

WICKETZ

NUTRITION WORKSHOP

Nutrition Traffic Lights

INSTRUCTIONS* - FOR SESSION LEADERS ONLY

Workshop Introduction

*to be adapted as the session leader sees fit

The aim of this workshop is **not** to demonise fat, saturated fat, sugar or salt - in fact it's quite the opposite. This workshop is designed to get the kids thinking mindfully about the food choices they make, factoring in total energy, overall nutrition, portion/serving sizes, and variations amongst brands and when comparing shop-bought ready-made food with home-made.

The pack provided contains over 50 sheets different foods and space to:

- 1) Colour in the traffic light with the right colour depending on which macronutrient has been called out
- 2) Write answers to questions in the grey box

This workshop can be adapted as the session leader sees fit, depending on numbers and how they would like to run the session so that it ties in with their own session

Equipment Required

- Laminated food cards
- Wipe-board pens in **RED**, **ORANGE** & **GREEN** (enough for each group)
- Session leader answer sheets
- Session leader discussion points sheet
- Blue tac for completed sheets to be stuck on the wall

Activity

The session leader (SL) will choose either fat, saturated fat, sugar, or salt for the "round". Either as a group or in teams, the kids need to decide whether the food on the card is either high, medium, or low in this and colour the grey traffic light space with either red, orange, or green, respectively (using wipe-board pens provided). The answers are also on sheets provided.

The answer boxes are for any supplementary questions you might ask about a food (examples provided below) - so this workshop can be a quick session or take a little more time, depending on what is required. This can work however the session leader sees fit for the group:

Example questions (for writing in the grey box)

1. What could be a healthy swap for this food? (e.g. pasties - a healthier swap could be a home-made wrap)
2. How likely is this food to give me the energy I need to play cricket?
3. What changes could we make so that we can still enjoy this but reduce how much (F,SF,S,S) we are eating? (e.g. portion sizes, make from home)
4. What benefit does this food have for your body?
5. What does "processed" food mean? and is all of it bad for me? (A: None of it is good for you - try and avoid saying that anything is really bad for you)
6. Why is drinking milk good?
7. Why is it important to eat fruits and vegetables?
8. Why is fibre important?
9. What are the issues with eating lots of (F,SF,S,S)?
10. Why is it important to pay attention to nutrition labels?

BONUS - Why have you made this decision? (applies to all questions)

