

## My Programme Diary



#### Name:

#### Welcome

Over the next few weeks we'll be looking at some ideas of how to be healthier.

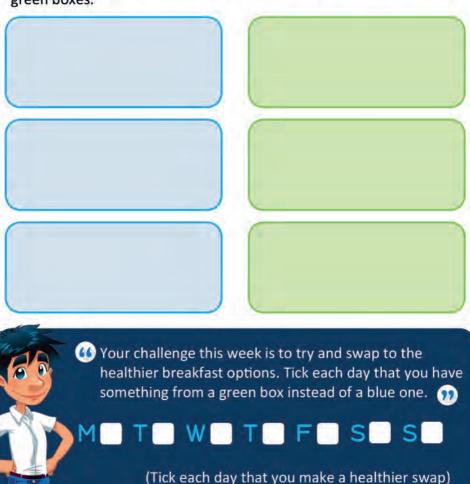
This diary helps you to keep track of the challenges you set yourself.

You'll need to keep it safe and bring it with you EVERY WEEK to show us how you're getting on.

### Week 1: Breakfast Challenge

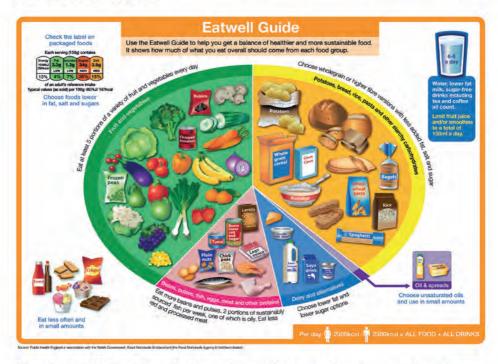
Getting a healthy breakfast is really important because it gives us energy to start the day, it can stop us snacking on unhealthy foods and it can help us to concentrate at school.

Think of up to three things that you normally have for breakfast and write them down in the blue boxes, now think of things that are a little healthier that you could swap to and write them down in the green boxes.



### Week 2: Portion Diary

The EatWell plate shows the right balance of the different food groups. Overall we also need to get the balance right between the amount of energy going into our bodies compared to the amount of energy being used up.



Keeping a portion diary helps us to see how much we are eating at the moment from each food group. Then we can compare it to how much we should be eating and work out what changes we can make to be healthier.

First of all we need to know how much is one portion, then we need to know how many portions we should be having, this is worked out depending on age and whether we are a boy or girl. We'll start over the page.....

These tables give us an idea of how much is one portion for each of the food groups in the eatwell plate. The information is taken from the British Heart Foundation. If there is something that is not on the list, we can estimate the portion size by comparing it to a similar item which is on the list.

FRUIT & VEG				
Vegetables	3 heaped tablespoons			
Salad (mixed)	1 dessert bowl			
Whole fresh fruits (apple, pear, orange, banana etc.)	1 fruit			
Medium fresh fruits (satsumas, plums, apricots)	2 fruits			
Small fresh fruits (grapes, berries, cherries)	1 handful			
Large fresh fruits (melon, pineapple)	1 slice			
Tinned fruit in <u>natural juice</u>	3 heaped tablespoons			
Dried fruit	1 heaped tablespoon			
Fruit juice (maximum one per day)	1 small glass/carton			

BREAD, RICE, POTATOES, PASTA			
Breakfast cereal	3 tablespoons		
Shredded Wheat, Weetabx	1		
Bread	1 medium slice		
Bun or roll	1 small		
Pitta bread	Half normal size		
Crackers	3		
Crispbreads	4		
Plain boiled rice	2 heaped tablespoons		
Plain boiled pasta	3 heaped tablespoons		
Potatoes	2 egg-sized		
Crumpet	1		

MILK & D	DAIRY
Milk (semi-skinned or skimmed)	Third of a pint (200ml)
Yoghurt	1 pot (150ml)
Cheese	Small match box (25g)
Cream cheese (low fat)	2 small match boxes

MEAT, FISH, EGGS, BEANS		
Cooked lean meat	Pack of cards	
Fish	2 packs of cards	
Fish fingers	3	
Eggs	2 medium	
Baked beans	Half a large tin	
Nuts or peanut butter	2 level tablespoons	
Quorn, tofu or soya	Pack of cards	

HIGH IN FAT AND/OR SUGAR		
Low fat spread	2 teaspoons	
Oil (olive, rapeseed, sunflower)	1 teaspoon	
Butter	1 teaspoon	
Low fat mayonnaise	2 teaspoons	
Low fat salad cream	2 tablespoons	
Gravy or white sauce (no fat added)	4 tablespoons	

EXTRAS			
Ice cream	1 small scoop		
Plain biscuits	2		
Sweets	1 small bag		
Chocolate	1 fun size bar		

Now we know how much is in one portion, we can look at how many portions we should be having.

	Age	Fruit & Veg	Bread, Rice, Potatoes, Pasta	Milk & Dairy Foods	Meat, Fish, Eggs, Beans	High in Fat and/or sugar	Extras
	5	5+	5	2	2	1	4
	6	5+	6	2	2	1	1
	7	5+	6	2	2	1	1
	8	5+	6	2	2	2	1
12.	9	5+	6	2	2	2	1
Boys	10	5+	7	3	3	2	1
8	11	5+	7	3	3	2	111
	12	5+	8	3	3	2	10
	13	5+	8	3	3	3	1
	14	5+	9	4	4	3	1
	15	5+	10	4	4	3	1
	16	5+	10	4	4	3	1

	Age	Fruit & Veg	Bread, Rice, Potatoes, Pasta	Milk & Dairy Foods	Meat, Fish, Eggs, Beans	High in Fat and/or sugar	Extras
	5	5+	5	2	2	1	1
	6	5+	5	2	2	1	1
	7	5+	5	2	2	1	1
	8	5+	.6	2	2	4	1
	9	5+	6	2	2	2	1
Girls	10	5+	7	3	3	2	1
(F)	11	5+	7	3	3	2	1
~	12	5+	7	3	3	2	1
	13	5+	8	3	3	2	1
	14	5+	8	3	.3	3	1
	15	5+	8	3	3	3	1
	16	5+	8	3	3	3	1

My recommende		
Fruit & Veg		
Bread, Rice, Potatoes, Pasta		
Milk & Dairy Foods		
Meat, Fish, Eggs, Beans		
High in Fat and/or sugar		
Extras		

Look at the charts above and find the recommended number of portions for your age and gender then tick them off on the portion diary here.

Your challenge this week is to keep your own portion diary. Each day you need to record the number of portions you have from each different food group. Use the portion guide as a reminder of how much makes up one portion.



Here's an example - If you had 2 slices of toast with spread and jam for breakfast and a glass of fruit juice, You'd fill in your diary like this:





Milk & Dairy Foods

Meat, Fish, Eggs, Beans

High in Fat and/or sugar

Extras

Day 1:		
Fruit & Veg	1	
Bread, Rice, Potatoes, Pasta	1	~
Milk & Dairy Foods		
Meat, Fish, Eggs, Beans		
High in Fat and/or sugar	1	V
Extras		

Fruit & Veg	
Bread, Rice, Potatoes, Pasta	
Milk & Dairy Foods	
Meat, Fish, Eggs, Beans	
High in Fat and/or sugar	
Extras	
Day 2:	
Fruit & Veg	
Bread, Rice, Potatoes, Pasta	
Milk & Dairy Foods	
Meat, Fish, Eggs, Beans	
High in Fat and/or sugar	
Extras	
Day 3:	
Fruit & Veg	
Bread, Rice, Potatoes, Pasta	

Then you just carry on adding everything else you have that day.





Now you've got a whole week recorded, you can look at your portion diary and see how it compares to your recommended number of portions.

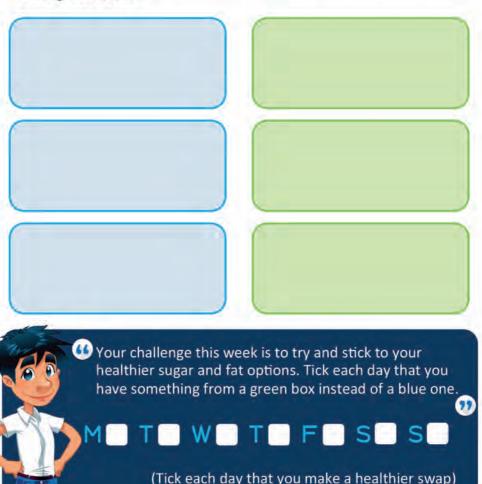
In the space below, write down one change you think you could make to be healthier.

Da	y 4:	
Fn	it & Veg	
Bre	ad, Rice, Potatoes, Pasta	
Mil	c & Dairy Foods	
Me	at, Fish, Eggs, Beans	
Hig	h in Fat and/or sugar	
Ex	ras and a second se	
Da	y 5:	
Fn	it & Veg	
Bre	ad, Rice, Potatoes, Pasta	
Mil	k & Dairy Foods	
Ме	at, Fish, Eggs, Beans	
Hiç	h in Fat and/or sugar	
Ex	ras and the second seco	
Da	y 6:	
Fn	it & Veg	
Bre	ad, Rice, Potatoes, Pasta	
Mil	k & Dairy Foods	
Me	at, Fish, Eggs, Beans	
Hiç	h in Fat and/or sugar	
Ex	ras III II I	
Da	y 6:	
Fn	it & Veg	
Bre	ad, Rice, Potatoes, Pasta	
Mil	k & Dairy Foods	
Me	at, Fish, Eggs, Beans	
Hiç	h in Fat and/or sugar	
Eve	ras	

## Week 3: Sugar/Fat Swap Challenge

Eating too much fat and sugar is unhealthy. It can make it difficult for us to manage our weight, damage our teeth and cause other health problems. But we don't have to cut things out altogether, just think about some smart swaps we can make.

Think of one sugary and one fatty thing that you normally eat and write them down in the blue boxes, now think of a sugar swap you can make and a way that you can cut down fat and write them down in the green boxes.



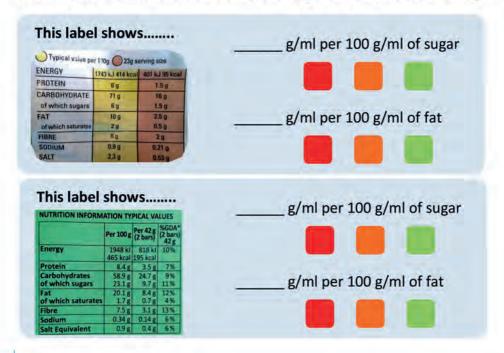
## Week 4: Label Reading Challenge

Food packaging can be very confusing. The only way to make sure whether a product is healthy is to look at the nutrition information panel on the back or side of the packet.

We need to look at the 'per 100g' column and then find how much total fat and how much sugar there is per 100g.

	<b>Low</b> Healthier Choice	<b>Medium</b> OK most of the time	<b>High</b> Just Occasionally			
Sugars	5g or less	5.1-22.5g	More than 22.5g			
Fat	3g or less	3.1-17.5g	More than 17.5g			

Look at the label below and fill in the information, then tick in the correct box to show whether the fat and sugar are low, medium or high.





Your challenge this week is to cut out the nutrition information panel from the packets of three things that you have at home. Stick them on to the label spaces and then fill in the information and tick whether they are low, medium or high in fat and sugar.

This label shows	g/ml per 100 g/ml of sugar
Label 1	g/ml per 100 g/ml of fat
This label shows	g/ml per 100 g/ml of sugar
Label 1	g/ml per 100 g/ml of fat
This label shows	g/ml per 100 g/ml of sugar
Label 1	g/ml per 100 g/ml of fat

## Week 5: Being Active

Being active helps our bodies grow and keep fit and healthy. We need to try and limit the amount of sitting down that we do and fit in an hour of physical activity every day where we feel breathless, our heart is beating harder and we start to warm up or sweat.



Remember it doesn't have to be sport, it can even be something like walking the dog as long as we get our hearts pumping 99



am	200				12	-	2	3	4	9	Ď.	/	8	9
	am	am	am	am	pm	рm								
Day 1														

Being inactive could include sitting around, watching TV, playing computer games and using a computer/tablet.

Physical activity could include P.E., running around, sports clubs, martial arts, dancing, horse riding, walking the dog, cycling, swimming and loads of other things as long as you're a bit breathless and your heart is working harder.

Your challenge this week is to keep track of how active you are. Record day by day as you did in the practice run.

	7	8	8 9	10	11	12	1	2	3	4	5	6	7	8	9
	am	am	am	əm	am	pm									
Day 1			H												
Day 2															
Day 3															
Day 4															
Day 5															
Day 6															
Day 7															

Now you've got a whole week recorded, take a look at your activity diary and see how often you were inactive and how often you did physical activity. Do you spend more than two hours a day being inactive? Are you doing an hour of physical activity each day?

In the space below, write down one change you think you could make to be healthier.

### **Your Reward Record**



## **Your Pages**

Use this space however you want.

Doodle, add stickers, write down anything you aren't sure of or find difficult as you go along and you can use it as a reminder to ask us questions when you come along to the sessions.





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