

# Welcome to the **A Healthier Me** pack!

The pack has lots of information about different foods, how much we should eat and how to make healthy choices.

## What is in the pack?

- Information cards
- Activities
- Recipes
- Meal planner

## With thanks to:

Bexley Mencap • Carlisle Mencap • Colchester Gateway Clubs • Heart of England Mencap  
Hertsmere Mencap • Kingston Mencap • Mencap Liverpool & Sefton • Midland Mencap  
Mid Surrey Mencap • New Forest Mencap • Nottingham Mencap • Pennine Mencap •  
Yatton House Society for their help in creating this pack.

# A special message

Small changes can lead to a healthier lifestyle and being a healthier me. Planning is the key to eating healthily.

Starting a healthy diet and including fruit and vegetables can be difficult for some. We all enjoy our snacks and at times, it can be hard to avoid these. The best way forward can be to add healthier options. With snacks, such as cake, chocolate and biscuits, having these in small portions every now and again, ideally not every day is fine for everyone.

For some people, eating more healthily to improve our well-being something we will only learn over time. Keeping motivation to stick to your healthy eating goals can be a challenge but it is important to help make small changes to your health.

The resources that are included in this pack are ways of helping to make positive small changes to become healthier.



# Healthy eating goal card

We would love to know what you would like to learn from this pack.

Write down three ways you want to become healthier.

*Example: Introduce more fruit and vegetables into my meals.*



1 .....

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3 .....

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• A HEALTHIER ME. •







# Healthy eating booklet

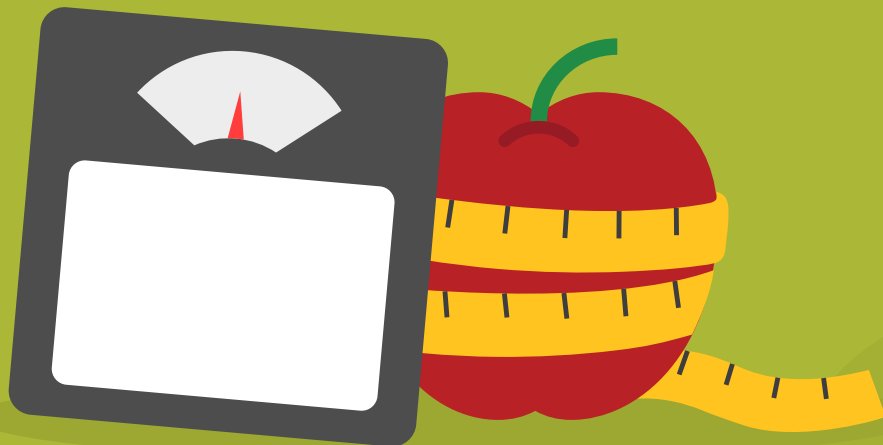
A fun way to do it

# Why is healthy eating important?

**Eating a healthy, balanced diet is an important part of having and being in good health, and it can help you to feel your best.**

Healthy eating means eating lots of different foods in the right amounts to have a healthy body weight.

People with special dietary needs or a medical condition should ask their doctor or a registered dietitian for advice.



# Making small changes to eating healthily can:

Reduce the risk of getting cancer

Help with our memory

Lose weight or keep a healthy weight

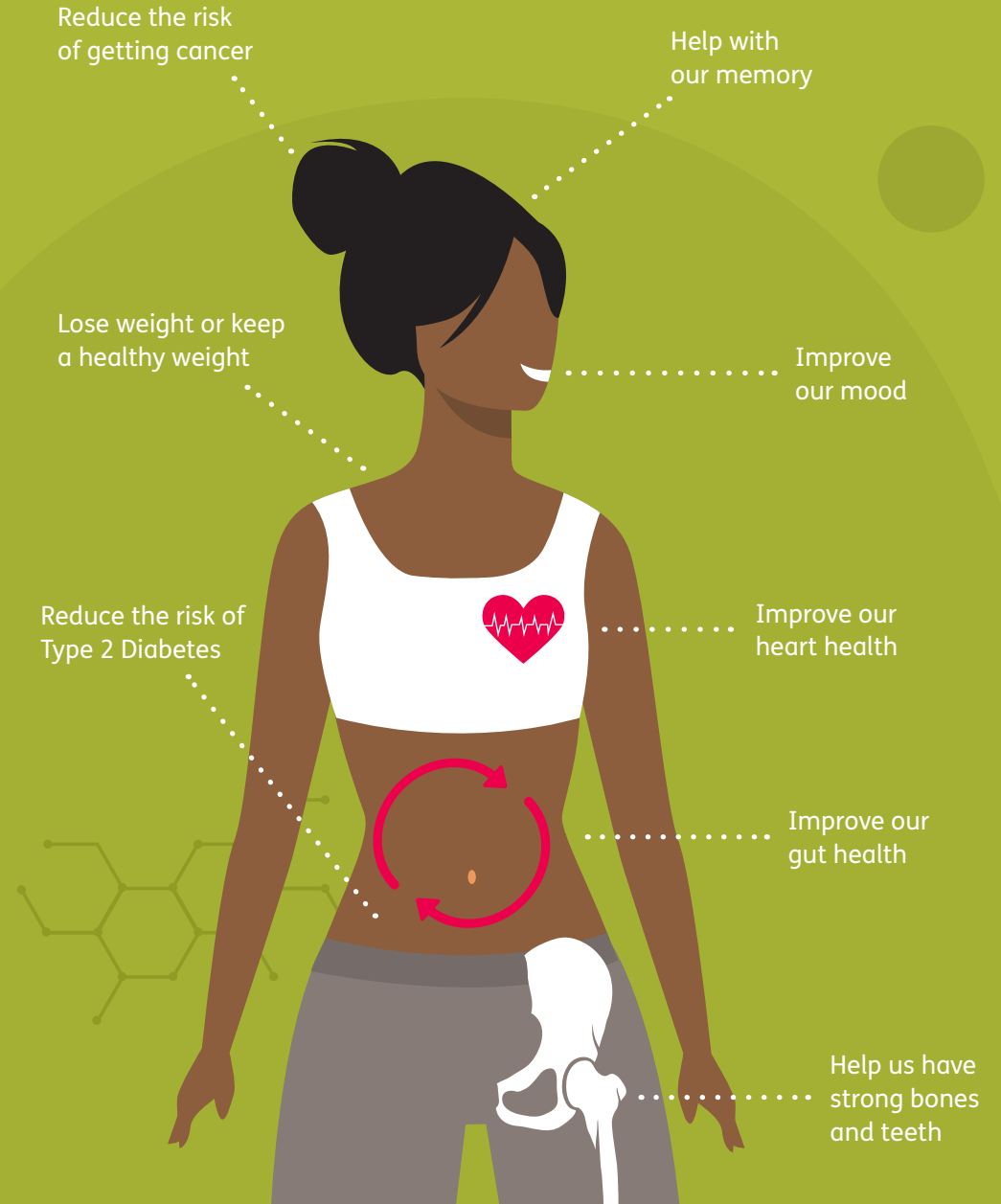
Improve our mood

Reduce the risk of Type 2 Diabetes

Improve our heart health

Improve our gut health

Help us have strong bones and teeth



# The eat well guide



The **eat well guide** shows us how much of each food group we should have each day.

The eat well guide **has 5 key food groups** which are:

- **carbohydrates** which are starchy foods
- **fruit and vegetables**
- **protein** which is meat, fish, nuts and pulses
- **dairy or dairy substitutes** which includes milk, soya, milk, cheese and yoghurts
- **fats** which include butter, margarine, cooking oils and crisps.

# Carbohydrates

(3-4 portions a day)

**Carbohydrates** are one of the main sources of energy for our body.

They should make up a third of what we eat each day.

**Some examples of carbohydrates and portion sizes are:**

- 2 cupped hands of cooked pasta and rice
- 2 medium slices of bread
- Mashed or baked potatoes the size of your fist.
- 4 egg sized boiled potatoes or 16-20 oven chips.
- 3 handfuls of cereal or 1 1/2 handfuls of dried porridge oats.



# Fruit and vegetables

(5 portions a day)

Fruit and vegetables are a good source of **vitamins, minerals** and **fibre**.

**Vitamins** and **minerals** are nutrients your body needs in small amounts to work properly and stay healthy. Vitamins and minerals help us:

- grow
- see well
- form bones, muscles, skin and organs
- battle infections and prevent us from becoming ill.



**Fibre** is a different type of carbohydrate which helps us:

- feel fuller
- digest and process food
- stop us getting constipation.

**We should eat 5 portions of fruit and vegetables a day. This can be called “getting your 5 a day”.**



# Vitamin D

**Vitamin D** is important to help keep bones, teeth and muscles healthy.

**Vitamin D** helps to protect you from getting ill and from some cancers.

## Where does Vitamin D come from?

Most of the Vitamin D your body needs comes from the sun. During Spring and Summer having your face, hands, arms or legs out in the sun for 15 minutes 2-3 times a week is enough.

During Autumn and Winter your body may not get enough from the sun. During this time you need to get vitamin D from food or supplements.

## Where can you get vitamin D from?

- the Sun
- oily fish like salmon, sardines and mackerel
- there is a small amount in egg yolk and meat
- some margarines, cereals and yoghurts.

### Tip:

The department of health recommends that all adults should consider taking a supplement containing 10mcg vitamin D per day

<https://www.nhs.uk/conditions/vitamins-and-minerals/vitamin-d/>



# Protein

(2-3 portions a day)

**Protein** can be called the building blocks of life.

The body needs **protein** to grow and repair cells. Cells are the smallest part of the body and make up our hair, nails, bones and muscles.

**Protein** helps our organs stay healthy and helps us recover from injuries.

Eating lots of **protein** can also help immunity, meaning we are less likely to get ill.

A good way of getting **protein** is through eating **meat, fish, eggs** or **beans**.



## Some examples of protein and portion sizes are

- cooked meat or fish the size of a deck of cards or palm of your hand
- 6 teaspoons of beans
- 2 eggs
- two tablespoons of peanut butter.

### Tip:

When you have meat like chicken, beef or pork try cutting the fat and the skin off.

# Fats

A small amount of fat from oils and spreads is important for health.

There are two types of fat. These are called **unsaturated** and **saturated**.

**Unsaturated fats** help the body absorb vitamins.

**Saturated fats** are found in many foods and most of them come from animals. They can increase the risk of heart disease and other illnesses.

It is important to eat **unsaturated** fat from **oils** and **spreads** and not **saturated** fats from things like **cakes, bacon, pastries and chocolate**.



**Remember that all fats are high in energy and should only be eaten in small amounts.**

**Tip:**

Look for 'reduced fat' or '5% fat' labels. This way you will know that what you are buying has a small amount of fat in it.



# Omega 3

It is important to eat enough **Omega-3**.

**Omega 3** are a group of unsaturated fats that we need to stay healthy especially for heart health

It helps reduce the risk of getting heart disease.

**Tip:**

We should eat at least one portion of oily fish a week.

**Some foods that have Omega 3 in them are:**

- salmon
- mackerel
- sardines
- anchovies
- avocado
- nuts and chia seeds
- some leafy greens.



# Dairy

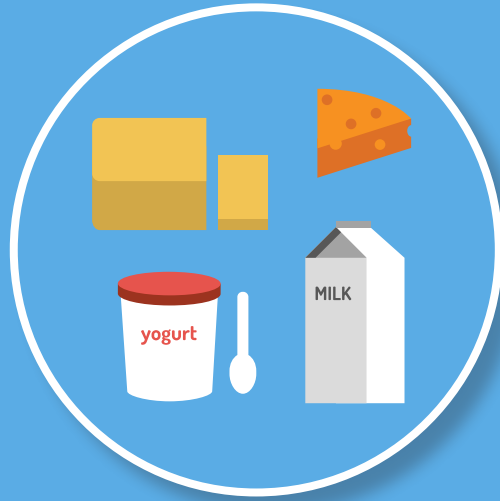
(2-3 portions a day)

Dairy products are a great source of protein and calcium.

Calcium is a mineral that helps make bones and teeth stronger and healthier.

Dairy products include milk, yoghurt and cheese. It can also include “dairy alternatives” such as soya, oats and nut drinks.

If choosing a dairy alternative, pick one that is added with calcium, and ideally other nutrients like iodine.



## Some examples of dairy and portion sizes are:

- a cup of milk
- cheese, the size of a matchbox
- a small pot of yoghurt.

### Tip

For healthier choices pick foods with labels that have ‘reduced fat’ or ‘no added sugar’.



# Water and drinks

(Signs of dehydration)

**We should drink 6-8 glasses of water a day.**

Water is a healthy and cheap choice to stop you from being thirsty.

It has no calories and contains no sugars that can damage teeth.

Plain tea, fruit tea and coffee (without added sugar) can also be healthy.

If you do not like plain water, try adding a slice of lemon or lime or no-added-sugar squash for flavour.

You could also add fruit juice for flavour.

**Tip:** Try not to drink too many fizzy, squash or juice drinks as they can have lots of sugar in them.



# Dehydration chart

Our wee is a good way to tell if we are drinking enough water.

- If our wee is clear, we are hydrated and have drunk enough water
- If our wee is yellow or a darker colour, we are dehydrated and need to drink more water.

- Good
- Good
- Fair
- Dehydrated
- Dehydrated
- Very dehydrated
- Severely dehydrated



# Energy balance

Like a car needs petrol to drive, our bodies need energy to help us through the day. We call the fuel we need **calories**.

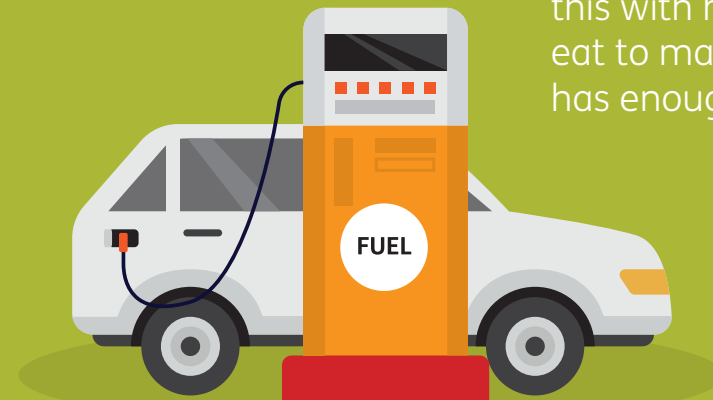
We get the **calories** we need for energy by eating food.

All food has **calories**, but they all have different amounts. Some foods have lots of calories, others have not very many.

The NHS recommends that men eat 2,500 calories a day and women eat 2,000 calories a day. We are not all the same so our calorie needs may be different from each other.

It is important to eat the right number of **calories**. Not getting enough calories can cause weight loss and other health issues. Eating too many calories can cause weight gain and health issues.

**Tip:** When we exercise, we use calories. It is important that we balance this with how much we eat to make sure our body has enough energy.





# Sugar and our bodies

A lot of the sugar we eat comes from added sugar in food and drinks we eat everyday and are included in:

- biscuits
- chocolate
- flavoured yoghurts
- breakfast cereals
- fizzy drinks
- sugars in honey, syrups
- fruit juices, vegetable juices and smoothies. (The sugars in these drinks are natural but they still have high amounts in them).

Adding too much sugar in our diets can also lead to becoming overweight which can increase the risk in illnesses like heart disease and type 2 diabetes.

Food and drink high in sugar can cause our teeth to decay.

Decay is when sugar in our mouths is turned to acid. This acid will damage our teeth.

Reducing the amount of sugar in our food and drink can help to keep our teeth and mouths healthy.

**Tip:** 'Instead of sugary fizzy drinks and squash, go for sugar-free, diet or no-added-sugar drinks, water or lower-fat milk.



# Understanding food labels

Most food and drink items will have this label on it. This is how you can tell what is in it before eating. The label will be in the form of a traffic light.

**Red** means there is a lot of this in the product. We need to try to not eat too much of this.

**Amber** means the amount of this ingredient is medium. We can eat this as part of a balanced diet but make sure we don't eat too much.

**Green** means the food is low in unhealthy ingredients. This food will be a healthier choice.

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	<b>3.0g</b> <b>LOW</b>	<b>1.3g</b> <b>LOW</b>	<b>34g</b> <b>HIGH</b>	<b>0.9g</b> <b>MED</b>
13%	<b>4%</b>	<b>7%</b>	<b>38%</b>	<b>15%</b>

of an adult's reference intake

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

# Shopping tips



Write a meal plan for the week ahead and list what ingredients you will need on your shopping list.



Always check the labels for the traffic light system – remember, red is bad and green is good.



Buy chopped up frozen fruit and vegetables. You won't have to worry about use by dates. You can take out what you need each day from the freezer, and they remain fresh!



Buy brown or wholemeal rice, pasta and bread.



Buy 'non-branded' or 'own brand' products. This will help to save money when shopping.

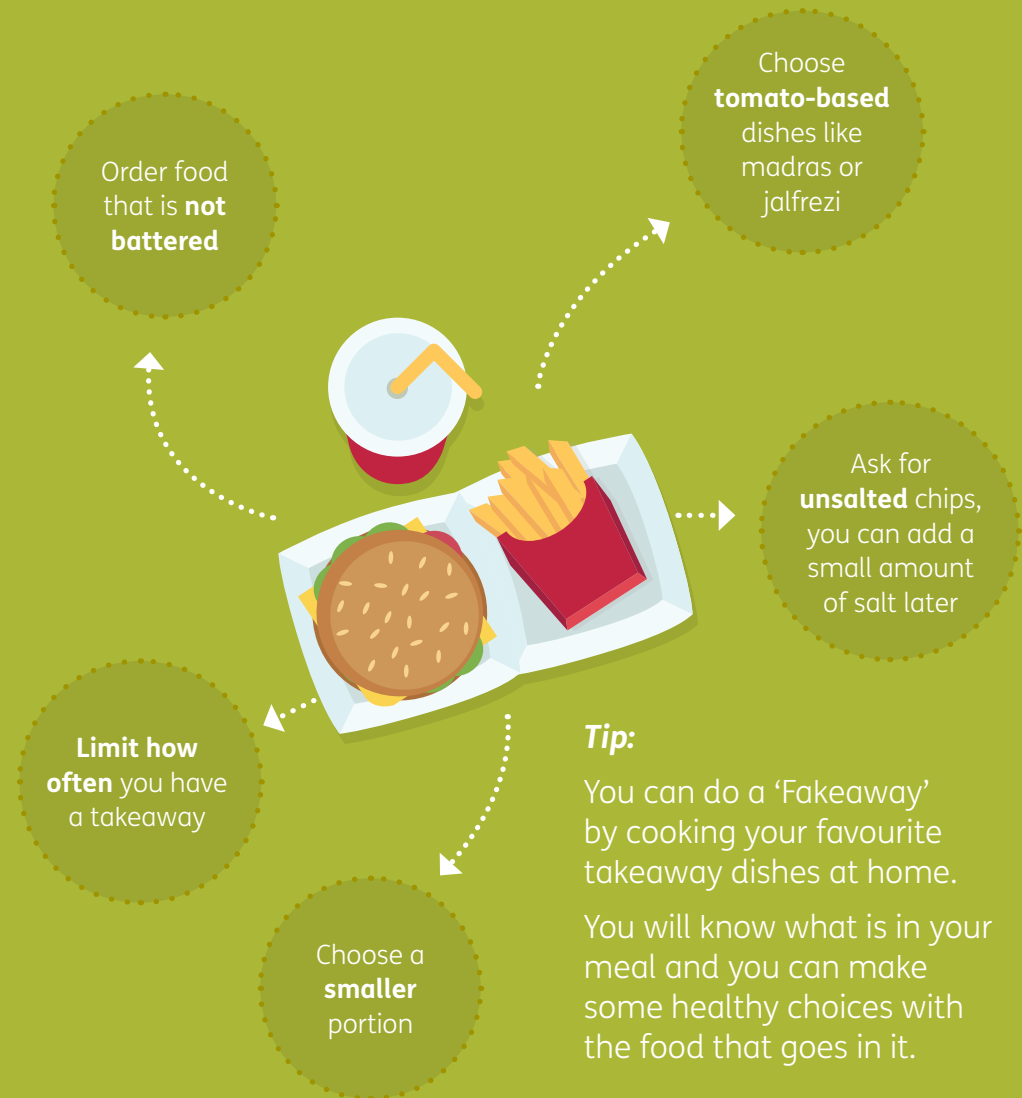


Buy ingredients to make meals instead of buying pre-made sauces or ready meals. Some tips for recipes are included in this pack.

# Tips for ordering a takeaway

As part of a healthy lifestyle, you can have treats like takeaways every now and then.

**Here are some tips to make sure you are still eating healthily:**



# Tips for eating out

Like ordering a takeaway, a healthy lifestyle does not mean you cannot go to restaurants or pubs to eat. **Here are some tips for when eating out and staying healthy:**

- 1** Try to limit what you have. For example have a starter and main or main and dessert.
- 2** You don't have to eat everything on your plate. If you feel full you can stop. You can always ask to take the leftovers home to share or eat for lunch the next day.
- 3** If you have meat, choose lean, healthier meats like chicken and turkey.
- 4** Alcohol has a lot of calories in, try not to drink too much of this.
- 5** You can always eat at home, invite friends and family over for dinner.
- 6** Don't go out too often! Limit the number of times you eat out.

# What it means...

There is a lot of information about healthy eating, and it is not always clear what it means.

Here is a list of some of the words about healthy eating and what they mean.

**Dietician** is an expert on food and uses science to help people with their food choices.

**Balanced diet** is when we eat things in the right amounts.

**Immunity** means being free from illness or disease.

**Saturated fats** are foods that are solid at room temperature and mainly come from animals like butter, cheese, cream and fatty meat.

**Unsaturated fats** are usually liquid and come from plants such as vegetable oils.

**Fakeaway** is a meal cooked to be like your favourite takeaway meals.

**Dehydration** happens when we do not have enough water in our bodies. We feel thirsty and can have dry mouths and throats.

**Use by dates or best before dates** are often on food to tell us how fresh food is.

**Sell by dates** can also be found on food but this is when your shop is allowed to sell them by. It does not mean the food is bad.

**Supplement** is a tablet form of a vitamin or mineral that is extra to the food. You may need to speak to a doctor or dietician if you feel a supplement is needed to have a healthy balanced diet.

All information in this booklet has been derived from  
Public Health England.

Link: <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

Check Open Government License allows us to adapt  
the original eat well guide:

<http://www.nationalarchives.gov.uk/doc/open-government-licence/version/3/>





# Activity cards



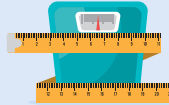
• A HEALTHIER ME. •



# What happens to us...

Draw a line from each picture to the correct category. **The answers are on the back of this card.**

When we eat a balanced and healthy diet

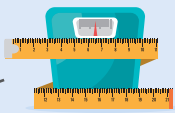


When we do not eat a balanced and healthy diet



When we eat a balanced and healthy diet ✓

When we do not eat a balanced and healthy diet ✗





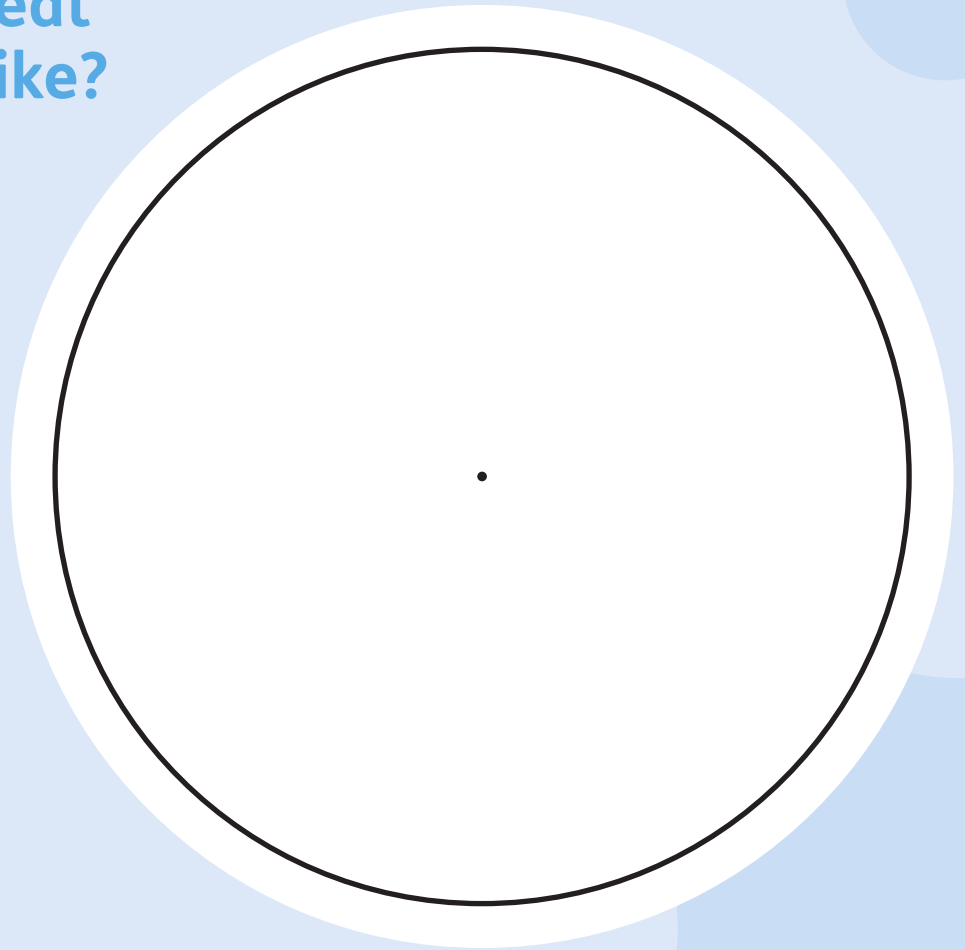
# What does your eat well guide look like?

Show us what your **eat well guide** looks like.

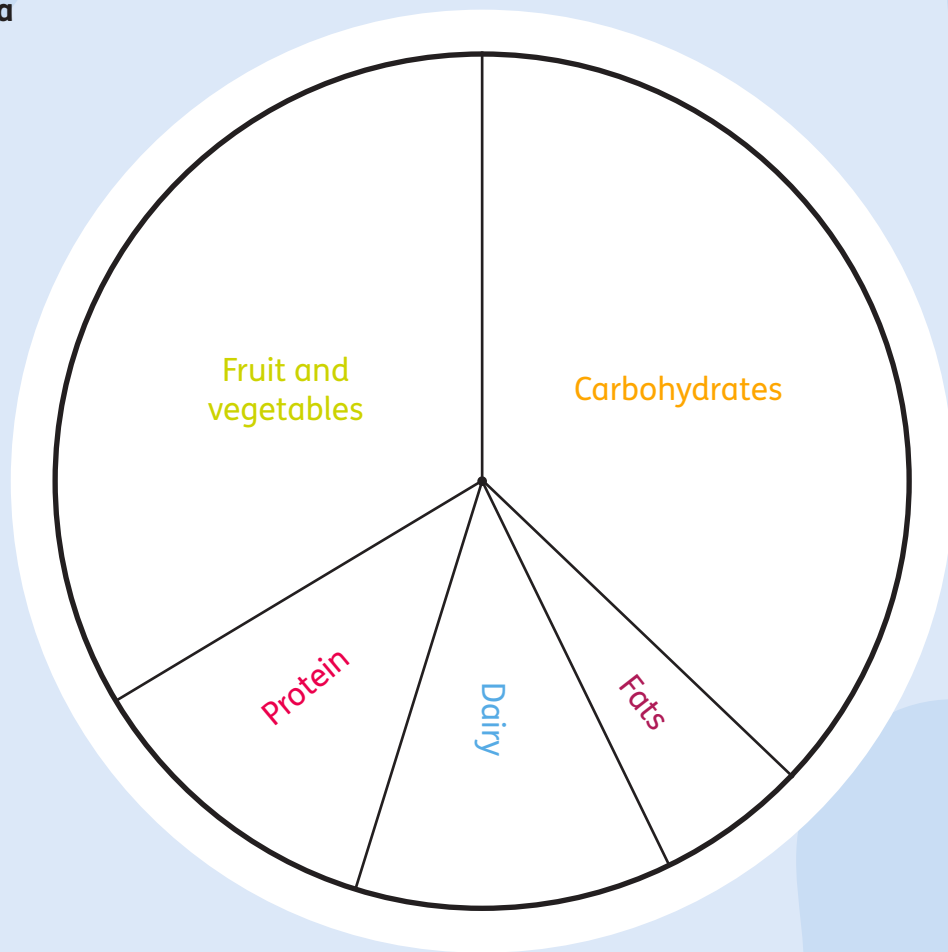
Write or draw your favourite foods from each section on to the guide.

Make sure to include every food group in your drawing:

- protein
- carbohydrates
- fruit and vegetables
- dairy
- fats.



This is a good example of a balanced eat well guide.



# Fruit and vegetables wordsearch

We have hidden **24** different fruit and vegetables in this wordsearch.

**Can you find all of them?**

- |  |                                   |
|--|-----------------------------------|
| <input type="checkbox"/> Apricot         | <input type="checkbox"/> Plum     |
| <input type="checkbox"/> Raspberry       | <input type="checkbox"/> Mango    |
| <input type="checkbox"/> Onion           | <input type="checkbox"/> Grapes   |
| <input type="checkbox"/> Orange          | <input type="checkbox"/> Tomatoes |
| <input type="checkbox"/> Brussel Sprouts | <input type="checkbox"/> Lentils  |
| <input type="checkbox"/> Cabbage         | <input type="checkbox"/> Pumpkin  |
| <input type="checkbox"/> Peach           | <input type="checkbox"/> Lettuce  |
| <input type="checkbox"/> Carrots         | <input type="checkbox"/> Spinach  |
| <input type="checkbox"/> Broccoli        | <input type="checkbox"/> Cucumber |
| <input type="checkbox"/> Peas            | <input type="checkbox"/> Apple    |
| <input type="checkbox"/> Pear            | <input type="checkbox"/> Avocado  |
| <input type="checkbox"/> Sweetcorn       | <input type="checkbox"/> Melon    |

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

# Fruit and vegetables wordsearch

Here are the answers for the fruit and vegetables wordsearch.

Did you find all of them?

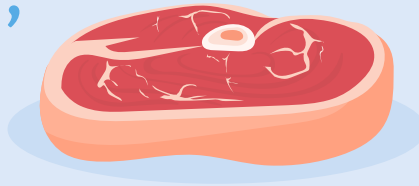


<del>S</del>	<del>W</del>	<del>E</del>	<del>E</del>	<del>T</del>	<del>C</del>	<del>O</del>	<del>R</del>	<del>N</del>	S	B	T	G	C
P	T	<del>B</del>	<del>R</del>	<del>O</del>	<del>C</del>	<del>C</del>	<del>O</del>	<del>L</del>	I	B	A	C	M
<del>R</del>	<del>A</del>	<del>S</del>	<del>P</del>	<del>B</del>	<del>E</del>	<del>R</del>	<del>R</del>	<del>Y</del>	<del>N</del>	<del>O</del>	<del>L</del>	<del>E</del>	<del>M</del>
<del>P</del>	<del>E</del>	<del>A</del>	<del>R</del>	<del>O</del>	<del>O</del>	<del>E</del>	<del>C</del>	<del>U</del>	<del>T</del>	<del>T</del>	<del>E</del>	<del>L</del>	<del>B</del>
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# Carbohydrates, dairy, fats and proteins

What food groups do these pictures belong to?

**Write your answers under each picture.**



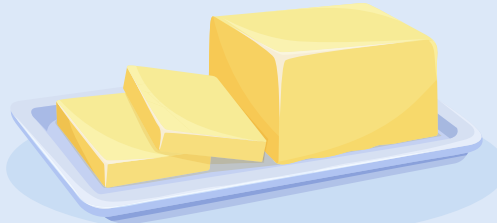
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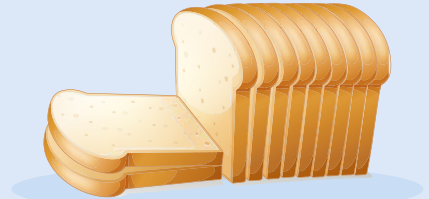
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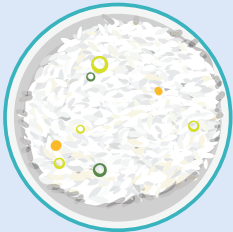
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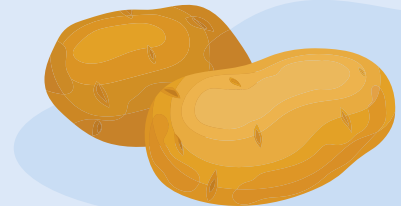
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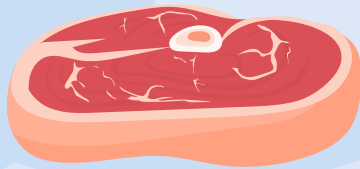
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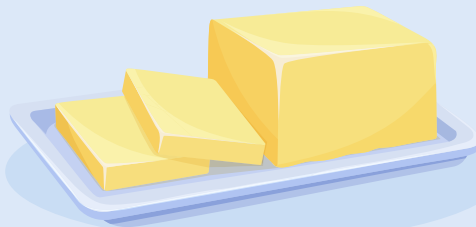
Protein



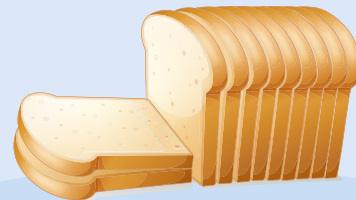
Protein



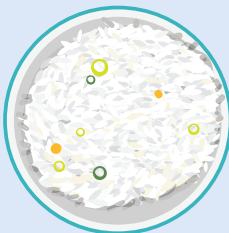
Dairy and fat



Dairy and fat



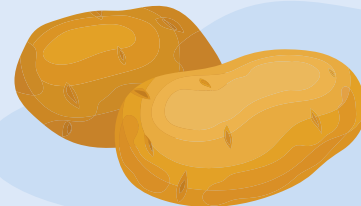
Carbohydrates



Carbohydrates



Fat and protein



Carbohydrates

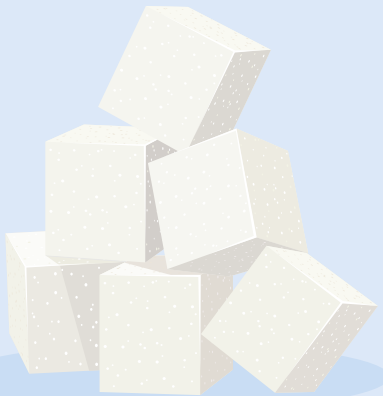
# Sugar swaps

## Trump cards

Each card will have a food or drink on it and the number of sugar cubes included. Cut out each card.

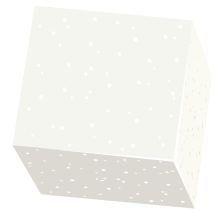
There are 3 cards for you to make your own.

**1 cube of sugar =  
4 grams of sugar**



### How to play:

1. Play with a friend. If you create more cards, you can add more players.
2. Shuffle the cards and share them with the players.
3. Take turns to lay the cards facing up on the table.
4. The player who puts down the card with the smallest number of sugar cubes or a healthy swap card wins and picks up all the cards on the table.
5. A healthy swap card wins the turn. If the amount of sugar is the same, leave the cards on the table and carry on taking turns.
6. The winner is the person who has all the cards at the end of the game.





• A HEALTHIER ME. •







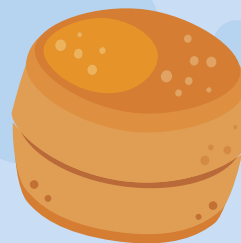
## Banana

Healthy swap card  
7 sugar cubes (natural)



## Water

Healthy swap card  
0 sugar cubes



## Plain scone

Healthy swap card  
2 sugar cubes



## Porridge

Healthy swap card  
0 sugar cubes



## Can of cola

9 sugar cubes



## Mars Bar

7 sugar cubes



**Sugar swaps**  
Trump cards



**Sugar swaps**  
Trump cards



**Sugar swaps**  
Trump cards



**Sugar swaps**  
Trump cards



**Sugar swaps**  
Trump cards



**Sugar swaps**  
Trump cards



**7 strawberries**  
Healthy swap card  
1 1/2 sugar cubes (natural)



**4 Oreos**  
7 sugar cubes



**355ml Red Bull**  
9 sugar cubes



**45g of Skittles**  
10 sugar cubes



**Plain natural  
yoghurt**  
Healthy swap card  
1 sugar cube



**Small scoop  
of ice cream**  
3 1/2 sugar cubes



**Sugar swaps**  
Trump cards



**Sugar swaps**  
Trump cards



**Sugar swaps**  
Trump cards



**Sugar swaps**  
Trump cards



**Sugar swaps**  
Trump cards



**Sugar swaps**  
Trump cards



**Chocolate  
digestive**  
1 sugar cube



**Can of  
diet cola**  
0 sugar cubes



**Hard boiled  
sweets (1 pack)**  
36 sugar cubes

Make your own card 1

Make your own card 2

Make your own card 3



**Sugar swaps**  
Trump cards



**Sugar swaps**  
Trump cards



**Sugar swaps**  
Trump cards



**Sugar swaps**  
Trump cards



**Sugar swaps**  
Trump cards



**Sugar swaps**  
Trump cards

# Calories and exercise

Can you guess how long you would need to do each activity to use 100 calories?

## Food



40g milk chocolate bar



9 Pringle crisps



30g of dried fruit



1 banana



3 carrots



1 KitKat

## Calories

**100**

**100**

**100**

**100**

**100**

**100**

## Amount of exercise

minutes of zumba

minutes of bowling

minutes of walking

minutes of golf

minutes of light cycling

minutes of light swimming

## Food



40g milk chocolate bar



9 Pringle crisps



30g of dried fruit



1 banana



3 carrots



1 KitKat

## Calories

**100**

**100**

**100**

**100**

**100**

**100**

## Amount of exercise

**9** minutes of zumba

**20** minutes of bowling

**22** minutes of walking

**16** minutes of golf

**13** minutes of  
light cycling

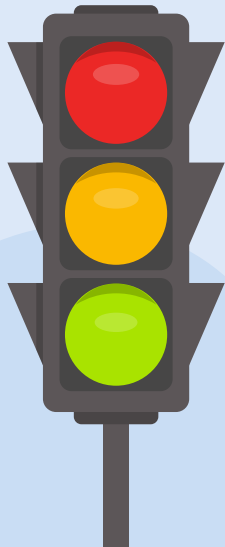
**13** minutes  
of light swimming



# Food labels

Look in your cupboard and find some of your favourite food items with the traffic light system.

**Write down what the food label has on it and if you think it is a healthy choice and why?**



Name of food: .....

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
%	%	%	%	%

of an adult's reference intake

Is this a healthy choice? Why?

.....

.....

.....

Name of food: .....

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
%	%	%	%	%

of an adult's reference intake

Is this a healthy choice? Why?

.....

.....

.....



• A HEALTHIER ME. •



# 10 days 10 challenges

Each day there is a new challenge.

We want to know what food and drinks you have.

Tick off each challenge you do!

## Day 1

Try a new fruit

.....  
.....  
.....

## Day 2

Try a new vegetable

.....  
.....  
.....

## Day 3

Drink 8 glasses of water

.....  
.....  
.....

## Day 4

Eat a yellow fruit or vegetable

.....  
.....  
.....

## Day 5

Eat 5 portions of fruit and vegetables

.....  
.....  
.....

## Day 6

Try a healthy drink

.....  
.....  
.....

## Day 7

Prepare a healthy meal

.....  
.....  
.....

## Day 8

Try a meat free meal

.....  
.....  
.....

## Day 9

Share a healthy choice with friends and family

.....  
.....  
.....

## Day 10

Create your own challenge

.....  
.....  
.....



• A HEALTHIER ME. •



# My pledge

Have a look at your healthy eating goal card.

Did you learn how to do them?

What from this pack are you going to do to help you live a healthier and happier life.



I, .....

will

.....  
.....  
.....  
.....  
.....

**So that I will be a healthier me!**

Signature .....

Date .....



• A HEALTHIER ME. •

mencap

# Useful websites and information



To find out more about how to lead a healthier lifestyle you can visit our website:

[www.mencap.org.uk/ahhealthierme](http://www.mencap.org.uk/ahhealthierme)

Other places you can visit for more detailed information on healthy eating are:

**The NHS website**

<https://www.nhs.uk/live-well/eat-well/>

and

**Change 4 Life**

<https://www.nhs.uk/change4life>



• A HEALTHIER ME. •





# Healthy eating quiz

Test your knowledge!

1. Can you name the 5 main food groups from the eat well guide?

**Write your answers in the box below.**

2. Which of the following foods count towards your five portions of fruit and vegetables a day? Circle your answers.



1 banana



Chips



Chocolate

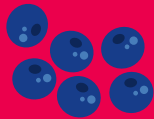


Chicken

3. Which food groups gives us energy? Circle your answers.

**Protein   Carbohydrates   Fats**

4. What is a portion of carbohydrates? Circle your answer.



Blueberries



1 chicken breast



2 cupped hands  
of cooked rice

5. How many portions of fruit and vegetables should we have each day?

Circle your answer.

**2   4   5   7**

6. During the summer we can get enough Vitamin D from where?

Circle your answer.



Water



Food



The sun

7. How many glasses of water should you be drinking in a day? Circle your answer.



x3



x5



x8

8. What food group is chicken in? Circle your answer.

**Protein**

**Carbohydrate**

# Quiz answers

How many did you get right?

1. Can you name the 5 main food groups from the eat well guide?

**Write your answers in the box below.**

Carbohydrates, protein, fruit and vegetables, fats, dairy or dairy substitutes

2. Which of the following foods count towards your five portions of fruit and vegetables a day? Circle your answers.



1 banana



Chips



Chocolate

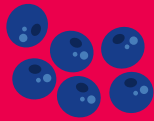


Chicken

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Protein   **Carbohydrates**   **Fats**

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Water



Food



The sun

7. How many glasses of water should you be drinking in a day? Circle your answer.



8. What food group is chicken in? Circle your answer.

**Protein**   Carbohydrate



**Recipe cards**

# How to prepare food safely

Wash your hands for 20 seconds using soap and running water, before touching food, after touching uncooked meat and before eating.

...

Wash fruits and vegetables before peeling.

...

Use different knives and boards for meat, fruit and vegetables. Clean these with hot soapy water after each use.

...

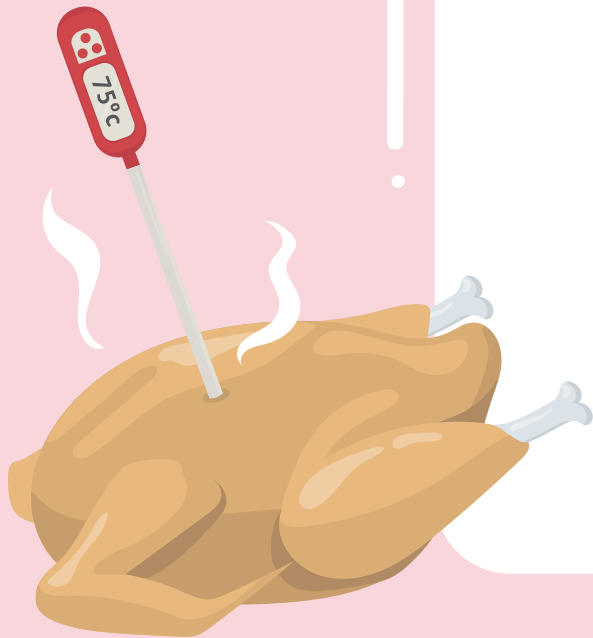
Make sure food that is cooked, is the right temperature and has been cooked for long enough.

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Check cooking instructions and times if they are on the packet.

...

When cooking frozen meat, make sure it is completely de-frosted before cooking.



# Breakfast recipe

## Fruit oat bowl

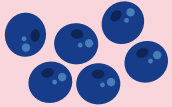
### Ingredients required:



3 cups of oats



1 cup of mixed nuts



1/2 cup of blueberries



1/2 cup of raisins



Fruit of your choice



2 tablespoons of low fat/dairy free milk **or** low fat Greek yoghurt

### Steps:

1. Pour the oats, nuts, raisins and blueberries in to the container and stir.
2. Spoon a portion of the mixture in to the bowl.
3. Prepare the fruit of your choice and add to the bowl.
4. Pour the milk over or add 2 spoonfuls of low fat greek yogurt and enjoy.

### Equipment required:

Cup

Large container with lid

Bowl

Chopping board

Knife

Spoon



# How to prepare food safely

Wash your hands for 20 seconds using soap and running water, before touching food, after touching uncooked meat and before eating.

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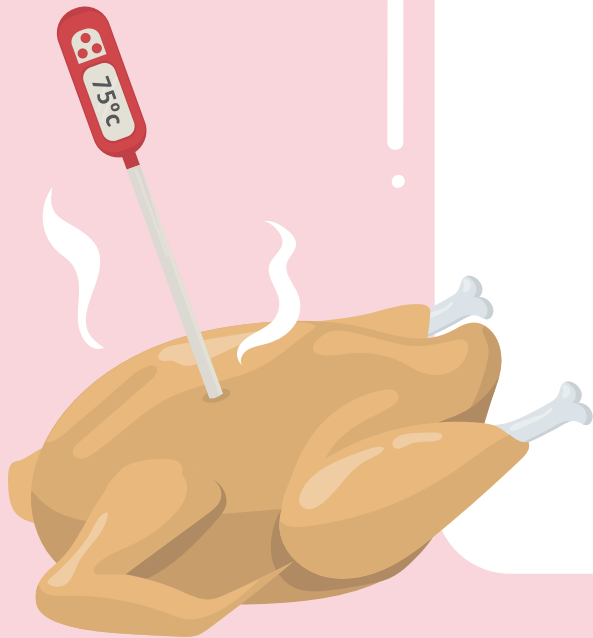
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When cooking frozen meat, make sure it is completely de-frosted before cooking.



# Breakfast recipe

## Healthy porridge bowl

### Ingredients required:



110g of frozen raspberries



1 orange



1/2 a banana



450ml of water



150g of porridge oats

### Equipment required:

2 x saucepans

Spoon

Juicer

Chopping board

Knife

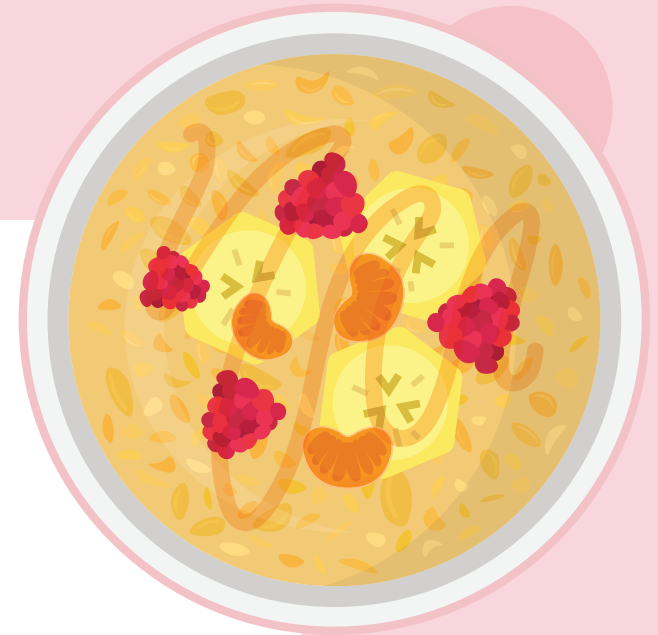
Wooden spoon

Bowl

Measuring jug

### Steps:

1. Place your saucepans on the hob.
2. Chop the orange in half.
3. Peel the banana and chop it in half then cut it into thin slices.
4. Juice half of the orange and add the juice to one saucepan.
5. Turn the hob on to a low heat for the saucepan with the juice in it.
6. Add half of the raspberries to the saucepan and let it simmer for 5 minutes.
7. In the other saucepan, on a low heat, add the oats and 450ml of water and stir until creamy.
8. Pour the porridge mix into a bowl and top with the fruit, orange and raspberry sauce.



# How to prepare food safely



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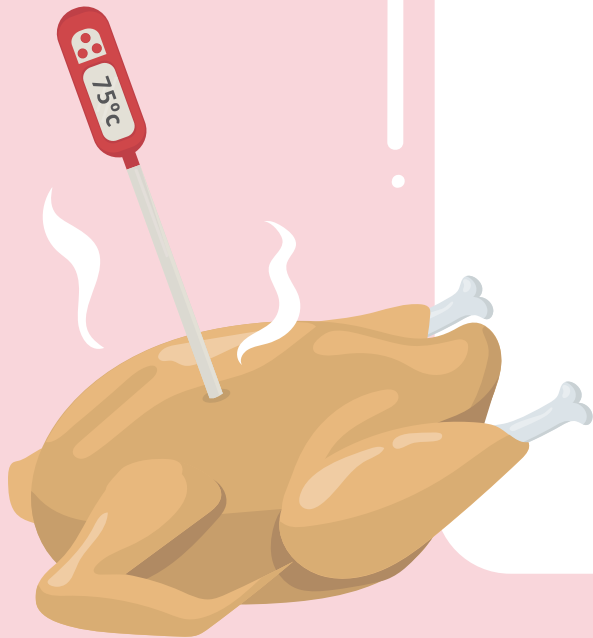
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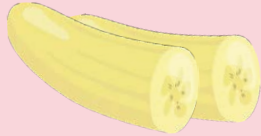
# Breakfast recipe

## American style pancakes

### Ingredients required:



40g of oats



1 banana



2 large eggs



Low calorie oil



Handful of fruit of  
your choice



1 tablespoon of reduced  
fat natural yoghurt

### Equipment required:

Frying pan

Hob

Fork

Plate

Knife

Weighing scales

Tablespoon

Blender

### Steps:

1. Weigh out 40g of oats and pour into the blender.
2. Crack the 2 eggs and blend with the oats.
3. Peel and blend the banana and add to the mixture.
4. Fry the pancake mixture in the pan using medium to high heat.
5. Fry on both sides until lightly brown in colour.
6. Serve with handful of fruit and 1 tablespoon of reduced fat natural yoghurt.



# How to prepare food safely



Wash your hands for 20 seconds using soap and running water, before touching food, after touching uncooked meat and before eating.

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Wash fruits and vegetables before peeling.

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Use different knives and boards for meat, fruit and vegetables. Clean these with hot soapy water after each use.

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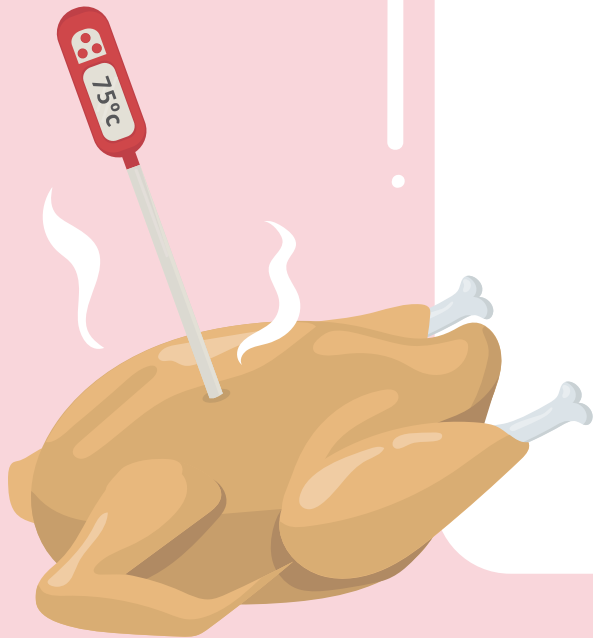
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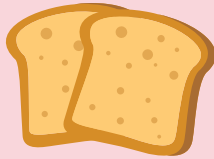
# Breakfast recipe

## Scrambled eggs on toast

### Ingredients required:



2 medium or large eggs



2 slices of bread



Butter or margarine

### Equipment required:

Measuring jug/bowl

Toaster

Whisk

Knife

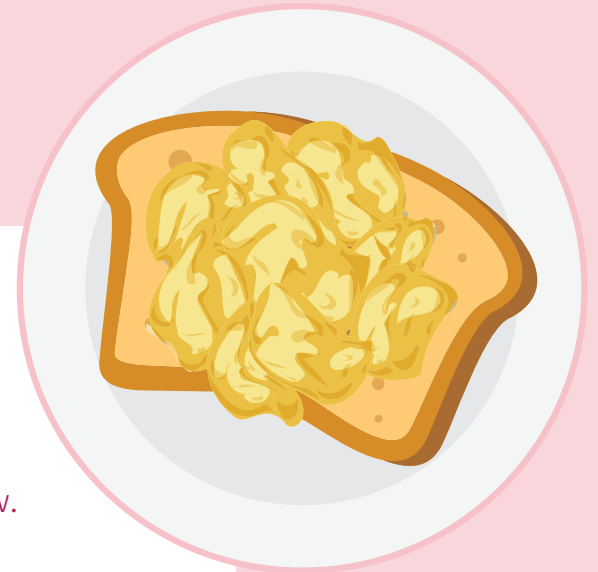
Microwave

Plate

Fork

### Steps:

1. Crack the eggs in to the measuring jug.
2. Using the whisk, mix the eggs until yellow.
3. Place the jug in the microwave and switch on for 15 - 30 seconds.
4. Remove the measuring jug and mix the eggs with a fork.
5. Repeat steps 3 & 4 until the eggs look fluffy.
6. Place your bread in the toaster and turn it on.
7. Once done, place the toast on a plate and spread a thin layer of butter or margarine on top.
8. Mix your eggs one more time and add to the toast. Enjoy!



# How to prepare food safely



Wash your hands for 20 seconds using soap and running water, before touching food, after touching uncooked meat and before eating.

...

Wash fruits and vegetables before peeling.

...

Use different knives and boards for meat, fruit and vegetables. Clean these with hot soapy water after each use.

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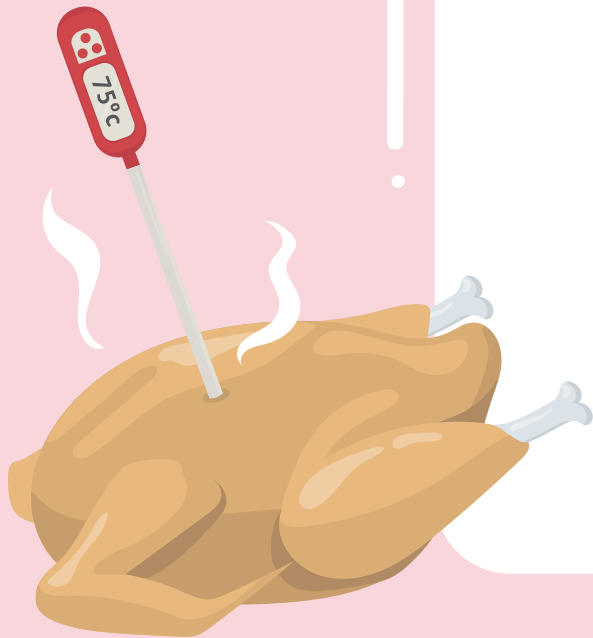
Make sure food that is cooked, is the right temperature and has been cooked for long enough.

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When cooking frozen meat, make sure it is completely de-frosted before cooking.



## Ingredients required:



1 wholemeal tortilla wrap



1 tablespoon of reduced fat cream cheese



Handful of spinach



1/4 of a pepper



5 cucumber slices



1 tomato



1/4 of red onion

## Equipment required:

Chopping board

Knife

Plate

# Lunch recipe

## Crunchy veg wraps

### Steps:

#### 1. Using the chopping board and knife:

- slice the tomato, pepper and cucumber.
- peel the red onion and slice.

#### 2. Place a wrap on the plate.

#### 3. Using the knife, spread the cream cheese on the wrap.

#### 4. Place your vegetables on the wrap. Fold the wrap and enjoy!



# How to prepare food safely

Wash your hands for 20 seconds using soap and running water, before touching food, after touching uncooked meat and before eating.

...

Wash fruits and vegetables before peeling.

...

Use different knives and boards for meat, fruit and vegetables. Clean these with hot soapy water after each use.

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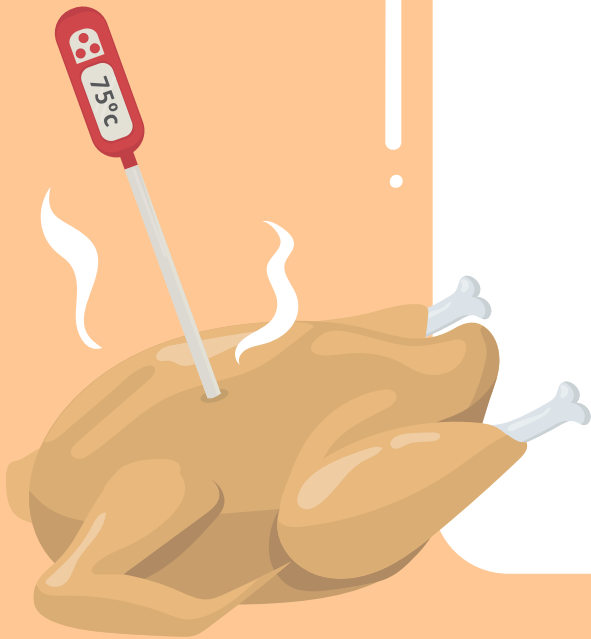
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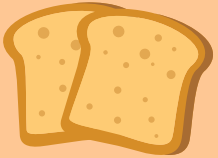
When cooking frozen meat, make sure it is completely de-frosted before cooking.



# Lunch recipe

## Ham & mozzarella toastie

### Ingredients required:



2 slices of wholemeal bread



100g of ham



50g of reduced fat mozzarella

### Equipment required:

Grill tray

Knife

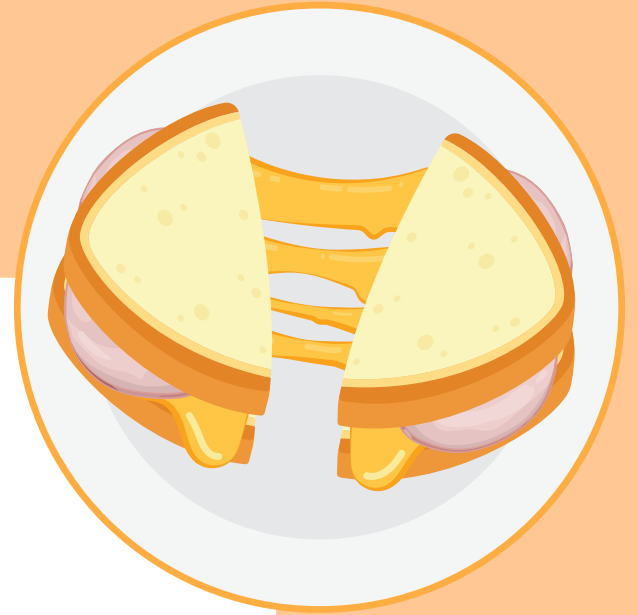
Chopping board

Plate

Oven grill

### Steps:

1. Turn the grill on to preheat.
2. Put the 2 slices of wholemeal bread under the grill.
3. Toast both sides of the bread using the grill. Or you can use a toaster.
4. Thinly slice your mozzarella.
5. Take out the toast and add the mozzarella and ham on top.
6. Place back under the grill until the mozzarella has melted.
7. Build your toastie and cut in half.



# How to prepare food safely

Wash your hands for 20 seconds using soap and running water, before touching food, after touching uncooked meat and before eating.

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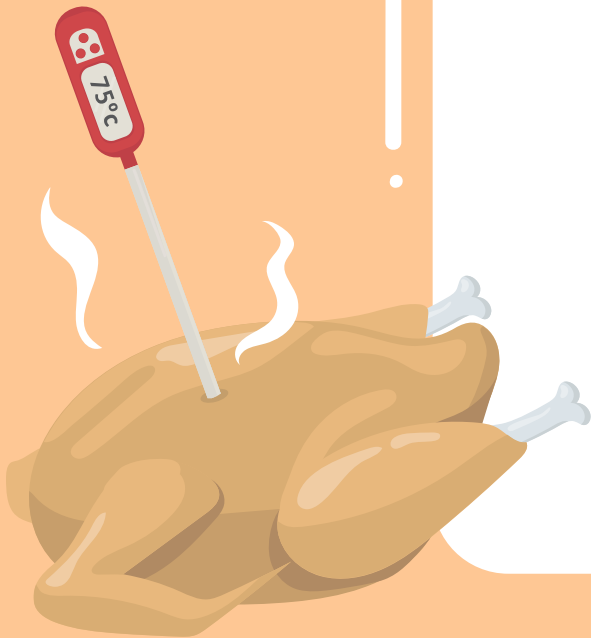
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When cooking frozen meat, make sure it is completely de-frosted before cooking.





## Ingredients required:



1 onion



1 red pepper



1 clove of garlic



400g of haricot beans



2 tins of chopped tomatoes



1 tablespoon of balsamic vinegar



Pinch of salt and pepper

## Equipment required:

Chopping board

Saucepan

Fork

Hob

Knife

Sieve

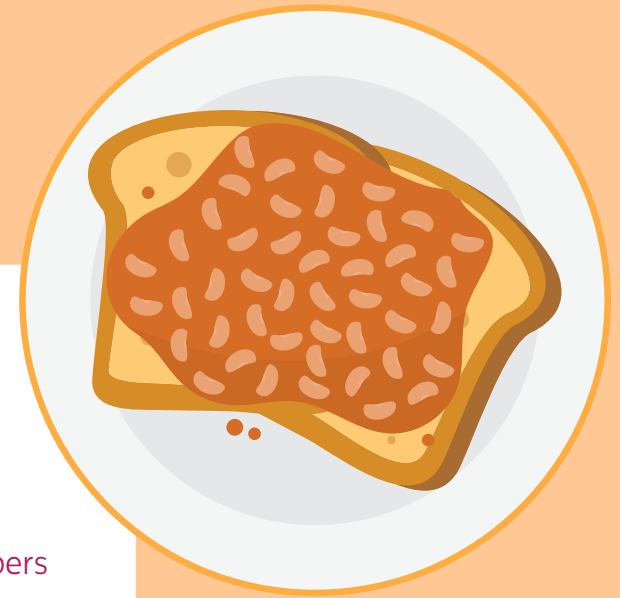
Plate

# Lunch recipe

## Home baked beans

### Steps:

- 1.** Peel and chop the onion and garlic and chop the red pepper.
- 2.** Add the chopped onions, garlic and peppers to the saucepan and stir on a low heat.
- 3.** Drain and rinse your beans over the sink using a sieve. Add them to the saucepan and stir.
- 4.** Add 2 tins of chopped tomatoes to the saucepan and stir and cook for 15 minutes.
- 5.** Pour in 1 tablespoon of balsamic vinegar and add a pinch of salt and pepper.
- 6.** Serve on top of a jacket potato or toast.



# How to prepare food safely

Wash your hands for 20 seconds using soap and running water, before touching food, after touching uncooked meat and before eating.

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Wash fruits and vegetables before peeling.

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Use different knives and boards for meat, fruit and vegetables. Clean these with hot soapy water after each use.

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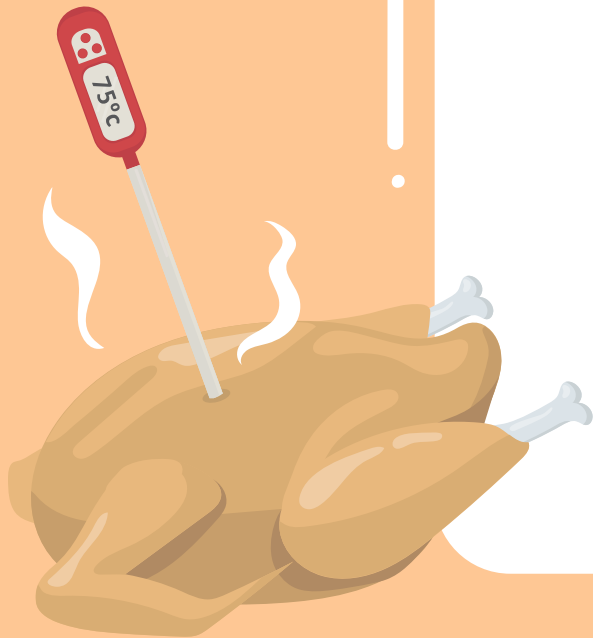
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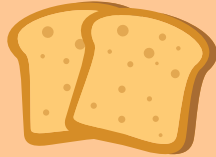
When cooking frozen meat, make sure it is completely de-frosted before cooking.



## Ingredients required:



7 cherry tomatoes



150g bread chunks



100g cucumber slices



50ml extra virgin oil



25ml red wine vinegar



1 cup of shredded or chopped lettuce leaves



50g pitted olives



Torn basil pieces



Pinch of salt and pepper

## Equipment required:

Chopping board

Bowl

Weighing scales

Fork

Measuring jug

Plate

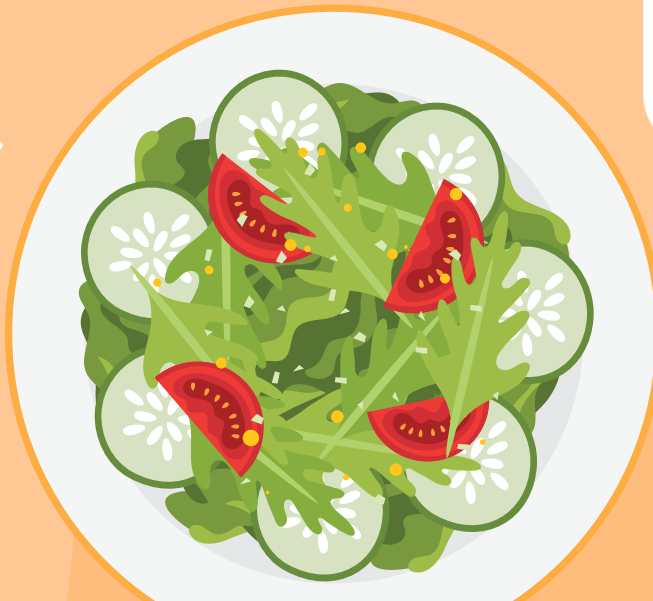
Knife

# Lunch recipe

## Italian style salad

## Steps:

1. Chop the 7 cherry tomatoes in half and put on the plate.
2. Add the olives, lettuce, basil and cucumber slices to the place with the tomatoes
3. Add the olive oil and vinegar to a bowl. Add some salt and pepper and mix.
4. Tear some bread and place on the side.
5. Pour the dressing over the salad and enjoy!



# How to prepare food safely

Wash your hands for 20 seconds using soap and running water, before touching food, after touching uncooked meat and before eating.

...

Wash fruits and vegetables before peeling.

...

Use different knives and boards for meat, fruit and vegetables. Clean these with hot soapy water after each use.

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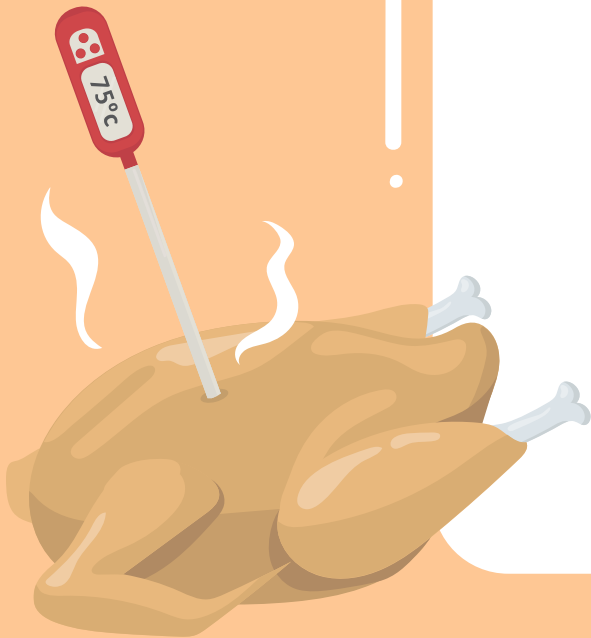
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When cooking frozen meat, make sure it is completely de-frosted before cooking.



## Ingredients required:



100g of chicken breast



80g penne pasta



150g passata



1/2 of an onion



20g tomato puree



1 red chilli



1 garlic clove



1/2 red pepper



Low calorie oil spray

## Equipment required:

Chopping board

Bowl

Weighing scales

Fork

Measuring jug

Plate

Knife

Colander

# Dinner recipe

## Chicken arabbiata

### Steps:

1. Using a chopping board chop the chicken into chunks.
2. On a different chopping board thinly slice half the red pepper, onion and garlic.
3. Fill the saucepan halfway with water and place on the hob and turn on to boil.
4. Once the water is boiling add the pasta and cook for 8 to 12 minutes until it is soft.
5. Using the colander, drain the water from the pasta.
6. Turn the hob on a high heat, place the frying pan on the hob and spray with oil.
7. Add the chicken to the frying pan and cook until chicken is white. This will take 3-4 minutes.
8. Reduce the heat and add the red pepper to the frying pan.
9. Add the tomato puree and passata to the frying pan. For some extra spice you can add some chopped red chilli.
10. Stir together and simmer for 6-7 minutes.
11. Serve on a plate.



# How to prepare food safely

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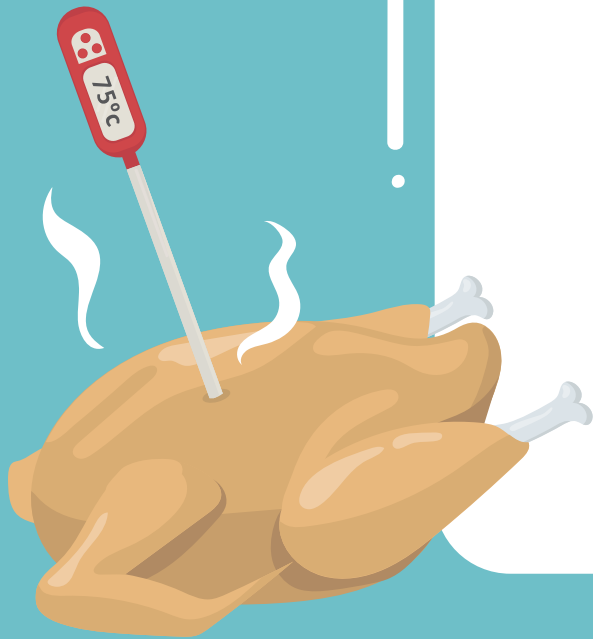
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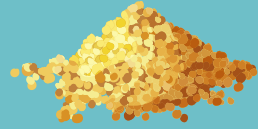
# Dinner recipe

## 'Fakeaway' chicken nuggets

### Ingredients required:



500g of chicken breast



150g of breadcrumbs



Pinch of pepper



2 eggs



Flour



2 tablespoons  
vegetable oil



1 teaspoon  
garlic granules



1/2 teaspoon  
of paprika

### Equipment required:

Chopping board

Oven

Knife

3 x bowl

Baking tray

Fork/whisk



### Steps:

1. On a chopping board, chop the chicken breast into bitesize chunks.
2. Crack the eggs into a bowl and mix using a whisk or fork.
3. Add a teaspoon of garlic granules to a bowl with breadcrumbs.
  - Add half a teaspoon of paprika to the bowl of breadcrumbs.
  - Add a pinch of black pepper to the bowl and stir.
  - Add 2 tablespoons of vegetable oil to a baking tray.
4. Preheat the oven to 180 degrees.
5. Dip the chicken into the flour and shake.
  - Dip the chicken into the egg and shake.
  - Dip the chicken into the breadcrumbs.
6. Add the chicken pieces to the baking tray.
  - Place the tray into the oven and cook for 20-25 minutes.
7. Halfway through the time turn the chicken pieces over.
8. Once the timer goes off take it out of the oven and check if the chicken is cooked. Cut the thickest nugget in half. If the chicken is white and steaming it is cooked. Serve on a plate with chips and salad.

# How to prepare food safely

Wash your hands for 20 seconds using soap and running water, before touching food, after touching uncooked meat and before eating.

...

Wash fruits and vegetables before peeling.

...

Use different knives and boards for meat, fruit and vegetables. Clean these with hot soapy water after each use.

...

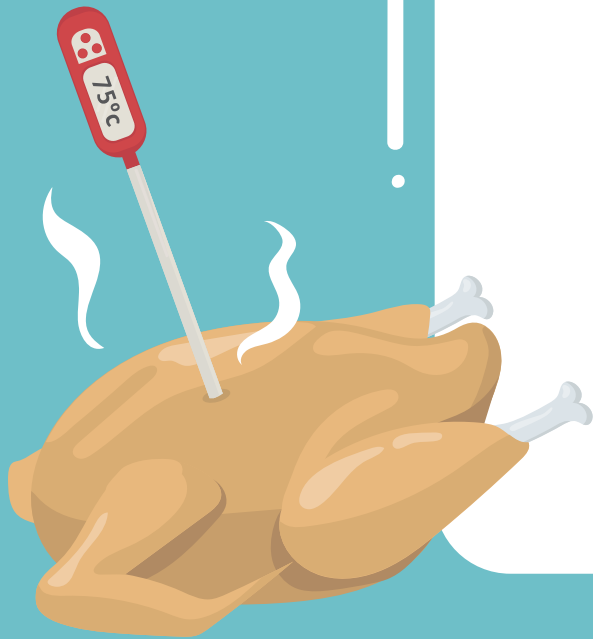
Make sure food that is cooked, is the right temperature and has been cooked for long enough.

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Check cooking instructions and times if they are on the packet.

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When cooking frozen meat, make sure it is completely de-frosted before cooking.





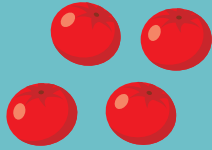
# Dinner recipe

## Southern France cod

### Ingredients required:



1 cod fillet



4 cherry tomatoes



2 slices of lemon



1 sprig of thyme



1 tablespoon  
of olive oil



Pinch of salt & pepper

### Equipment required:

Oven

Baking tray

Knife

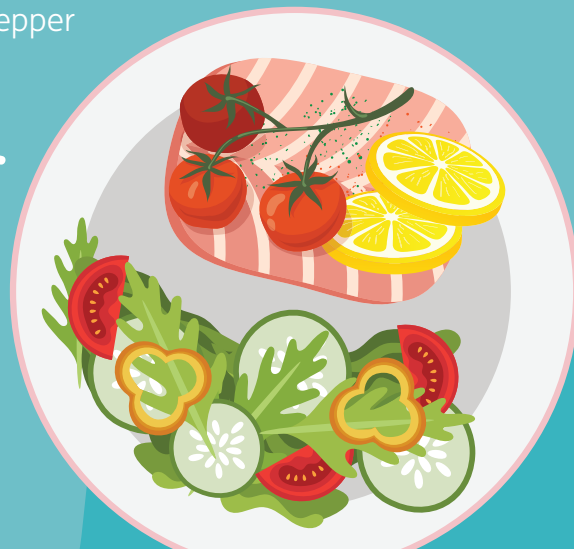
Chopping board

Greaseproof paper

Scissors

Tablespoon

Plate



### Steps:

1. Preheat oven to 170 degrees celcius or gas mark 3.
2. Using the chopping board and knife slice 2 pieces of lemon.
3. Cut the grease proof paper in to a big square and place on to the baking tray.
4. Put all of the ingredients on to the grease proof paper.
5. Fold the edges of the grease proof paper in to a parcel. It is important to seal all the edges so they are kept tight.
6. Place in the oven for 30 minutes until cooked.
7. Place the parcel on a plate and open. Be careful of the steam when opening. Enjoy!

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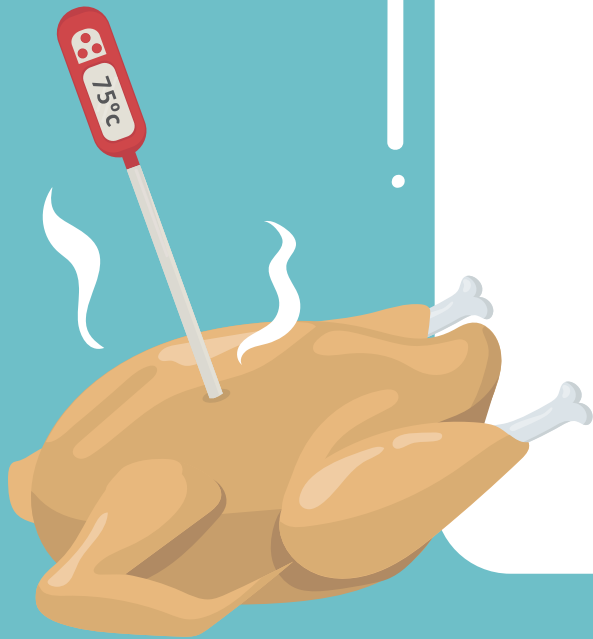
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# Dinner recipe

## Thai stir fry

### Ingredients required:



500g of chicken breast



1/2 cup of broccoli



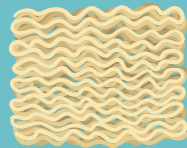
1 carrot



Soy sauce



1 red pepper



1 block of noodles

### Equipment required:

Wok / frying pan

Knife

Chopping board

Measuring spoon

Wooden spoon/spatula

Colander

Peeler

### Steps:

1. Wash the vegetables.
2. **On a chopping board:**
  - Peel the carrot and chop into thin slices.
  - Cut the pepper in half and chop into strips.
  - Cut the broccoli into small chunks.
3. Get a different knife and chopping board and chop your chicken into small chunks.
4. Turn on the hob to a medium to high heat.
5. Place your wok / frying pan on the hob.
6. Add your chicken to the wok / frying pan and cook until golden. This will take around 4-5 minutes.
7. Add the chopped vegetables to the wok / frying pan and cook until soft.
8. In the saucepan, add water and place on the hob to boil.
9. Add the noodles to the water and stir. Follow the packet instructions until cooked.
10. Drain the water from the noodles using a colander
11. Mix the noodles, chicken, a small amount of soy sauce and vegetables together and serve on a plate.



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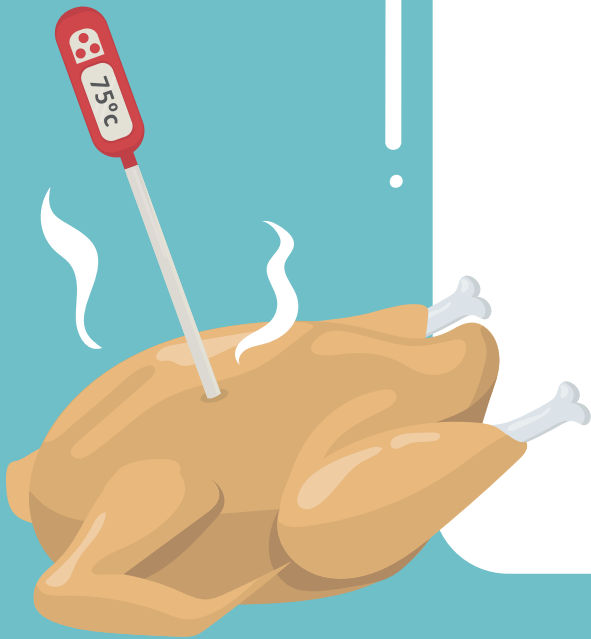
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# Dinner recipe

## Tortilla pizza your way

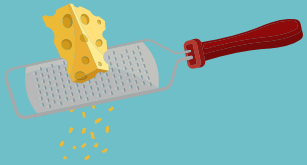
### Ingredients required:



1 wholemeal wrap



2 sliced tomatoes



50g of grated cheese



Tomato puree



Dried Italian mixed herbs (1 tablespoon)



Toppings

### Equipment required:

Oven

Baking tray

Plate

Knife

Fork

Cheese grater



### Steps:

1. Turn on the oven to fan 180 degrees/Gas Mark 6.
2. Place the tortilla wrap on a large baking tray.
3. Spoon tomato puree on top of the wrap and spread evenly.
4. Arrange the tomatoes on top. Scatter with half the cheese and then sprinkle with the herbs.
5. Add your topping(s) of choice.
6. Sprinkle the rest of the cheese over the whole pizza.
7. Bake for 12 to 15 minutes until the cheese is bubbling.
8. Let the pizza cool for a few moments before slicing & serving.

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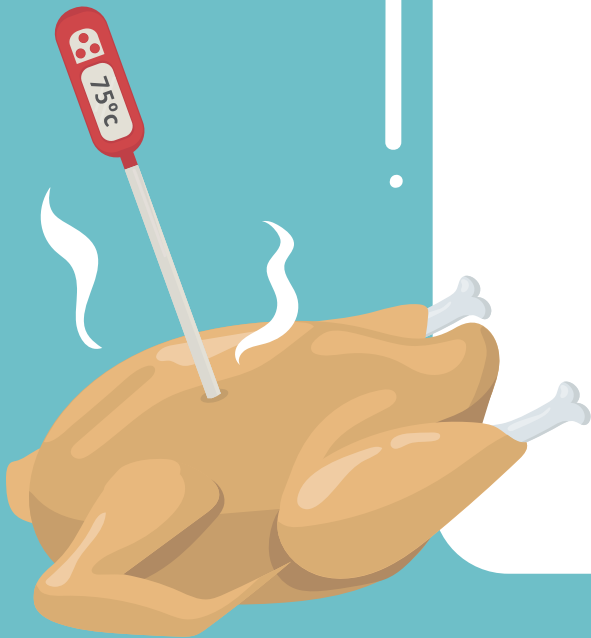
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# Dinner recipe

## Vegetarian chilli

### Ingredients required:



300g vegetarian mince



1 onion



200g rice



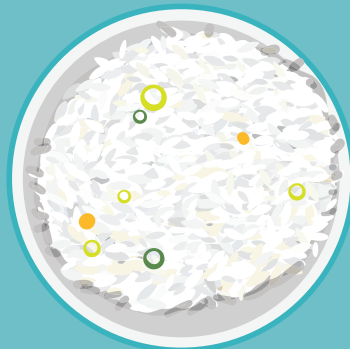
1 tablespoon chilli powder



1 tin of red kidney beans



1 tin chopped tomatoes (400g)



### Equipment required:

Frying pan

Saucepan

Hob

Wooden spoon

Sieve

Tablespoon

Chopping board

Knife

### Steps:

#### 1. Using your chopping board and knife:

- Peel, slice and chop the onion.
- Chop up any optional vegetables.

2. Place your frying pan on the hob, on a medium heat and add the mince.

3. Once the mince is brown, add your chopped vegetables and chilli powder and stir.

4. Add the kidney beans and stir.

5. Add the chopped tomatoes and stir.

6. Reduce the heat and leave to simmer for 30 minutes, stirring a couple of times.

7. Place your saucepan on the hob, fill with water and leave to boil.

8. Once boiling, add the rice, reduce the heat and leave to simmer for 16 to 18 minutes.

9. Pour the rice into the sieve and drain the water.

10. Add a portion of rice and a portion of chilli to your plate. Enjoy!



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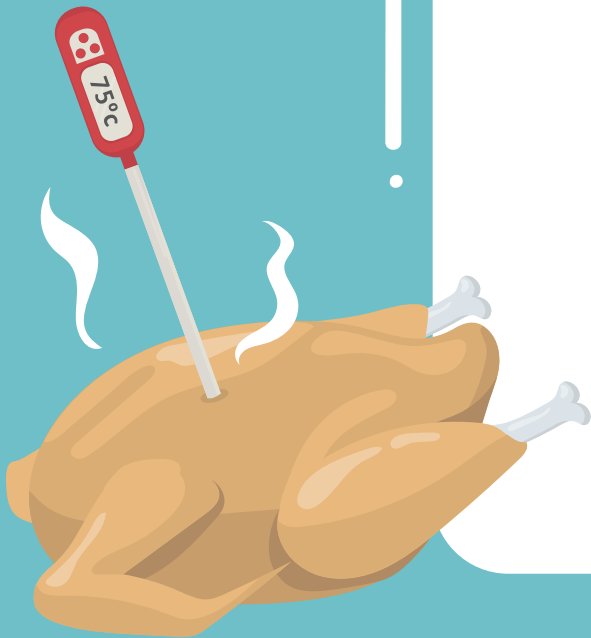
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## Ingredients required:



1 apple



1 banana



Handful of strawberries



Handful of grapes



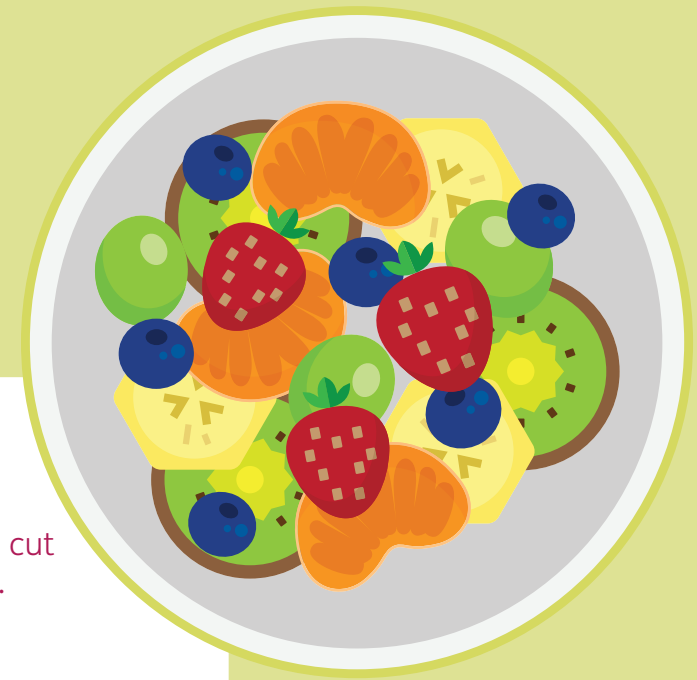
Handful of blueberries



You can add any fruit  
of your choice

# Snack recipe

## Fruit salad



### Steps:

- 1.** Using a chopping board and knife, cut the apple into slices and add to bowl.
- 2.** Peel the banana and slice.
- 3.** Add banana slices to the bowl.
- 4.** Cut the strawberries into slices and add to bowl.
- 5.** Chop or slice fruits of your choice and to the bowl and enjoy.

## Equipment required:

Chopping board

Knife

Bowl

# How to prepare food safely

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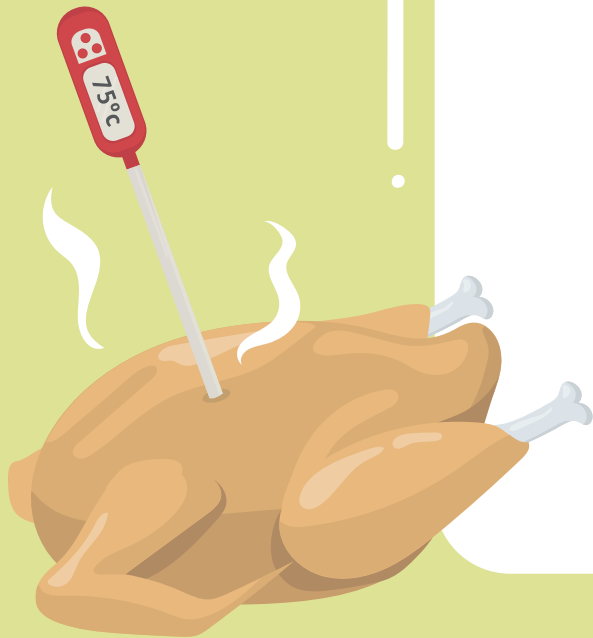
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## Ingredients required:



1 apple



1 banana



Handful of strawberries



Handful of grapes



Handful of blueberries



You can add any fruit of your choice

# Snack recipe

## Greek fruit kebabs

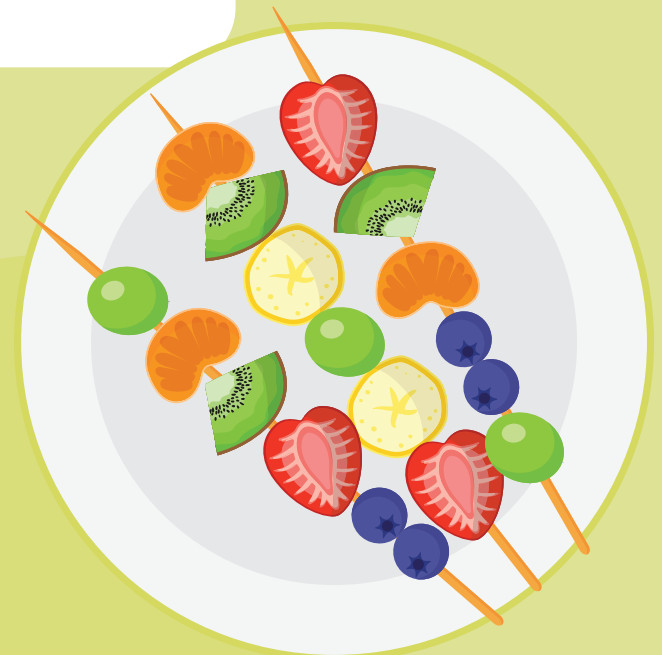
### Steps:

#### 1. Using the chopping board and knife:

- Cut the tops off the strawberries.
- Peel your banana and chop into 6 pieces.
- Prepare the fruit of your choice into 6 pieces.

#### 2. Add 1 piece of each fruit to the first skewer.

#### 3. Repeat step 2 with each skewer. Enjoy!



## Equipment required:

Chopping board

Knife

Bowl

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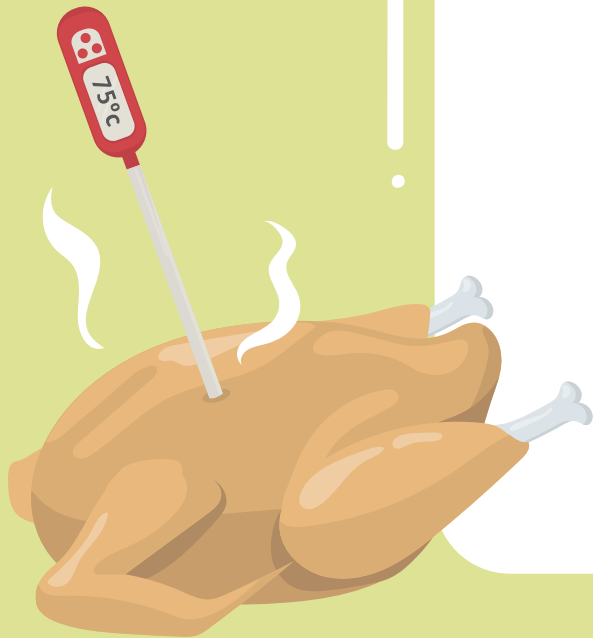
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# Snack recipe

## Fruity frozen yoghurt

### Ingredients required:



1 pot of low fat natural yoghurt



1/2 cup of raspberries



1/2 cup of blueberries



1/2 cup of strawberries

### Equipment required:

Baking tray

Spoon

Chopping board

Knife

Freezer

### Steps:

#### 1. Using the chopping board and knife:

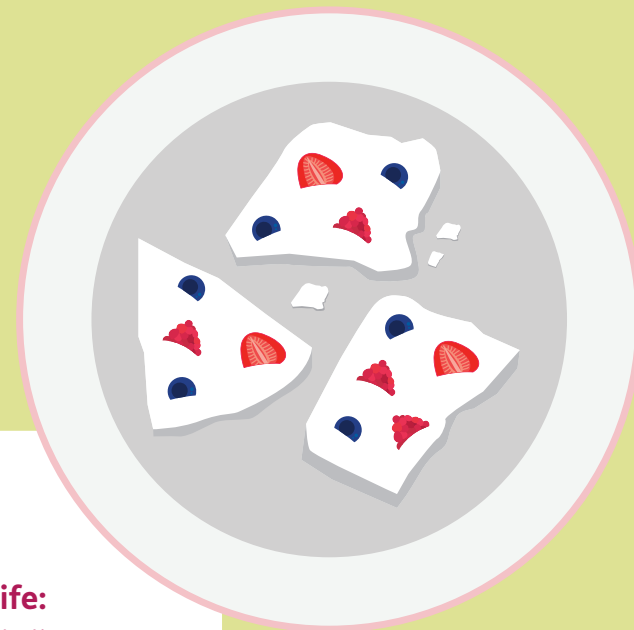
- cut the tops off the strawberries and slice in to quarters.
- slice the raspberries in half.

2. Spoon and spread the natural yoghurt on to the baking tray.

3. Add the fruit to the baking tray mix with the yoghurt.

4. Put the tray in the freezer over night.

5. Cut or break off chunks from the tray of fruity frozen yoghurt for a snack.



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