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| **Area Covered:** Employability/ personal growth, Health and Wellbeing, Local Issues | **Topic Covered:** Healthy Eating workshop to work on participants awareness of food swaps, whilst dealing with money. | **Intended outcome:** To raise awareness on the topic and try to influence positive change of participants choices.  |
| **Session Plan:** |
| **Time:** | **Description:** | **Resources:** | **Key points/ Vocabulary:** | **How do we measure impact?** |
| **5-10 minutes (Depending on session duration)****5-10 minutes (Depending on session duration)** | Workshop 1: Healthy Swaps. -Follow on from last workshop and recap what we have done. (Use the participants food diaries to go through swaps made)-Discuss why the swaps are good -Use the food packages to identify the traffic light areas on the food and drink (e.g., Red for Salt is bad)Use the Traffic light System on the food as Top Trumps (Shout out the category and the highest/ lowest number wins a point)UEAPME: SMEs concerned about UK hybrid nutrition labelsLowest % sugar wins.Highest Cals wins.Workshop 2: Buying a meal.-Set out 3 sets of stums in 3 different HoolaHoops-You need to buy a meal deal for £3.50 (Healthy food costs 50p, moderately healthy costs £1 unhealthy food costs £2-Participants need to buy a snack, drink and main with £3.50 (participants choose the food and drink on offer). (e.g., Water, Apple Juice and Coke)-To confirm selection the participant must throw the tennis ball/ beanbag at the set of stumps in the hoop. -The cost of the food must be subtracted from the £3.50 for them to use for the rest. -The participant must buy their lunch for under £3.50-Review at the end the items bought and discuss the choices.-Talk about balance and moderation.  | Old food packaging (Clean), Fake money (Print out) Bean bag/ tennis balls x1 each person, Stumps x3 HoolaHoops | Swap, positive changes, moderation, balance | Use of questioning to gauge understanding participant feedback to ensure correct learning. |
| **Session Analysis: Coach feedback required.**Has the session been a success? How? How can we measure this next week? How can we measure this in a months time? Have the participants adopted the new methods? |
| **Step 1**-Identifying themes: What classes as a good swap? Why do we swap? Can we buy a meal within budget? Why is balance important?**Step 2**-SMART objectives: To improve participants ability to spend to a budget, to increase awareness around good swap options.**Step 3**- ImpactTarget Audience? Children in the sessionWhere?-In sessionsDelivery-Use of questions and recapping either side of an engaging, practical activity that involves cricket skills.When?-During weekly Super 1s hub sessionsExpectation- For players to be able to relate the cricket game to a real-life scenario.Cost to run Workshop- Free (recycled packaging)**Step 4**-Super 1s coach to capture data, oversee the activity and evaluate. (Who was in the session, stand out engagement, who will adopt change (Coach to complete and feedback)**Step 5**-Review: (Medium Term: did they adopt the outcomes. Long Term: are they continuing to use this in 3 weeks’ time).Goals of session:Short-term (Next week): Have the participants made a healthy swap? E.g., fruit instead of a chocolate (in session or throughout the week) participants keep a food diary for the week to check this.Long-term(3 weeks time): Have the participants kept up with this? Use questioning to gage understanding. Do they bring water to the sessions instead of pop? |