA POPULARITY:** Make your HH provision meals using selected recipe cards through the week. Identify which recipe the children and young people enjoyed most. Provide families with this recipe card and ingredients needed at the week's end.
- **MAKE FOOD ON SITE & SEND PORTIONS HOME:** Make a recipe with the children/young people. Send them home with extra portions, the recipe card and all/some ingredients for making again at home.
- **PROVIDE THE CARDS:** If the above options are not realistic for your provision, please share an appropriate choice of recipe cards with your families.



Please feel free to use an alternative approach to the above if more suitable for your families.

PROMOTE 'JUST ONE MORE' TO FAMILIES

Just One More is a local campaign to encourage people across Leeds to eat Just One More portion of vegetables every day - fresh, frozen or tinned! ([More details](#))

Did you know most people eat less than one portion of vegetables per day?

1 in 3 primary school children, 1 in 4 high school children & 1 in 8 adults eat less than 1 portion of vegetables per day.

To encourage families, choose recipes that are listed on the [FoodWise Recipe Hub](#) and have the Just One More badge.



GRIMES DYKE
PRIMARY SCHOOL
ASPIRE ENJOY ACHIEVE

"When providing meal hampers with recipe cards, we provided additional kit including basics like knives, potato peeler, spoons, chopping boards, potato masher, tea towels, cloths, tin foil, scales, whisk, bowls, things we would presume are everyday items.

Oven gloves were also a necessity."



You can also signpost families to other information (e.g. health, employment & education). See more details on page 10.

FREQUENTLY ASKED QUESTIONS

WHERE CAN WE FIND THE EAT WELL GUIDE?

- [Eat Better: Eat Well Guide](#)
- [African Caribbean Eat Well Guide](#)
- [South Asian Eat Well Plate](#)



WHERE CAN WE FIND THE SCHOOL FOOD STANDARDS?

- [Gov.uk: School Food Standards](#)

WHERE CAN WE LEARN MORE ABOUT CULTURALLY APPROPRIATE FOODS?

- Consult the [Multicultural Nutrition information page](#). Includes African Caribbean and South Asian Eat Well Guides, Nutritional information and recipes).
- Contact the cultural food partners:
 - [Hamara](#)
 - [Give a Gift](#)
- Search for recipes by cuisine / dietary requirement: [BHF Recipe Hub](#)

WE DON'T HAVE FACILITIES TO PREPARE AND COOK MEALS. WHAT CAN WE DO?

- Some providers work with cafes/restaurants in their area to support their provision.
- Additional food support can be provided through the following; however, this should be considered as surplus support rather than the core food offer:
 - [Rethink Food](#)
 - [Hamara](#)
 - [Fareshare Yorkshire](#)
 - [Give a Gift](#)

HEALTHY EATING TRAINING

LEEDS CITY COUNCIL: [MULTICULTURAL FOOD TRAINING](#) - [LINK](#)

STREET GAMES:

- [INCLUSIVE COOKING](#) - [LINK](#)
 - Considering allergies & dietary requirements, children with additional needs.
- [HANDS ON FOOD WORKSHOPS FOR CHILDREN AND FAMILIES](#) - [LINK](#)
 - Simple activities to include in a provision activity session.
- [PREPARING COOKED LUNCHES FOR CHILDREN](#) - [LINK](#)
 - Including Food Hygiene & Risk Assessments for preparing/cooking lunches.

HEALTHY EATING PRINTABLES

Printables are available for your provision on the [Healthy Holidays Leeds Knowledge Hub](#). Resources available include:

- [Family Food Leaflet](#)
- [Department for Education Training](#)

Knowledgehub

If you need help with accessing Knowledge Hub, contact healthyholidays@leeds.gov.uk.

FAMILY SIGNPOSTING

The [Family Food and Wellbeing Leaflet](#) is a useful resource to circulate when signposting families to other information (e.g. health, employment and education). It includes:

HEALTHY START ([LINK](#))

- If more than 10 weeks pregnant or have a child under 4, families may be entitled to support buying healthy food and milk through the Healthy Start scheme.



ABOUT FOODWISE LEEDS

Our mission is to collaboratively transform policy, contribute to research, motivate businesses and communities to become FoodWise, and inspire pride in our sustainable food city status.

Critical in our work is taking action on veg! We work with Veg Cities to grow, cook, sell, serve and save more veg across Leeds.

Join the good food movement today and [#BecomeFoodWise](#) by pledging your actions [here](#).

You can also find us on social media [@foodwiseleeds](#).

food
wise
leeds

