

Health Holidays Good Practice Food Guide

Whilst children are in school, the food they are served helps to develop healthy eating habits utilising the school food standards. The standards help children to get the energy and nutrition they need across the whole school day. Alongside the school food standards, schools are encouraged to implement a whole school food approach which recognises the importance of providing food that looks good and tastes delicious; helps children to learn about where food comes from and healthy eating, provides choice and serves the food in a pleasant environment where children can eat with their friends.

Healthy Holidays schemes have a fantastic opportunity to carry on and support the good work in schools to provide food that is nutritious, balanced and meets the needs of the children and young people who attend.

This resource will provide guidance to help Healthy Holidays schemes consider practice that promotes and supports healthy eating.

The resource will also help you to use food as a positive part of your provision and ensure all staff members and volunteers are working together to meet the same goal. This guideline and food standards are not compulsory but are a helpful guide for your scheme to work towards.

It is recommended that all staff members and volunteers read this resource. In this resource you will find:

- 1. A brief introduction to why healthy eating is important** – this will help you when talking to parents, carers, volunteers or children and young people about food
- 2. Top tips for positive eating and mealtimes** – this will help you support children to build a healthy relationship with food
- 3. A food standards checklist for food provision** – this is based on the food standards that apply to food served in school and will help ensure meals and snacks provided are balanced and meet children's nutritional needs (this is a separate document).



Why is Healthy Eating Important?

SECTION 1



Having the right amount of healthy food and drinks is important for all children and adults. Children need to eat a good balance of different kinds of food based on the Eatwell Guide shown overleaf. Food plays lots of important roles for our children's bodies such as growth, repair, prevention of disease, healthy bones and teeth, and energy. Eating too many foods high in fat, salt or sugar can be harmful for children's health and lead to health problems such as tooth decay, becoming overweight or vitamin and mineral deficiencies. In Leeds around 1 in 5 children are classed as very overweight by the time they start school and this has increased to around 1 in 3 by the time they leave primary school. If you would like further information on the Eatwell Guide, you can access the FREE Healthy Living Training programme:

Public health priority based training (leeds.gov.uk)



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.

Check the label on packaged foods

Each serving contains

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

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/167kcal

Choose foods lower in fat, salt and sugars

Eat at least 5 portions of a variety of fruit and vegetables every day



Eat less often and in small amounts



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



Choose unsaturated oils and use in small amounts



Dairy and alternatives
Choose lower fat and lower sugar options



Beans, pulses, fish, eggs, meat and other proteins
Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat.

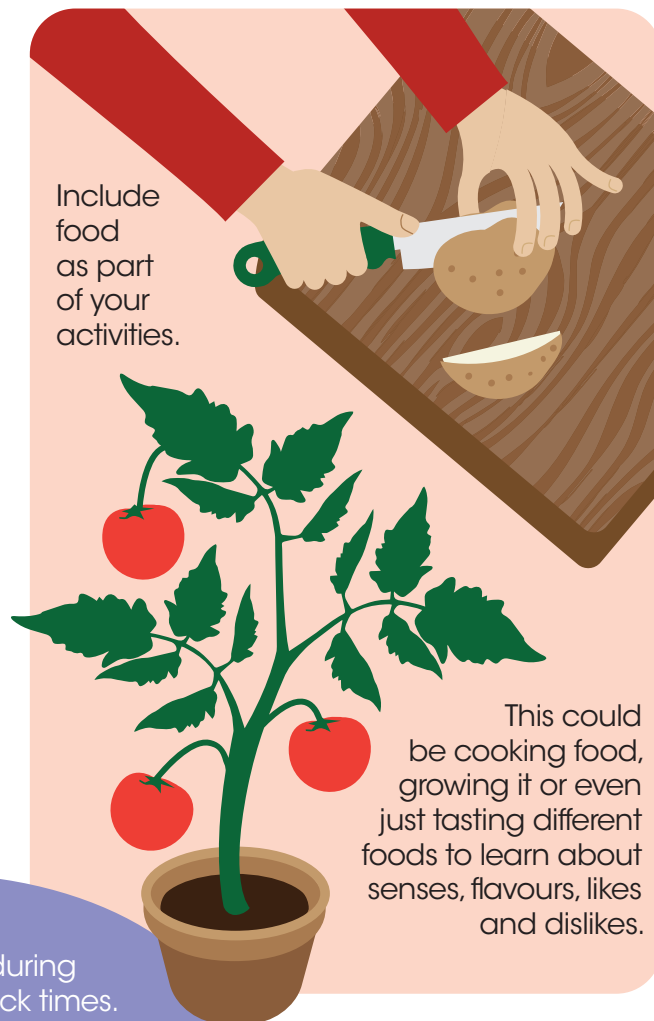
Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Top tips for positive eating and mealtimes

Introduce the Eatwell Guide as part of activities; healthy eating messages to be combined with physical activity opportunities.



Include food as part of your activities.



This could be cooking food, growing it or even just tasting different foods to learn about senses, flavours, likes and dislikes.

Less healthy food can be offered in moderation, such as once per week.



Talk about food during lunchtimes and snack times. Try to encourage children to learn about what they are eating, talk about where it comes from and why it is good for them.



Allow time for children to enjoy their mealtimes.



1 Try not to offer unhealthy food as a reward or incentive. For example as a prize in a game or as a reward for good behaviour. This can lead to less healthy food becoming more appealing.



Encourage staff members and volunteers to eat with children where possible. This could be done on a rotation so staff can still take a break.



Other activities to engage children with food and promote healthy eating could include designing posters and leaflets about healthy food and drink, drawing or painting food or making food models, and planning menus or recipes.



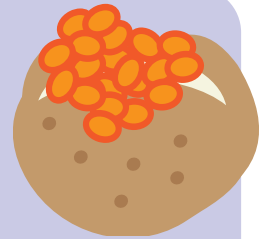
Add extra salad, bread or vegetables to the middle of tables to encourage children to help themselves and fill up on these foods.

Be a role model. Make sure that all staff and volunteers demonstrate healthy eating and drinking practices.

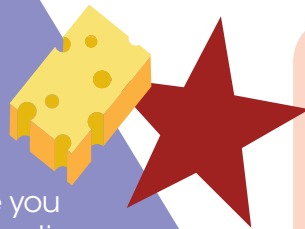


Ensure your food provision and menus are culturally appropriate and inclusive.

If there is food left over at lunchtimes, offering second helpings can help hungrier children fill up, but make sure the food you're offering is healthy. For example try not to offer second helpings of foods such as puddings or cakes.



Make sure you collect information on pupils' allergies and dietary requirements at the point of enrolment onto your scheme.



Try to create a pleasant eating environment for meals and snacks, using table clothes, setting the table or using placemats. Children could have a go at making their own placemats or place names as part of an activity.



Make sure free, fresh drinking water is available at all times and encourage children to have a drink regularly.



Keep an eye on waste and food thrown away/uneaten.

Involve children in meal times, setting up the tables, serving food, water, clearing the tables and also planning the menus. Having roles and responsibilities is a great way to develop children's skills and engage them with meals.

