Get fit, Get healthy, Have fun!

Phunky Foods

Get fit, Get healthy, Have fun!
Welcome!

- Introductions
- Outline Training Day
- Housekeeping
- Ice breaker
  - Name, School, Role, new to PhunkyFoods?
  - Favourite & least favourite foods? Why?!
# Training Day Outline

<table>
<thead>
<tr>
<th>Time</th>
<th>Session Content</th>
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</thead>
<tbody>
<tr>
<td>9.45am</td>
<td>Welcome / Outline Training Day / Housekeeping</td>
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<tr>
<td></td>
<td>Introductions / ice breaker activity</td>
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<tr>
<td></td>
<td>Introduction to PhunkyFoods</td>
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<td></td>
<td>PhunkyFoods Resources</td>
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<tr>
<td>10.45am</td>
<td><strong>BREAK – tea / coffee</strong></td>
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<tr>
<td>11.00am</td>
<td>PhunkyFoods curriculum and lesson plans</td>
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<tr>
<td></td>
<td>PhunkyFoods website</td>
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<td>PhunkyFoods key messages</td>
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<tr>
<td>12.00pm</td>
<td><strong>LUNCH</strong></td>
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<tr>
<td>12.45pm</td>
<td>eatwell plate, 5 A DAY &amp; hands on food activities</td>
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<tr>
<td></td>
<td>Data Collection: PhunkyFAD (Food &amp; Activity Diary)</td>
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<tr>
<td>2.30pm</td>
<td><strong>BREAK – tea / coffee</strong></td>
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<td></td>
<td>Implementing the PhunkyFoods Programme in your school - Next Steps</td>
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<td>Teacher training options &amp; NCFE National Level 2 Award – FREE places</td>
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<td></td>
<td>On-going Support</td>
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<tr>
<td>3.15pm</td>
<td>Questions / Evaluation / Close</td>
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Learning Outcomes

By the end of this session we will:

- Understand how the PhunkyFoods Programme can be used, and how to access lesson plans
- Be able to recite six key healthy lifestyle messages for children
- Have an outline PFP implementation plan to discuss with colleagues back at school
Evidence of the Need

- Unhealthy diet & sedentary lifestyles increase risk of chronic conditions such as high blood pressure, heart disease and diabetes
- Obesity can reduce life expectancy by av. 11 years
- High % of children overweight or obese: 21% in Primary 1, & 31% of 7-11 year olds (Primary 1 BMI Statistics, 2012/13, NHSScotland; Scottish Health Survey)
- Just 13% of children aged 2-15 yrs eat the recommended 5 A DAY; on average, children in Scotland eat < 3 portions/day (Scottish Health Survey, 2013)
- One in four children age 2-15 yrs don’t meet physical activity recommendations (60+mins moderate/vigorous activity daily) (Scottish Health Survey, 2013)
PhunkyFoods

A programme to teach early years and primary school children key healthy lifestyle messages through art, drama, music, play and hands-on food experience.
What Works?

- Fit nutrition education into the existing curriculum in a time-efficient manner
- Keep teacher prep time to a minimum
- Train teaching staff to build motivation & confidence
- Be informed by children's' views, experience & food choice behaviours
- Incorporate parental involvement
- Build on the “whole school” approach
- Include “hands on” & taster experiences
- Comprehensive, sustainable programme of work
- Primary education programme

Primary education programme

Comprehensive, sustainable programme of work
The PhunkyFoods Package

- A training course
- A resource box
- A website including:
  - PhunkyFoods curriculum-linked lesson plans with keyword search facility
  - Topical blogs & Events Calendar
- On-going support
  - Monthly newsletter, recipes and assembly-of-the-month
  - Farm & Food Industry visits booking facility
  - Community Support Worker
How can PhunkyFoods be used?

- Full / part solution to prep & marking time
- Within the curriculum
- Breakfast / lunch / after schools clubs
- Health weeks
Who can run PhunkyFoods?

- Teaching assistants
- Learning support mentors
- Teachers
- Parents
- Family Liaison Workers
Benefits for Schools

- Flexible as a curriculum-linked/prep/marling time / after-schools solution
- Education Scotland inspections
- Help to educate children in the basics of healthy lifestyles
- Contribute to reversing international public health problem of overweight and obesity
PhunkyFoods Introductory Film

http://www.phunkyfoods.co.uk/teachers-at-school/introductory-film/

4 minute film for teaching staff, families, Parent Councils, Parent Forums....
In-house survey 2014

Here are some quotes from schools who are using the programme:

- “Children are more aware of healthy lifestyles and can talk about it with greater subject knowledge.”

- “Children are wanting to try new foods which they haven’t tried before and found that they like it. Parents have commented that their children are asking to try different healthy foods at home.”

- “Some impact with packed lunches improving. Higher uptake of breakfast club”
The Consortium

- PhunkyFoods is, and always will be, an independent healthy lifestyles programme developed and written by registered nutritionists, dietitians and consultant teachers.

- Through industry CSR budgets we are able to:
  - Lower the costs of the programme to schools / offer free places
  - Invest in the future development of the curriculum, teacher training and resources in line with current findings from school surveys
  - Invest in vital research to evaluate the impact of the PhunkyFoods programme on children’s health knowledge, behaviours and outcomes
PhunkyFoods — any questions?