

The Evening Meal



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Aims of Today's Workshop

To think about:

- Portion sizes
- Aiming for your 5-a-day
- Planning and preparing a tasty meal



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- 1) The aim of children's lessons was to prepare the children for the cooking workshop. Since parents/guardians are in charge of making dinner, children were taught about foods and drinks for dinner, healthy habits, and health and safety.

Remember...



**Healthy
Meals**

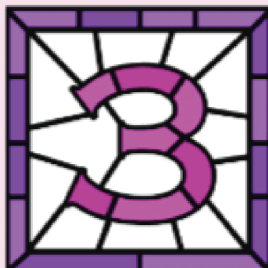
**Healthy
Snacks**

are best every day

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Remember...



**Healthy
Meals**

**Healthy
Snacks**

are best every day

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Snacks can be at anytime in the day, however children tend to need a snack at break time to help keep their blood sugar levels constant – this helps delay hunger until lunchtime/dinner time and boosts concentration.

In general, children also tend to become hungry after school. Some parents choose to serve dinner early to combat this and so a healthy snack later on may help to curb hunger later into the evening. However, if dinner is not served until later in the evening, after school is an ideal time to have a snack.

Insert Change 4 Life me sized meals image:

<http://webarchive.nationalarchives.gov.uk/20120311083007/http://nhs.uk/Change4Life/PublishingImages/hero-families-mesizemeals.gif>

It is important to have the right meal for your size:

Have a look at your fist compared to an adult –
smaller fists = smaller tummy

Insert Change 4 life logo:

<https://www.google.co.uk/search?q=change+for+life+logo&tbn=isch&tbo=u&source=univ&sa=X&ved=0ahUKewjZq6n1uqDOAhUE1xQKHWFOAgQ7AkIMg&biw=928&bih=468#imgrc=BcOcSbVqZTNi0M%3A>

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Kids really only need portions that match their age. A 5-year-old needs less than a 10-year-old, and a 10-year-old needs less than a grown-up.

Serving more food will not make them grow any faster, but will lead to extra fat storing up in their bodies.

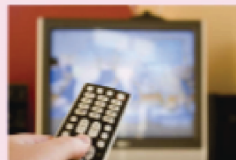
Healthy Eating Habits



Wash your hands
before you eat



Eat together at
the table



Turn off the TV and
computer games
while eating

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Food Groups



Fruit and Vegetables	Protein foods	Starchy foods	Dairy foods	Treat foods
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- What foods do you usually have at dinner?
- What food groups are they from?

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Activity: Food Group Bingo

- Match the following foods to the pictures on your bingo card.
- The first group to make a line across the page are the winners.
- E.g.

1	6	11	16	21	
2	7	12	17	22	
3	8	13	18	23	
Winning Line →	4	9	14	19	24
	5	10	15	20	25

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Card 1 is the winning card therefore if you do not use all the cards for your class, please ensure one group has Card 1.



Bananas

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Potatoes

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Cake

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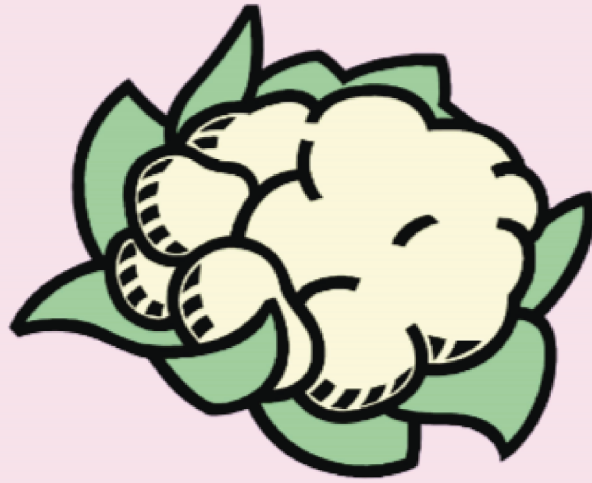
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Semi – Skimmed Milk

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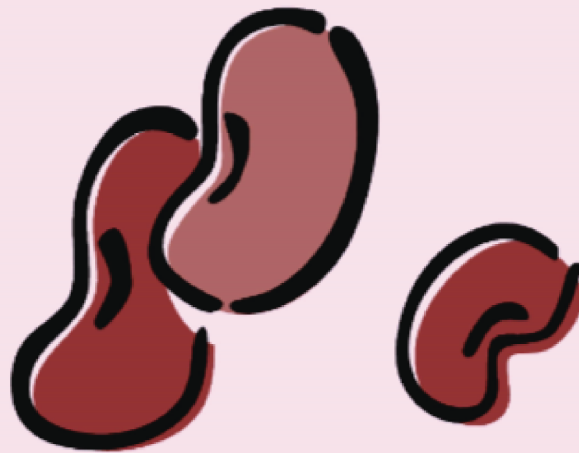
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Cauliflower

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Beans

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Rice

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Cheese

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Ice-Cream

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Pork

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Do you remember me?

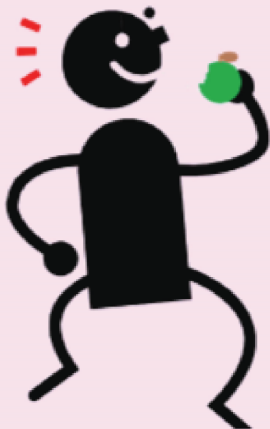


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This is Bert. He is 6 years old.

Question:



How many portions of fruit and vegetables should Bert be trying to eat every day?

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Insert 5-a-day logo:

http://www.eatbalanced.com/wp-content/uploads/2014/01/5-a-day_logo.jpg

Bert should be aiming for 5 child-sized portions of fruit and vegetables everyday

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Do you get 5-a-day?

- Try having fruit or vegetables as your snack.
- Always try to have at least one portion of fruit or vegetables with your breakfast, lunch and dinner.



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Bert wants to try a healthy dinner



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- **Dinner** is usually the last MEAL of the day



- Some people call dinner by different names, what do you call it?

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What does Bert mean by a healthy dinner?

Bert needs a dinner that:

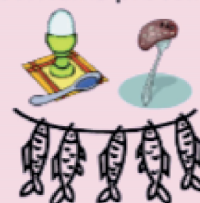
Contains vegetables
and/or fruit



Is based on healthy
carbohydrate foods



Contains protein



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Eating a healthy dinner helps Bert...

- To have more energy to play



- Be fuller for longer



- Grow strong



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Let's help Bert prepare his healthy dinner...



What do we need to do before we start cooking?

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Make sure the cooking area is tidy and clean

Tie back long hair

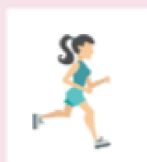
Remove any jewellery

Wash hands with soap and water

What do you need to do before you start to cook?

- Make sure the cooking area is clean and tidy

- Tie back long hair



- Remove jewellery

- Wash your hands



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Activity:

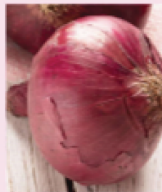
Let's make and try a healthy dinner together



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Add a mix of fresh vegetables such as red onion, cherry tomatoes, peppers, baby corn, and celery.



If you wish to add protein, try adding cooked chicken pieces, tinned salmon, or some cheese, e.g. feta

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- 100g plain **couscous**
- 200ml low-salt **vegetable stock**
- 1 **pepper**, chopped
- 5 **spring onions**, sliced
- 1 large **tomato**, chopped
- Plus another other vegetables of your choice.

Tip the couscous into a heatproof bowl. Pour over the hot stock, cover with a plate to keep the heat in, and soak for 5 minutes.

Mix in with the chopped tomato, spring onions, and pepper. Season to your taste - you probably won't need to add any salt, just some pepper. Divide between two plates and serve.

Some images included in this appendix are from iStock.com:

Chicken curry and rice/Rafal Stachura

Breakfast with fried eggs and vegetables/Olha_Afanasieva

Mexican food – beef fajitas and bell peppers/Rez-art

Baked beans on toast/Robyn Mackenzie

Healthy fresh fruits and vegetables backgrounds/SerAlexVi

Vegetable collage/VadimZakirov

Ingredients pasta tomatoes basil/OlgaMitsova