



Essex  
Wellbeing  
Service

# Child Healthy Lifestyles

## My Programme Diary



### 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.

Name:

# Child Healthy Lifestyles

## 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.



“ Your challenge this week is to try and swap to the healthier breakfast options. Tick each day that you have something from a green box instead of a blue one. ”

M  T  W  T  F  S  S

(Tick each day that you make a healthier swap)

# 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.



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency & Healthier Choices

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.....



# Child Healthy Lifestyles

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 ( <u>maximum one per day</u> )	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 & 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

# Child Healthy Lifestyles

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

Boys	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+	6	2	2	1	1
	7	5+	6	2	2	1	1
	8	5+	6	2	2	2	1
	9	5+	6	2	2	2	1
	10	5+	7	3	3	2	1
	11	5+	7	3	3	2	1
	12	5+	8	3	3	2	1
	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	

Girls	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	1	1
	9	5+	6	2	2	2	1
	10	5+	7	3	3	2	1
	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 recommended number of portions

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: ”



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

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

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

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						
Milk & Dairy Foods						
Meat, Fish, Eggs, Beans						
High in Fat and/or sugar						
Extras						



# Child Healthy Lifestyles



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.



## Day 4:

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

## Day 5:

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

## Day 6:

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

## Day 6:

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



# 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.



“ Your challenge this week is to try and stick to your healthier sugar and fat options. Tick each day that you have something from a green box instead of a blue one. ”

M  T  W  T  F  S  S

(Tick each day that you make a healthier swap)

# Child Healthy Lifestyles

## 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.

	Low Healthier Choice	Medium OK most of the time	High 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.

### This label shows.....

Typical value per 100g    23g serving size

ENERGY	1743 kJ 414 kcal	401 kJ 95 kcal
PROTEIN	6 g	1.5 g
CARBOHYDRATE	71 g	16 g
of which sugars	6 g	1.5 g
FAT	10 g	2.5 g
of which saturates	2 g	0.5 g
FIBRE	8 g	2 g
SODIUM	0.9 g	0.21 g
SALT	2.3 g	0.53 g

\_\_\_\_\_ g/ml per 100 g/ml of sugar



\_\_\_\_\_ g/ml per 100 g/ml of fat



### This label shows.....

	Per 100g	Per 42g (2 bars)	%GDA* (2 bars) 42g
Energy	1948 kJ 465 kcal	818 kJ 195 kcal	10%
Protein	8.4 g	3.5 g	7%
Carbohydrates of which sugars	58.9 g 23.1 g	24.7 g 9.7 g	9% 11%
Fat of which saturates	20.1 g 1.7 g	8.4 g 0.7 g	12% 4%
Fibre	7.5 g	3.1 g	13%
Sodium	0.34 g	0.14 g	6%
Salt Equivalent	0.9 g	0.4 g	6%

\_\_\_\_\_ g/ml per 100 g/ml of sugar



\_\_\_\_\_ g/ml per 100 g/ml of fat





“

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.....

Label 1...

\_\_\_\_\_ g/ml per 100 g/ml of sugar



\_\_\_\_\_ g/ml per 100 g/ml of fat



This label shows.....

Label 1...

\_\_\_\_\_ g/ml per 100 g/ml of sugar



\_\_\_\_\_ g/ml per 100 g/ml of fat



This label shows.....

Label 1...

\_\_\_\_\_ g/ml per 100 g/ml of sugar



\_\_\_\_\_ g/ml per 100 g/ml of fat





# Child Healthy Lifestyles

## 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 ”



Use the chart below as a practice run. Think back to yesterday and record the times in the day with a 😞 where you were inactive. Then record the times in the day with a 😊 when you did physical activity.

	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9
	am	am	am	am	am	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm
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.

Record the times in the day with a 😞 where you were inactive (watching TV, playing computer games, on the computer/tablet etc.). Then record the times in the day with a 😊 when you did physical activity (PE, running around , sports club etc.).

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



**Good Start!**

**Getting Better!**



**Nearly there!**

**Prize Winner!!!**



**STAR!!!!!!**



# 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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