



STRIVE FOR 5!



A QUICK HELLO.

This nutrition education material has been compiled from a variety of elements of the PhunkyFoods Programme, specifically to be delivered as part of the Department for Education Holiday Activities and Food (HAF) Programme.

This material contains a range of fun, but educational, activities for delivery via out-of-school settings. It contains positive healthy lifestyle messaging which should be delivered in an encouraging and upbeat manner.

Each week you should choose a different theme or topic to focus on - available themes include Eatwell!, Strive for 5!, Drain your Drinks, Bag A Breakfast, Snack Attack and A Healthy Lunch.

Activity ideas for each theme might include creative literacy activities, arts and crafts activities, physically active activities, scientific investigative activities, as well as hands-on food preparation activities. These ideas are simply outlines, designed to inspire you to provide a range of different fun activities around nutrition, food and health education. They could for example be delivered as carousel activities over a one-week period culminating at the end of the week in the designated food preparation activity for that particular topic.

For each theme we have three sessions of varied, age differentiated activity ideas - these are activities you could deliver across three days for example. The fourth session for each theme is a Food Preparation Session which will allow the children to get hands on with food and create their own dish using the knowledge they have gained during the activities throughout the week. Children will learn new food preparation skills, they will gain new insights in how to eat a healthy, balanced diet and they may even try new foods that they've never tried before.

In this way we hope children will enjoy learning about food; they will learn why it is important to try new foods and to include a wide variety of different foods in a healthy, balanced diet. But most of all we want children to simply enjoy learning about food and their health, and to have a bit of fun getting hands-on and making some food for themselves.

We hope you enjoy using these materials, and we hope the children enjoy receiving them.

Wishing you all the very best for your HAF Programme,

The PhunkyFoods Team.

Session 1

Eating a Rainbow!

The 'Strive for 5' message encourages us to eat five portions of fruit and vegetables every day. These can be fresh, tinned, frozen or dried. Eating five different coloured fruit and veg during the day is ideal because the different colours help our bodies in different ways. We can call this 'Eating a Rainbow.'

Red: strawberries, apples, tomatoes, peppers

Orange: oranges, apricots, peaches, carrots, peppers

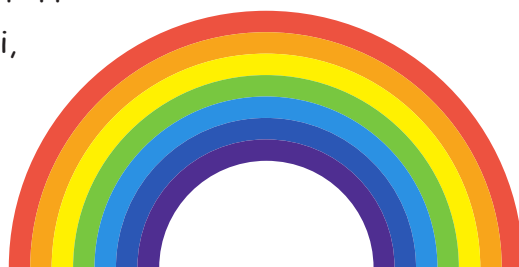
Yellow: bananas, lemons, grapefruits, sweetcorn, peppers

Green: apples, pears, kiwis, grapes, peas, broccoli, spinach, peppers

Blue: blueberries

Indigo: blackberries, aubergines

Violet: plums, grapes, damsons



Early Years

Children colour in a rainbow (template provided on page 6)

Key Stage 1

Children colour a rainbow and draw pictures of different coloured fruit and vegetables in the appropriate sections (template provided on page 6)

Key Stage 2

5 a day Acrostic Poem

Children create an acrostic poem based on their first name. It may be wise to create a bank of fruit and vegetable names from which the children can choose. It doesn't matter if they can't find fruit/veg for every letter.

Examples:

O ranges are full of Vitamin C

L ettuce is great in salads

I love the taste of strawberries

V iolet is the colour of grapes and plums

E at five different fruit and veg every day

R emember they can be frozen, tinned or dried!

G rapes are great for snacking

R ed is for sweet strawberries

A pricots taste lovely in cereals

C arrots are my favourite vegetable

E very day we should Strive for 5!

Session 2

Introduction

We talk about eating five portions of fruit and vegetables every day. But how much is a portion? It is 80g for an adult or roughly the same size as the palm of your hand for a child.

Explain to the children that depending on the size of the fruit or veg, one portion can be more than one piece - so one grape is not a portion!



Quiz: What's a Portion?

Show the children pictures of different fruit and vegetables (provided on page 7) and ask them to guess which is the correct portion size out of three options. To make it more active, create A, B and C stations in the room which the children run to once they have decided their answer. They get a point if they are correct and can keep a tally of their score.

Answers: cherry tomatoes = 7, banana = 1, broccoli florets = 2, strawberries = 7, raisins = 1 heaped tablespoon, peas = 3 heaped tablespoons, apple = 1, satsumas = 2

Early Years/Key Stage 1

'Colour me Happy' - pictures to colour in (provided on pages 8 -11).

Older children can create their own sporty/active fruit or vegetable character. They should think about the sport they enjoy and their appearance.

For example: Amy Apple loves skipping, Patsy Pepper loves to run.

Key Stage 2

Create an Advertisement

Children create a poster which promotes their favourite fruit or vegetable and explains why people should include it in their 5 a day. It should include:

- A catchy slogan e.g. Apples are Awesome, You Can't Beat a Banana! It's Cool to Crunch Carrots
- The different ways it can be eaten; fresh, tinned, dried etc
- Interesting words to describe it; crunchy, delicious, tasty, healthy, mouth watering
- Lots of colour to make it eye-catching



Early Years/Key Stage 1

Feeling Fruity Game

This activity will encourage children to become more familiar with various fruit and vegetables and their different characteristics. There may be the option of sampling them once the feeling has been done!

You will need a selection of fruit and vegetables. Try and make sure there is a variety of shapes and textures.

Place a fruit or vegetable inside a bag or box and ask one child at a time to say what it feels like, thinking of texture/shape/size. From the description given, the other children have to guess what it is. Once the item has been correctly identified, have a discussion asking who has tried it, what it tastes like and how/when it can be eaten.



Key Stages 1 & 2

Smoothie Bingo

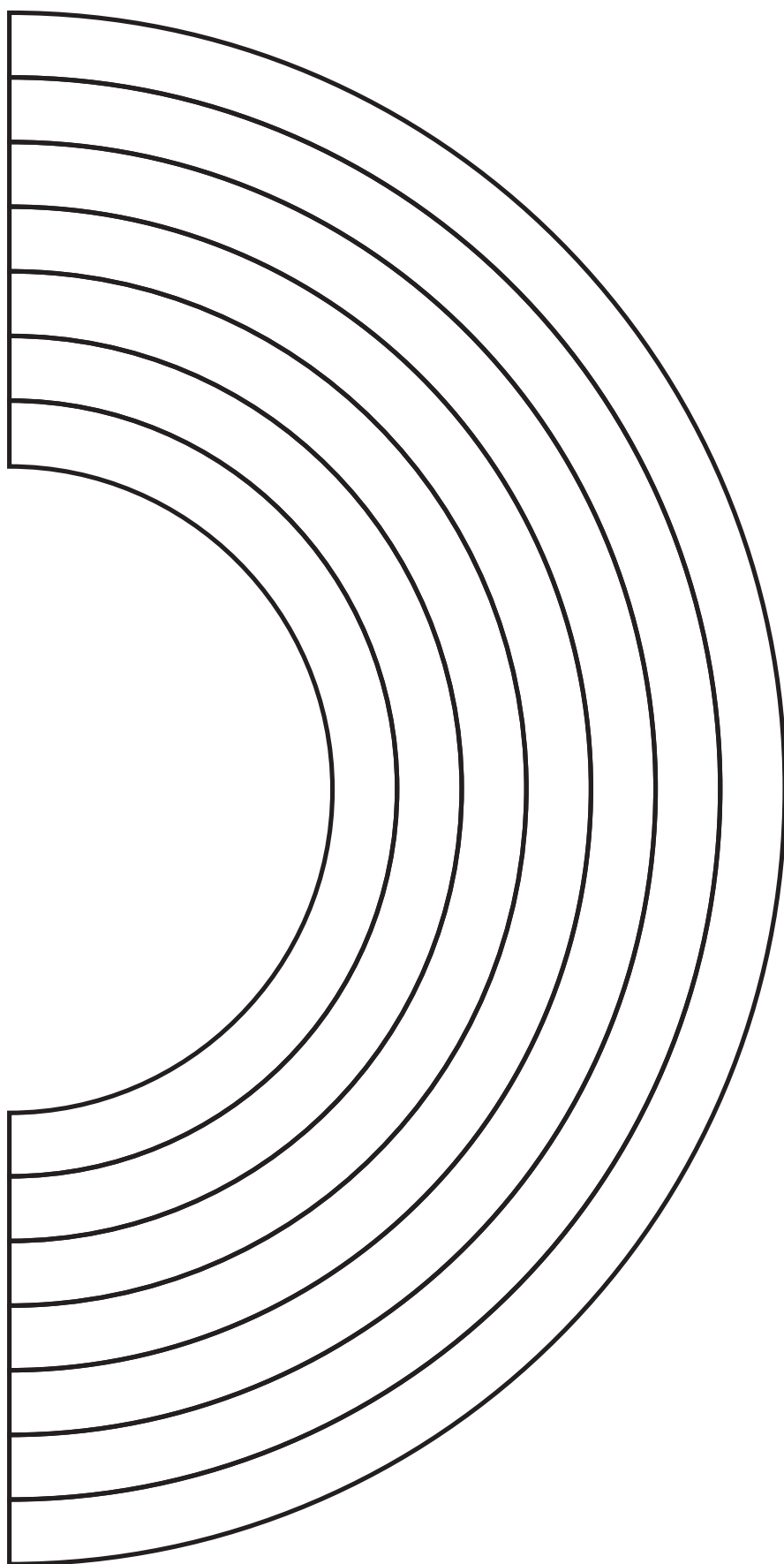
Smoothies are a great way to get some of your 5 a day and are really simple to make.

Just choose the fruit then add yoghurt, milk or fruit juice and whizz it all together! Talk to the children about limiting their smoothies to one 150ml glass per day due to the higher amount of sugar in concentrated fruit.

The bingo game has a selection of ingredients that can be used in smoothies. Photocopy 2 sets (or more if needed) of the four playing boards (provided on pages 12 -15). Cut one set into boards and one set into individual cards. Mix up the cards and ask a child to be the bingo caller. They call out one ingredient at a time and the players mark them off on their card. The winner is the first to complete a row in any direction. If you laminate the cards and use whiteboard pens, the cards can be used more than once.



Eat a rainbow



What's a portion?



A: 5 B: 7 C: 9



A: 1 B: 2 C: 3



A: 1 B: 2 C: 3



A: 3 B: 5 C: 7



heaped tablespoons

A: 1 B: 2 C: 3



heaped tablespoons

A: 1 B: 2 C: 3

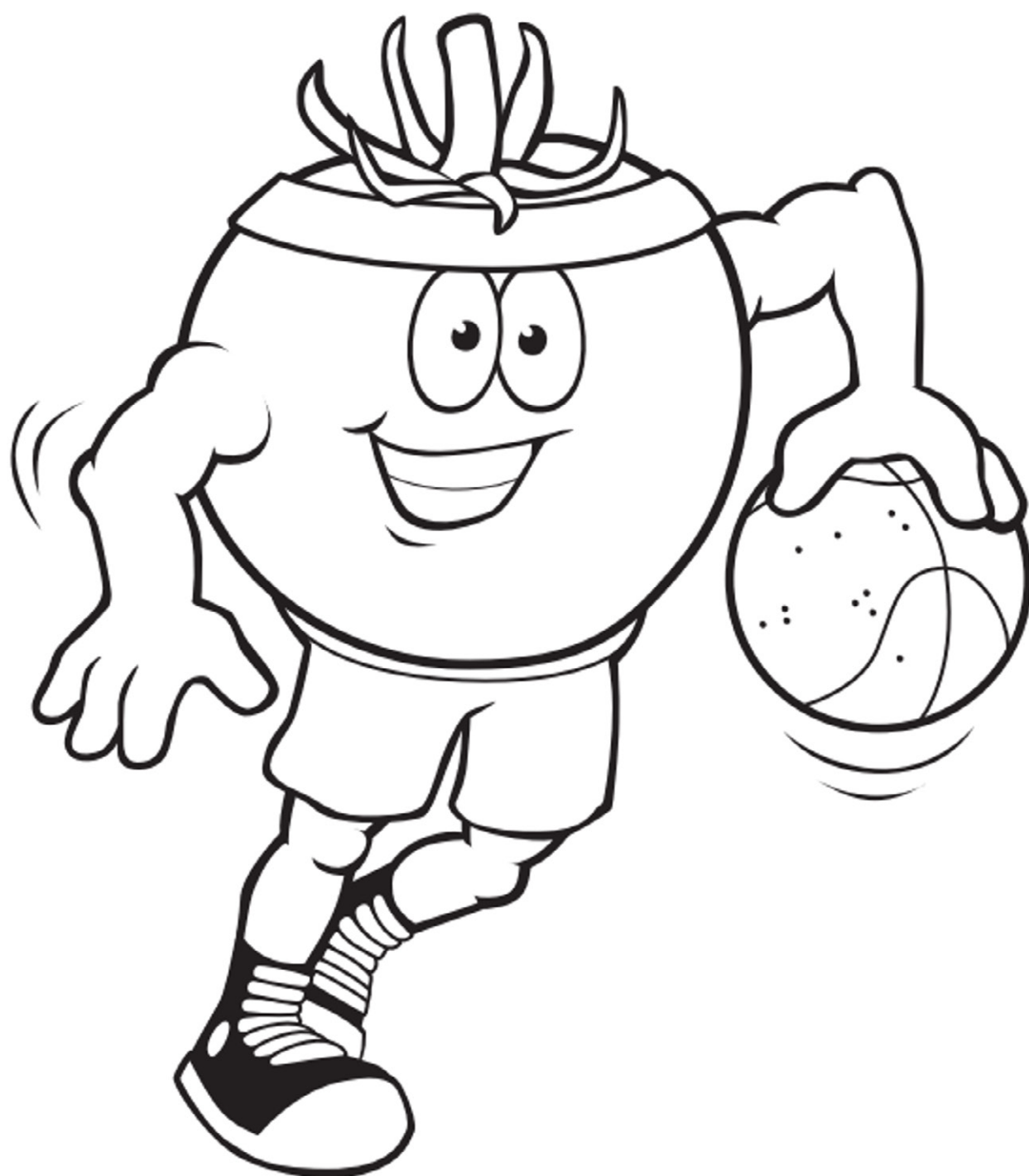


A: 1 B: 2 C: 3

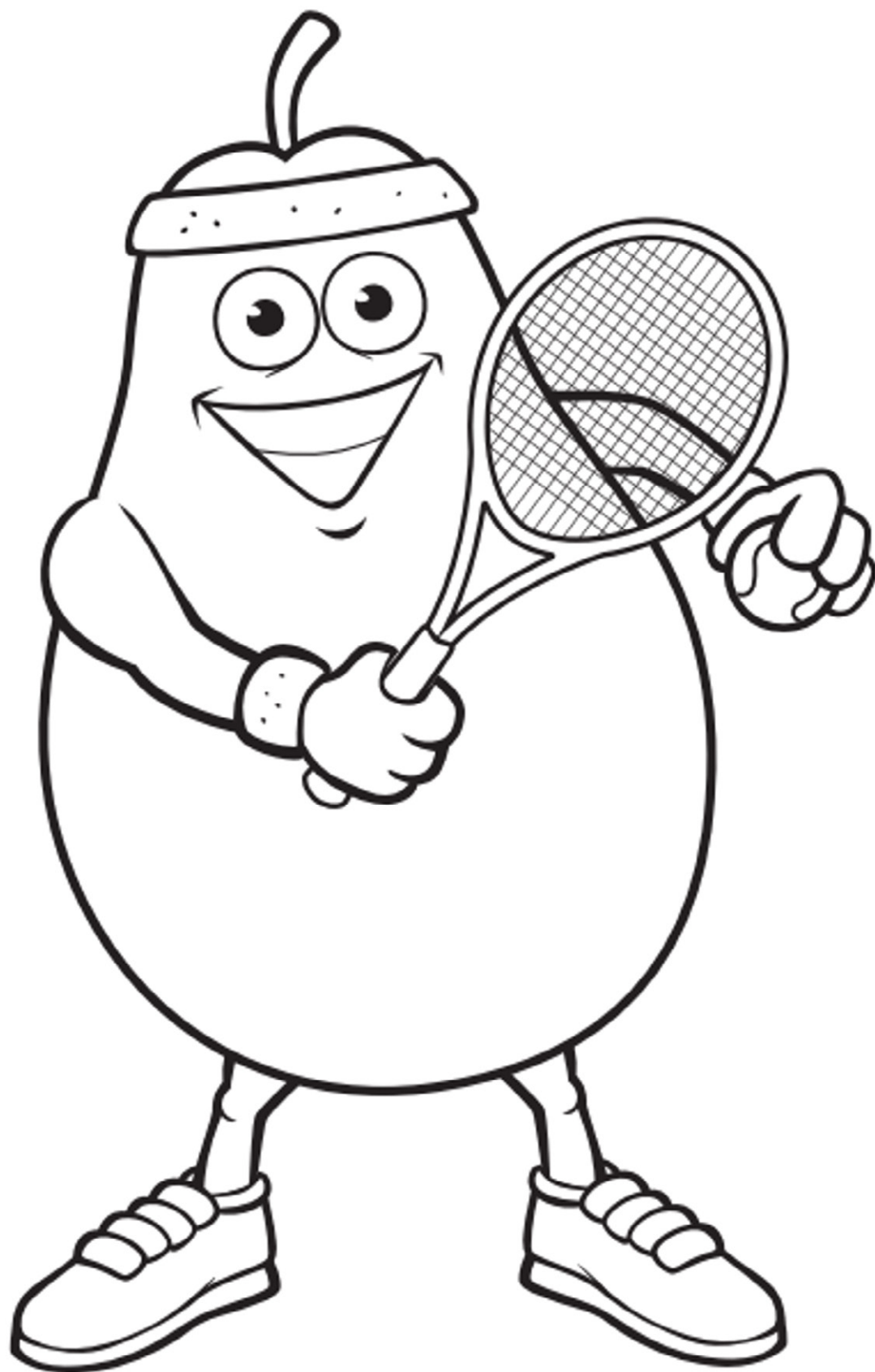


A: 1 B: 2 C: 3

Colour me happy!



Colour me happy!



Colour me happy!



Colour me happy!



Smoothie Bingo

Smoothies are a great way to achieve one of your 5 A Day and you can include anything in them!


Photocopy two sets of the smoothie bingo cards. Cut one set up into four playing boards and cut the second set up into individual food cards. Choose one person as the caller. The caller mixes the picture cards and draws them one at a time. The player who gets 3 in a row (in any direction) wins.






Smoothie Bingo

		
Apple	Strawberries	Fromage Frais
		
Pineapple Juice	Cherries	Kiwi
		
Yoghurt	Melon	Banana

Smoothie Bingo

		
Strawberries	Melon	Fromage Frais
		
Orange Juice	Banana	Yoghurt
		
Pineapple	Milk	Grapes

Smoothie Bingo

		
Apple	Pineapple	Grapes
		
Cherries	Orange Juice	Milk
		
Yoghurt	Banana	Strawberries

Session 4: Consolidate and Make!

ALLERGENS: All recipes have allergens listed. Parent consent to participate in food preparation sessions and allergen information should be collected for EVERY child prior to the session.



Remind the children of the health message/topic for this week. What do they recall about the topic? What are their take home messages from the week?

INGREDIENTS

Explain that today you're going to be making a healthy, balanced recipe/dish that sums up the health message you've been looking at. Show the children the recipe, and discuss the ingredients needed. How do they relate to the messages you've been looking at this week? Where do they fit in the Eatwell Guide? [Tip: there is guidance on this on the back page of the recipe sheet.]

SKILLS

Take a look at the skills you will be covering. Are there any skills that are new to the children? If so, skills snippet videos are available on our PhunkyFoods YouTube channel at <https://www.youtube.com/user/Phunkyfoods/playlists> ; you can demonstrate each new skill by playing the video, or you can show them yourself (ensuring you are using the correct method of course!)

NOTE: Please see our PhunkyFoods knife policy and Guidance on page 18.

Session 4: Consolidate and Make!



FOOD SAFETY AND HYGIENE

Ask the children what they need to do before they start any food preparation activities?

- Tie back long hair
- Roll up sleeves
- Remove jewellery
- Cover open cuts with a bright coloured plaster
- Wash hands thoroughly with hot, soapy water
- Wear an apron
- Never cough or sneeze over food. Could or sneeze into a tissue, bin it and rewash hands.

Copies of all recipes are available on our website at:

www.phunkyfoods.co.uk/recipes

Cook A Long videos to accompany these recipes are also available at

www.phunkyfoods.co.uk/parents/cooktogether/



PhunkyFoods: Guidance on use of sharp food preparation equipment in primary schools.

This document has been written to offer guidance and advice to PhunkyFoods local Engagement and Development Coordinators (EDCs) in their role to deliver practical food preparation sessions to children and adults in primary schools across the UK.

One of the key purposes of incorporating cooking as part of Design & Technology (D&T) in both KS1 and KS2 is to teach ‘a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life.’ (National Curriculum, 2014). The D&T Progression Framework for Cooking and nutrition, for Key Stages 1 and 2, as developed by the Design and Technology Association in collaboration with the National Curriculum Expert Group for D&T, is shown below:

Cooking and nutrition	Key Stage 1	Key Stage 2
Where food comes from	<p>Across KS1 pupils should know:</p> <ul style="list-style-type: none"> that all food comes from plants or animals that food has to be farmed, grown elsewhere (e.g. home) or caught 	<p>Across KS2 pupils should know:</p> <ul style="list-style-type: none"> that food is grown (such as tomatoes, wheat and potatoes), reared (such as pigs, chickens and cattle) and caught (such as fish) in the UK, Europe and the wider world <p>In late KS2 pupils should also know:</p> <ul style="list-style-type: none"> that seasons may affect the food available how food is processed into ingredients that can be eaten or used in cooking
Food preparation, cooking and nutrition	<p>Across KS1 pupils should know:</p> <ul style="list-style-type: none"> how to name and sort foods into the five groups in The eatwell plate that everyone should eat at least five portions of fruit and vegetables every day how to prepare simple dishes safely and hygienically, without using a heat source how to use techniques such as cutting, peeling and grating 	<p>Across KS2 pupils should know:</p> <ul style="list-style-type: none"> how to prepare and cook a variety of predominantly savoury dishes safely and hygienically including, where appropriate, the use of a heat source how to use a range of techniques such as peeling, chopping, slicing, grating, mixing, spreading, kneading and baking <p>In early KS2 pupils should also know:</p> <ul style="list-style-type: none"> that a healthy diet is made up from a variety and balance of different food and drink, as depicted in The eatwell plate that to be active and healthy, food and drink are needed to provide energy for the body <p>In late KS2 pupils should also know:</p> <ul style="list-style-type: none"> <i>that recipes can be adapted to change the appearance, taste, texture and aroma</i> that different food and drink contain different substances – nutrients, water and fibre – that are needed for health

It is the policy of the PhunkyFoods Programme that:

- ALL sharp bladed cooking equipment will be counted in and out of EVERY session.
- A copy of our risk assessment will be provided to schools on request for each session delivered.
- All accidents will be reported directly to the school for recording purposes, and noted to Head Office as soon as possible after the event.
- Knife skills will be taught across KS1 using soft fruits and vegetables and using round-bladed, table knives ONLY. Appropriate knife skills and rules will be demonstrated at the start of each session.
- In lower KS2 IF they have good knife skills and have practiced using table knives previously, and school is happy or them to do so – then pupils can start to use the sharp knives (3 inch straight blades – with child appropriate handles). Appropriate knife skills and rules will be demonstrated at the start of each session.
- Upper KS2 should be using appropriately-sized sharp knives, if school is happy for them to do so, following good practice for knife skills and rules which will be demonstrated at the start of each session.
- As per our cookery skills passport – grating and peeling will ONLY be undertaken with KS2 pupils. Recipes requiring grating or peeling of ingredients for KS1 pupils will be pre-prepared for pupils. Safety and good technique whilst using peelers and graters in KS2 will be demonstrated at the start of each session.
- In parent/child cookery clubs, when parents are present and working one-to-one with pupils then we may allow KS1 children to use peelers and graters – but parents need to take responsibility and supervise. This needs to be made clear to the parents at the start of the session.

SUPER VEGGIE CRUNCH



Our fruity Supercrunch is so popular in schools we've created a veggie version! There are lots of variations to this recipe... just use any salad vegetables that you like.

Top it with either our delicious Dare Devil Dip or a cheesy yogurt mix and anything goes for the crunch....crackers, rice cakes or oatcakes. Making this gives you a great chance to practice your cutting skills too!



Skills Check: Follow a recipe; follow food safety & hygiene rules; tidy away; cut using bridge/claw technique safely; use a vegetable peeler safely; snip herbs with scissors (if using herbs); garnish and decorate.

Equipment: Chopping board, sharp knife, vegetable peeler, measuring spoons, scissors (if using herbs to garnish), small pots or glasses.

Allergens*: Gluten | Rye | Milk | Sulphites

May contain Wheat | Sesame | Soya (crispbreads) | Celery*

Ingredients (serves 2):

- 2 tbsp of sweetcorn
- 6 slices of cucumber
- 6 cherry tomatoes
- Half a small carrot
- 1 of any kind of cracker (Ryvita, Oatcake, Rice Cake)
- A few drops of balsamic vinegar/glaze to decorate or 1 tsp of chopped up coriander or parsley.
- 1 tbsp of either topping:

For the cheesy yogurt topping: mix 2 heaped tbsp of low fat soft cheese with 2 tps of low fat plain yogurt.

If making as a large class, pre prepare a batch of Dare Devil Dip which will make 15-20 toppings.

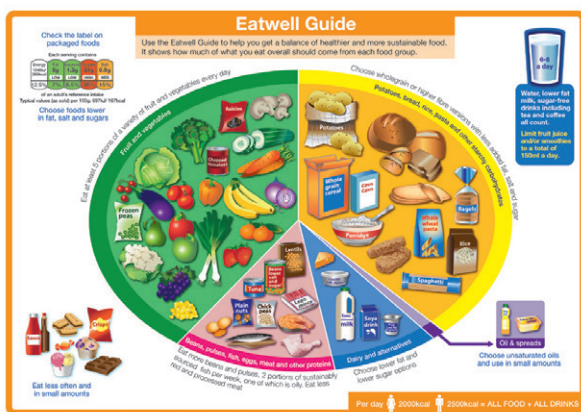
Optional extras or substitutes – red, yellow, green pepper, celery*, radishes, small pieces of broccoli.

Method

1. Peel the carrot.
2. Prepare the vegetables you are using by cutting them all into small pieces.
3. Cover your chopped vegetables with a tablespoon of either topping.
4. Crush the cracker in your hands and sprinkle over the topping.
5. Garnish with balsamic vinegar or chopped herbs.

**Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use.*

SUPER VEGGIE CRUNCH Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

So, thinking about Super Veggie Crunch...

Vegetables are so good for us. They are low in fat, sugar and calories and high in a range of vitamins and minerals.

Soft cheese and **yogurt** are excellent sources of calcium. Choose reduced fat varieties where possible.



Energy, sugar, fat and salt per serving

Per 174g serving

ENERGY
490kJ / 117kcal 6%

LOW FAT
2.8g 4%

LOW SATURATES
1.5g 8%

LOW SUGARS
8.2g 9%

LOW SALT
0.41g 7%

% of an adult's reference intake
Typical values per 100g : Energy 282kJ / 67kcal

Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.

Evaluation



It can be tricky to evaluate health-related fun activities and what impact they have on children – so here are a few questions that we like to ask at the end of our activity sessions. They are quick and simple to ask, and only involve you having to count hands and write down numbers! If you can capture any more qualitative comments at the same time you should also jot down those quotes in the spaces provided – just to give a flavour of what the children are feeding back.

TOTAL NUMBER OF CHILDREN:

1) Put your hand up if you have learnt something new this week.

Number of hands:

If so, what have you learnt?

2) Put your hand up if you have tried/tasted something new this week.

Number of hands:

If so, what have you tried/tasted?

Evaluation

3) Put your hand up if you think you might use what you've learnt this week to try and be more healthy e.g. eat more healthily, drink more water, eat more vegetables, be more physically active.

Number of hands:

If so, what will you change to be more healthy?

4) Put your hand up if you enjoyed the PhunkyFoods sessions this week.

Number of hands:

If so, what was the best bit?



Strive for 5!



As well as looking and tasting great, fruits and vegetables are packed with essential vitamins and minerals, phytochemicals (biologically active plant compounds) and fibre that are vital for good health.

Many of these nutrients also act as powerful antioxidants, protecting the body from harmful pollutants that can cause disease.

Getting children into the habit of eating a wide variety of fruit and vegetables could help maintain this healthy behaviour into early adulthood and beyond.

Eat a rainbow!

Different colours of fruits and vegetables contain different types of nutrients. By eating lots of different colours of fruits and vegetables we give ourselves the best variety of nutrients for good health.



Dried Fruit

Dried fruit can be high in sugar and bad for your teeth. To reduce the risk of tooth decay, dried fruit is best enjoyed as part of a meal – with a dessert, for example, not as a between meal snack.

Fruit juice and smoothies

Fresh, unsweetened fruit juices provide the body with vitamins and minerals, and water. Smoothies can also add fibre. However, the sugar naturally present in fruit juices/smoothies also adds energy to the diet and increases the risk of tooth decay.

- Stick to **ONE 150ml glass per day**
- Drink only **at mealtimes**
- Use a straw to avoid **direct contact with children's teeth**
- Brush teeth **twice a day with a fluoride toothpaste**



Further information:

- www.nhs.uk/change4life/food-facts/five-a-day
- www.bda.uk.com/foodfacts/fruit_vegetables_how_get_five-a-day

www.phunkyfoods.co.uk



Strive for 5!



5-a-day ways

- Healthy snacks. Spread your 5-a-day across the day
- Keep costs low: use seasonal produce, or tinned /frozen
- Colour and variety is key – Eat A Rainbow!

What is a portion?

An adults portion is 80g. 80g may be too big for your child, so use their cupped hand as a guide! One handful = one portion

- One whole fruit eg. apple, pear
- Two small fruit eg. plums
- A handful of strawberries
- A handful of vegetable sticks
- 3 heaped tbsp. of vegetables or beans eg. 16 okra

...at Breakfast

Choose from:

- 1 large slice of melon
- 1 glass = 150ml 100% fruit juice
- 1 medium sized tomato
- 3 tbsp mushrooms
- 1 banana
- 1 tbsp (30g) of dried fruit



• Top your cereal with fruit



...at Lunch

Choose from:

- 1 handful of vegetable sticks
- 3 tbsp lentil/bean salad*
- 2 satsumas
- 1 bowl of vegetable & lentil dahl*



*For quick and easy recipe ideas visit: www.phunkyfoods.com



...at Dinner

Choose from:

- 3 tbsp broccoli
- 3 tbsp peas/corn
- 3 tbsp vegetable stew/ratatouille
- 16 medium okra
- 1 glass = 150ml 100% fruit juice



Your easy 5-a-day

GLASS OF ORANGE JUICE + BANANA WITH BREAKFAST + SALAD IN YOUR SANDWICH + APPLE AT SNACKTIME + PEAS WITH DINNER

1

2

3

4

5

www.phunkyfoods.co.uk