



## VILLA VITALITY TEACHER'S PACK

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## INTRODUCING VILLA VITALITY

### What is the aim of Villa Vitality?

To promote healthy lifestyles in children using the Aston Villa Football Club brand as an iconic role model.

### Who delivers Villa Vitality?

The main part of Villa Vitality will be delivered by the Villa Vitality team at Aston Villa Football Club. Villa Vitality includes a class project and six weekly challenges to be completed by children which will require supervision by class teachers.

### What does it involve?

Villa Vitality is a programme run over six weeks, which focuses on developing children's understanding of the importance of eating a healthy balanced diet and undertaking physical activity. The programme aims to motivate children to lead healthy lifestyles by taking the teaching out of a classroom environment and into the engaging setting of a football club. It involves 3 sessions over a 6 week period: two day trips to Aston Villa FC, a visit from Villa Vitality staff to your school, and a class project and challenges for the children to work on over the 6 weeks.

### **Day one (at Aston Villa FC)**

The first day at the football club will be divided into three sections; physical activity, healthy eating and the launch of class projects and challenges.

- **The physical activity session** will involve exercise activities led by Aston Villa's community coaches, teaching children the importance of being physically active and highlighting ways to include physical activity into their daily lives. The sessions are not dependent on sporting ability nor are they football specific.
- **The healthy eating session** will be delivered by a nutritionist and aims to teach children the importance of eating a healthy balanced diet.
- **The class project session** will introduce children to the Villa Vitality school project (which they will complete in school time) and also class challenges which are focused on healthy lifestyle behaviours.



Children will be provided with a booklet of fun activities to take home and complete, which focuses on the key healthy lifestyle messages taught throughout the day.

### **Day two (at school)**

Aston Villa coaching staff will visit your school approximately four weeks after the children's first visit to Aston Villa FC for a two hour session. One hour will be spent in a physical activity session run by the coaching staff (e.g. in the school hall or playing fields) during which the key physical activity messages learnt on day one are reiterated. The other hour is used to support the pupils and teachers with their Villa Vitality school project, and class challenges.

### **Day three (at Aston Villa FC)**

Day three, conducted at Aston Villa FC is divided into three sections; physical activity, cooking and recording the group project on a CD.

- **The physical activity session** involves children participating in an hour of physical activity involving dance mats and aerobic routines supervised by qualified instructors.
- **The cooking session** gives children the opportunity to prepare their own healthy lunch or healthy snacks with an Aston Villa chef, allowing them to develop their cooking skills and learn about food hygiene and safety.
- **The recording of the group project** gives children the opportunity to record the results of the class projects in the Aston Villa radio studio. A CD of the recording will be sent out to the school (one per child).

### **Where?**

The first and final sessions will be held at Aston Villa Football Club. All transport and organisation will be arranged by the Villa Vitality team with your school. In the middle session a member of the Villa Vitality coaching team will attend the school. They will require a space to run the physical activity session for an hour with the children.

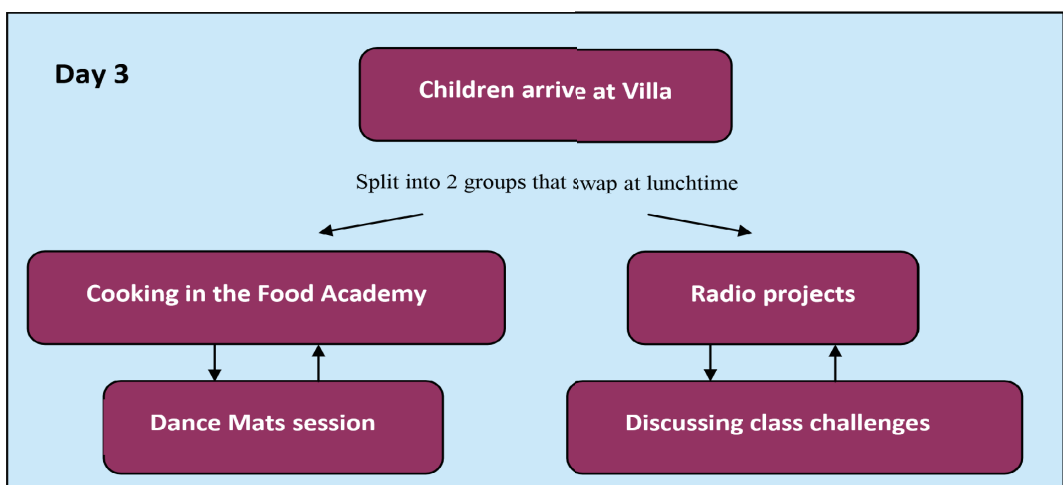
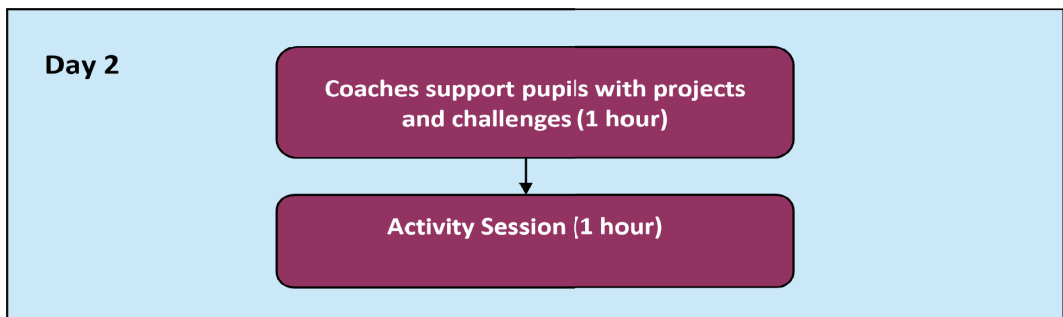
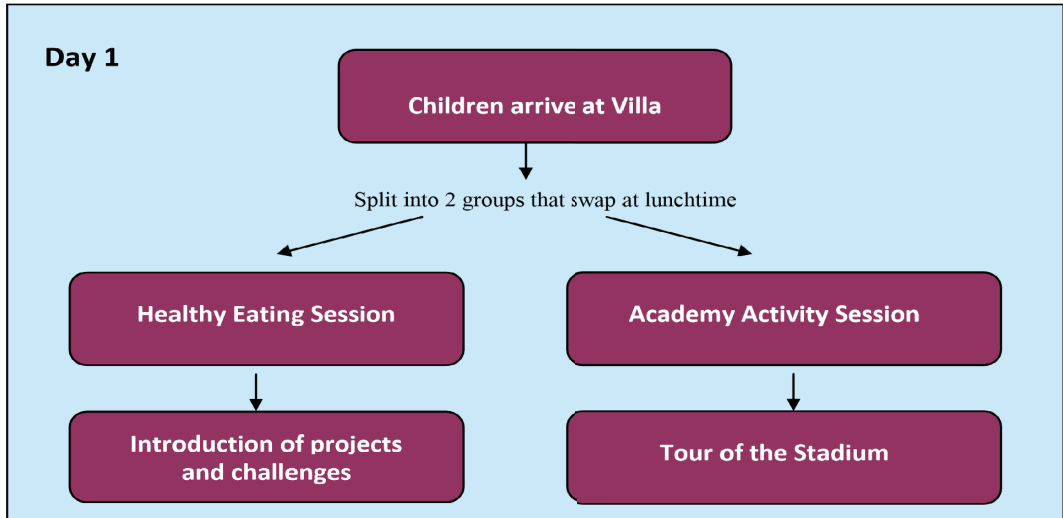
### **Staff training / requirements of school**

The majority of Villa Vitality will be delivered by staff at Aston Villa FC. Class teachers will be asked to support the class projects and challenges, but this will be fully explained by the Villa Vitality team.





### VILLA VITALITY PROGRAMME





## SCHOOL PROJECT – THE V FACTOR

### Outline:

Children are required to work in small groups (no more than 5) to produce a song or rap lyrics or a poem or rhyme that incorporates key messages from Day 1 of the Villa Vitality programme.

The groups will need to carry out research to ensure the song or poem contains correct health information and is informative to other pupils.

### Content:

The lyrics or poem/rhyme should be based around the following key messages:

- The importance of physical activity
- The importance of 5 a day
- The importance of reducing fat and sugar consumption
- The importance of eating a healthy diet · The negative effects of no physical activity

The key messages could be linked to a footballer's diet.

*(Note - The lyrics or poem/rhyme may deviate from these themes providing they are still in line with the key objectives of Villa Vitality.)*

### Tasks:

Within each group, tasks should be allocated to all group members to ensure effective team working. Some ideas of tasks that members could be allocated are:

- Song/rhyme/poem writers (Literacy skills)
- Children to type up the work (ICT Skills)
- Children to decide artwork for the project (design and technology)
- All of the group perform together by singing the song or reading the poem to be recorded on day 3 of Villa Vitality (music and drama)

Groups should spend time over the 6 weeks working on writing their chosen song/poem and rehearsing it, as this will help to reinforce the messages learnt on Day 1 of Villa Vitality. Coaches will monitor and assist with progress on the project on Day 2.



## THE CHALLENGES

### **TEACHER INFORMATION**

#### INTRODUCTION TO THE CHALLENGES

This section is to help you and your class work through the 6 class challenges (one for every week of the Villa Vitality programme).

For each challenge there is: -

- **A teacher's page:** covering the facts behind the challenge, practical tips and launch activity ideas.
- **A parents' page:** outlining the challenge and why it is important with practical tips and ideas to help support their child. These need to be copied and sent out to parents each week.
- **A pupil activity sheet:** one copy per child will be required for each week.

At the end of each week, pupils who have completed the challenge can stick a sticker onto their football on the 'Class Challenge Poster'.

Pupils who complete all 6 challenges will be awarded with a special certificate on their second visit to Villa Vitality.



***PARENT INFORMATION***

VILLA VITALITY: INTRODUCTION TO THE CHALLENGES

Dear Parent / Carer

Following your child's first visit to Villa Vitality, the class has been asked to complete 6 'class challenges' in the 6 weeks leading up to our return visit.

The class challenges are: -

- 1) 60 minutes of activity each day
- 2) Swap a snack each day
- 3) Drink more water each day
- 4) Eat a healthy breakfast each day
- 5) Eat 5 portions of fruit and vegetables a day
- 6) Plan, cook and eat a healthy balanced meal with your family

Each week, we will be sending home a parent information sheet about the challenge along with a children's activity sheet. We would very much appreciate your support in helping the children to complete these challenges at home.

Thank you,

Year 2 Staff.



## **TEACHER INFORMATION**

### **CHALLENGE 1: 60 MINUTES OF ACTIVITY EACH DAY**

#### **Facts behind the challenge**

Children need to do at least 60 minutes of activity a day to help them stay happy and healthy. They need to do it to burn off energy and help their muscles and bones grow strong. The more active they are the less likely it is that they will store up excess fat in their bodies which can lead to cancer, type 2 diabetes and heart disease.

#### **In practice**

The 60 active minutes...

- Don't have to be all in one go
- Don't have to be sport or in the gym
- Can be any kind of activity
- Don't have to be all the same – variety is good for different aspects of health
- Should help to increase heart rate
- Don't have to cost anything

#### **Possible launch activities**

- Get the class to think of things they do already to be active and how much time this adds up to. Your class should already be doing a minimum of 30 minutes activity at school each day as part of the WAVES Study intervention programme.
- Encourage the class to think of as many varied and fun games and activities as possible that will increase their heart rates.
- Introduce the pupil activity sheet.

#### **Review**

- Ask the children to keep a note of how much activity they do for the next week using the diary sheets.
- Remind them that they will need to report back this time next week.
- Recap on the reward system for completing their seven-day challenge (stickers on the poster).



## **VILLA VITALITY PARENT INFORMATION**

### **CHALLENGE 1: 60 MINUTES OF ACTIVITY EACH DAY**

#### **Facts behind the challenge**

Children need to do at least 60 minutes of activity a day to help them stay happy and healthy. They need to do it to burn off energy and help their muscles and bones grow strong. The more active they are the less likely it is that they will store up excess fat in their bodies which can lead to cancer, type 2 diabetes and heart disease.

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- Should help to increase heart rate
- Don't have to cost anything

#### **Tips and ideas**

##### *'Half hour max'*

You may find it useful to set a limit to how long your children can sit still in front of the TV, computer or video game. Some families have found saying 'Half hour max' of screen time helps them to make sure children jump up and play, or go outside after they've been sitting still for a while.

##### *Feet first*

Sitting in the car or on the bus uses little energy. If it's a short hop think about using your feet and walking or cycling with the children instead. It's more fun and you can save money too. If the journey is too far, you could always stop a bit earlier, and put your best foot forward for the rest of the journey.

##### *After school*

Parents tend to over-estimate how much energy children use at school. Remember, they're actually sitting down most of the time. The best way for children to relax after school is to be up and active rather than vegging out.

##### *Get up after eating*

Don't let them flop after meals. Just being up and about burns off excess energy.

##### *Family time*

Families that play together have more fun, so find time to do things together after school and make Saturday and Sunday active days.



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### *Play*

It's what children do best. Running around, having fun with their friends, and burning off energy is a great way of getting some (or all) of their 60 active minutes each day.

### *Dance*

It doesn't have to be at a dance class – you can dance to the radio, or in front of the TV - all that is needed is a great tune and you and your children can have fun dancing anywhere.

### *Swim*

Whether it's lengths of the pool, or having a good splash about, children love having fun in the water.

### *Bike*

Cycling is a great alternative to the car or bus, and can be much more convenient too – no waiting around, no traffic jams or parking problems and no parking charges either. You don't even need to have somewhere to get to; just getting the children out for a bike ride is a great fun activity. Just make sure they are careful and wear a helmet.



**VILLA VITALITY PUPIL ACTIVITY SHEET**

**CHALLENGE 1: 60 MINUTES OF ACTIVITY EACH DAY**

MY ACTIVITY DIARY - Write down the activities you do each day.

Name.....

Monday
Activity:
Tuesday
Activity:
Wednesday
Activity:
Thursday
Activity:
Friday
Activity:
Saturday
Activity:
Sunday
Activity:





## **TEACHER INFORMATION**

### **CHALLENGE 2: SWAP A SNACK EACH DAY**

#### **Facts behind the challenge**

Many snacks can be high in sugar, salt and fat (all the things we shouldn't eat too much of). Swapping snacks for ones lower in fat, salt or sugar can really make a difference to calorie intake and help reduce weight gain. Also, too much sugar is not good for our teeth and too much fat and salt are not good for our hearts.

#### **In practice**

- Most people eat more snacks than they realise.
- There are no set rules on exactly how many snacks are too many.
- We wouldn't eat sugar straight from the bowl or drink oil straight from the bottle but we don't always think about the sugar and fat hiding in our food and drink.
- Examples of healthier snacks are fruit, low fat yoghurt, malt loaf (with no butter), rice cakes and bread sticks.

#### **Possible launch activities**

- Guess the sugar – using the “Guess the Sugar” quiz sheet ask the children to guess how much sugar they think is in the listed snacks. You may want to show them what a teaspoon is and also measure out and show the teaspoons of sugar for some of the snacks to help them visualise the amounts.
- Count the snacks - encourage the class to think about how many snacks they have, when and what.
- Discuss what makes a healthier snack (see above).

#### **Review**

- Ask the children to keep a note of the snacks they have swapped each day.
- Remind them that they will need to report back this time next week.
- Recap on the reward system for completing their seven-day challenge.



## GUESS THE SUGAR

Try to match the snack foods below to the teaspoons of sugar.

<u>Food &amp; Portion Size</u>	<u>Teaspoons of sugar</u>
<b>Haribo</b> 1 big bag (225g)	8
<b>Mars bar</b> 1 standard bar (62.5g)	5
<b>Kit Kat</b> 4 fingers (48g)	2½
<b>Nutri-grain</b> 1 bar (37g)	2
<b>Cadbury Mini Roll</b> 1 roll (27g)	1½
<b>Chocolate Digestive Biscuits</b> 2 biscuits (35g)	1
<b>Kellogg's Frosties cereal bar</b> 1 bar (25g)	2
<b>Maryland Cookies</b> 2 biscuits	2½
<b>Plain Digestive Biscuits</b> 2 biscuits (28g)	29



### GUESS THE SUGAR - ANSWERS

Food / Drink	Portion size	Teaspoons?
Haribo	1 big bag (225g)	29
Mars bar	standard (62.5g)	8
Kit Kat	4 fingers (48g)	5
Nutri-grain	1 bar (37g)	2½
Cadbury Mini Roll	1 roll (27g)	2½
Chocolate Digestive Biscuits	2 biscuits (35g)	2
Kellogg's Frosties cereal bar	1 bar (25g)	2
Maryland Cookies	2 biscuits	1½
Plain Digestive Biscuits	2 biscuits (28g)	1



## **VILLA VITALITY PARENT INFORMATION**

### **CHALLENGE 2: SWAP A SNACK EACH DAY**

#### **Facts behind the challenge**

Many snacks can be high in sugar, salt and fat (all the things we shouldn't eat too much of). So try and keep a careful eye on how many of these less healthy snacks the children are having. Swapping snacks for ones lower in fat, salt or sugar can really make a difference to calorie intake and help maintain a healthy weight. Also, too much sugar is not good for our teeth and too much fat and salt are not good for our hearts.

#### **In practice**

- Most people eat more snacks than they realise.
- There are no set rules on exactly how many snacks are too many.
- We wouldn't eat sugar straight from the bowl or drink oil straight from the bottle but we don't always think about the sugar and fat hiding in our food and drink.
- Examples of healthier snacks are fruit, low fat yoghurt, malt loaf (with no butter), rice cakes and bread sticks.

#### **Tips and Ideas**

These tips might help keep the snack attacks at bay.

##### *Keep count*

Many families are surprised when they actually count up how many sweets, crisps and biscuits they get through and how much they are spending on snacks. Keep count and you're more likely to cut down – which is good for you and your children and for your purse too.

##### *Three regular meals*

Children that eat 3 meals a day shouldn't need lots of snacks. If your children seem to be raiding the snack cupboard and biscuit barrel several times a day, think about what meals they're eating and when, and aim for 3 regular meals a day.

##### *'Two Snacks Max'*

To fit in with their 3 meals a day, some families find a good way of limiting snacks is to introduce a snacking limit such as 'Two Snacks Max' and to offer just one snack in the morning and one in the afternoon.

##### *It's not you, it's the rule*

Children, don't blame Mum and Dad! They're just sticking to the rule – 'Two Snacks Max'. Parents, don't feel guilty. If it helps, blame Max!

##### *It's kinder to say 'no'*

Of course we all love to indulge our children. But in the long run it's kinder to say 'no' to too many snacks. Try to find other ways of rewarding them like giving them stickers, or a trip to the park.



*One of your five*

If you can make one of their snacks a healthier one, all the better. Fruit rather than a biscuit is a great way for children to head towards their 5-a-day.

*Snack swap*

Choose snacks low in fat and without added sugar such as fruit, vegetables, breadsticks, rice cakes or toast, instead of sweets, biscuits, chocolate, cakes and pastries.

*Food label swap*

When shopping compare food labels and switch to the one that's marked lower in sugar or sugar free. Some packaging uses a traffic light system, which makes it even easier to choose food that is lower in sugar. Go for more 'greens' and 'ambers' and fewer 'reds' in your shopping basket.



**VILLA VITALITY PUPIL ACTIVITY SHEET**

**CHALLENGE 2: SWAP A SNACK EACH DAY**

Name.....

**MY SNACK SWAPPING DIARY**

<b>Monday</b>
Instead of:
I ate:
<b>Tuesday</b>
Instead of:
I ate:
<b>Wednesday</b>
Instead of:
I ate:
<b>Thursday</b>
Instead of:
I ate:
<b>Friday</b>
Instead of:
I ate:
<b>Saturday</b>
Instead of:
I ate:
<b>Sunday</b>
Instead of:
I ate:



## **TEACHER INFORMATION**

### **CHALLENGE 3: DRINK MORE WATER EACH DAY**

#### **Facts behind the challenge**

Water makes up about two thirds of our body weight. We need water for lots of different processes to keep our bodies healthy and working properly. Keeping hydrated keeps us healthy and also helps us concentrate. More than half of the added sugar in children's diets comes from sugary drinks so swapping them for water can also cut down the amount of sugar we consume. Water quenches our thirst, is totally free from fat and sugar and has no calories.

#### **In practice**

- Your class may already have access to and be drinking water throughout the school day. Think about how you promote and encourage this.
- Try to encourage children to drink water at other times of the day / with their meals / at home.
- We need about 6-8 glasses of fluids each day (1.2 litres approx).
- If a child is having a glass of milk or 1 glass of pure fruit juice these should not be encouraged to be swapped for water as they provide valuable calcium and vitamins.

#### **Possible launch activities**

- What do you drink? Ask the children what they have to drink throughout the day and when they have drinks.
- Discuss how much sugar is in these drinks.
- Ask the class to think how and when they could drink more water.
- Encourage them to consider swapping some of the sugary drinks they have for water.
- The handout may help the children think about what they drink, copies for each day of the challenge could be given to each child to complete.

#### **Review**

- Ask the children to keep a note of how much water they drink.
- Remind them that they will need to report back this time next week.
- Recap on the reward system for completing their seven-day challenge.



## **VILLA VITALITY PARENT INFORMATION**

### **CHALLENGE 3: DRINK MORE WATER EACH DAY**

#### **Facts behind the challenge**

Water makes up about two thirds of our body weight. We need water for lots of different processes to keep our bodies healthy and working properly. Keeping hydrated keeps us healthy and also helps us concentrate. More than half of the added sugar in children's diets comes from sugary drinks so swapping them for water can also cut down the amount of sugar we consume. Water quenches our thirst, is totally free from fat and sugar and has no calories.

#### **In Practice**

- We need about 6-8 glasses of fluids each day (1.2 litres approx).
- Encourage children to drink water at home and with meals.
- If your child is having a glass of milk or 1 glass of pure fruit juice these should not be encouraged to be swapped for water as they provide valuable calcium and vitamins.

#### **Tips and Ideas**

- Provide water to drink at meal times.
- Get a funky water bottle and take it out wherever you go.
- Cut down on sugary drinks gradually, and substitute them with water. Set a limit to the number of sugary drinks consumed, for example no more than one per day.
- Dilute fruit juices with water.
- To add some flavour try adding slices of citrus fruits to water.
- Adding ice cubes can add interest and create a refreshing, ice cold glass of water.



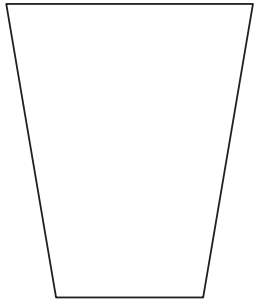


**VILLA VITALITY PUPIL ACTIVITY SHEET**

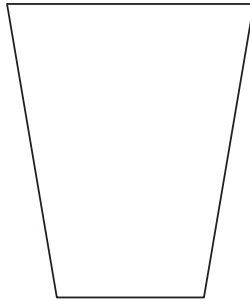
**CHALLENGE 3: DRINK MORE WATER EACH DAY**

Name.....Day.....

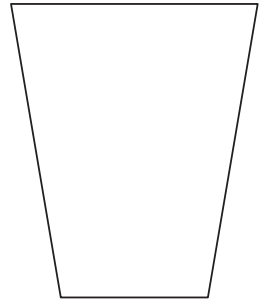
Colour a glass for every drink you have in a day. Write the name of the drink under each glass.



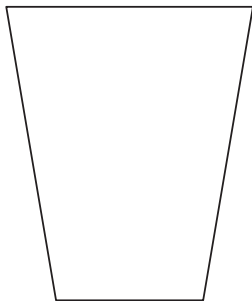
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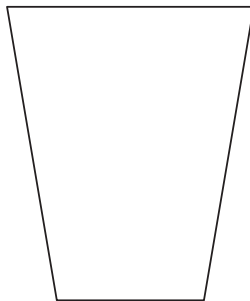
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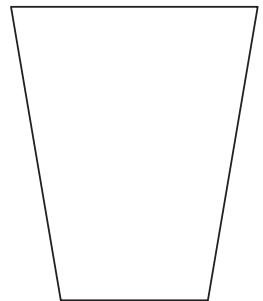
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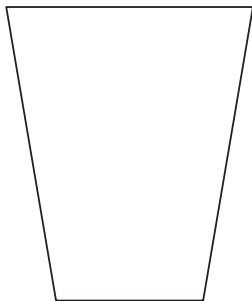
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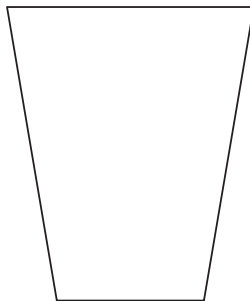
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## **TEACHER INFORMATION**

### **CHALLENGE 4: EAT A HEALTHY BREAKFAST EACH DAY**

#### **Facts behind the challenge**

Breakfast is the most important meal of the day. A healthy, balanced breakfast gets us off to a good start. Breakfast kick-starts the metabolism and gives us that first burst of energy. Breakfast helps us concentrate better throughout the morning because we are not distracted by hunger.

#### **In practice**

- The foods people eat for breakfast varies greatly.
- A healthy breakfast is based on having some form of starchy carbohydrates such as bread or cereals to give energy.
- It is also a good chance to include a portion of fruit or vegetables.

#### **Possible launch activities**

- Ask the class if they think breakfast is important and why.
- Find out who eats breakfast and what kind of things they eat.
- Discuss what makes up a healthy breakfast.
- Encourage the class to think of different ideas or how they can ensure their breakfast is healthy.

#### **Review**

- Ask the children to keep a note of what they have for breakfast each day and to complete the pupil activity sheet.
- Remind them that they will need to report back this time next week.
- Recap on the reward system for completing their seven-day challenge.



## **PARENT INFORMATION**

### **CHALLENGE 4: EAT A HEALTHY BREAKFAST EACH DAY**

#### **Facts behind the challenge**

Breakfast is the most important meal of the day. A healthy, balanced breakfast gets us off to a good start. Breakfast kick-starts the metabolism and gives us that first burst of energy. Breakfast helps us concentrate better throughout the morning because we are not distracted by hunger.

#### **In practice**

- The foods people eat for breakfast vary greatly.
- A healthy breakfast is based on having some form of starchy carbohydrates such as bread or cereals to give energy.
- It is also a good chance to include a portion of fruit or vegetables.

#### **Tips and Ideas**

- Base breakfast on starchy foods such as bread or breakfast cereals.
- When choosing cereal, try to go for one that contains wholegrains and is lower in salt and sugar. Also, serve it with semi-skimmed milk, skimmed milk or low-fat yoghurt.
- Try to include some fruit at breakfast time. Put slices of banana on toast, or add chunks of apple, berries or dried fruit to cereal.
- Adding fruit to cereals is also a great way to get children to eat less sugary cereals. Alternatively, try mixing sugary cereals with lower-sugar ones, increasing the amount of lower-sugar cereal over time to get children used to them.
- Make toast with wholemeal or granary bread, and use just a small amount of low-fat spread or jam.
- Porridge oats are cheap and contain lots of vitamins, minerals and fibre. Make porridge with semi-skimmed milk, skimmed milk or water. Try adding a few dried apricots or a sliced banana instead of sugar.
- Try toasted fruit bread as a change from ordinary toast.
- Try to have breakfast together as a family as it encourages children to eat breakfast and get a great start to the day.



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**WAVES**

*VILLA VITALITY PUPIL ACTIVITY SHEET*

**CHALLENGE 4: EAT A HEALTHY BREAKFAST EACH DAY**

Name.....Day.....

Draw a picture of what you had to eat and drink for breakfast today.  
Is it a healthy breakfast?



## **TEACHER INFORMATION**

### **CHALLENGE 5: EAT 5-A-DAY**

#### **Facts behind the challenge**

It is recommended that we all eat at least 5 portions of fruit and vegetables each day. They are important for our health both now and in the future. Fruit and vegetables are packed with essential vitamins, minerals and fibre which may help reduce the risk of diseases like cancer and heart disease. Fruit and vegetables are also low in fat and calories.

#### **In practice**

- Aim for a variety of different fruits and vegetables and a range of different colours to get a full range of vitamins and minerals.
- A portion of fruit and vegetables is roughly a handful which is relevant whatever your age.
- Fresh, canned, frozen, 100% juice and dried all count towards 5-a-day. Juice should only be counted once per day.
- Canned and frozen fruit and vegetables don't go off as quickly so can be more cost effective.
- Buying fresh fruit and vegetables when they are in season is usually cheaper.
- Just because a product may contain some fruit or vegetables or flavourings they do not necessarily count e.g. Ketchup, fruit yoghurt, squash, juice drinks, jam etc.

#### **Possible launch activities**

- Check the class know how many portions of fruit and vegetables they should be eating.
- Ensure they know how big a portion is.
- Encourage them to eat a variety.
- Encourage the class to count up how many portions they ate yesterday and ways they could eat more this week.

#### **Review**

- Ask the children to keep a note of how many fruits and vegetables they eat each day.
- Remind them that they will need to report back this time next week.
- Recap on the reward system for completing their seven-day challenge.



## **VILLA VITALITY PARENT INFORMATION**

### **CHALLENGE 5: EAT 5-A-DAY**

#### **Facts behind the challenge**

It is recommended that we all eat at least 5 portions of fruit and vegetables each day. They are important for our health both now and in the future. Fruit and vegetables are packed with essential vitamins, minerals and fibre which may help reduce the risk of diseases like cancer and heart disease. Fruit and vegetables are also low in fat and calories.

#### **In Practice**

- Aim for a variety of different fruits and vegetables and a range of different colours to get a full range of vitamins and minerals.
- A portion of fruit and vegetables is roughly a handful which is relevant whatever your age.
- Fresh, canned, frozen, 100% juice and dried all count towards 5-a-day. Juice should only be counted once per day.
- Canned and frozen fruit and vegetables don't go off as quickly so can be more cost effective.
- Buying fresh fruit and vegetables when they are in season is usually cheaper.
- Just because a product may contain some fruit or vegetables or flavourings they do not necessarily count e.g. Ketchup, fruit yoghurt, squash, juice drinks, jam etc.

#### **Tips and Ideas**

It may be easier than you think to give your children five portions of fruit and vegetables a day. Here are lots of different ideas of how to get a portion.

#### ***Defrost one***

Frozen fruit and vegetables count. It only takes a couple of minutes to microwave some frozen peas.

#### ***Open one***

Canned fruit and vegetables count too. Choose canned fruit and vegetables in their own juice/water, which is healthier than eating fruit canned in sugary syrup or vegetables canned in added salt and sugar.

#### ***Drink one***

One glass (150ml) of unsweetened fruit juice or smoothie per day counts as one portion. So they can start on their way to 5-a-day at breakfast.

#### ***Chop one***

Fruit can be fun. Peel it, slice it, make shapes with it. Make it easy to enjoy.



***Pack one***

A portion of fruit and vegetables can help cheer up a lunchbox. Try carrot sticks, baby tomatoes or a banana with a face drawn on the skin.

***Sprinkle one***

It's easy to add fresh, frozen or canned fruit and vegetables to meals. Try sprinkling sweetcorn or pineapple chunks on top of a pizza.

***Dip one***

It's fun to dunk. Cucumber, pepper and carrot sticks all go great with low fat dips.

***Add one***

Try grated or chopped carrots in spaghetti bolognese, or throw tasty vegetables in to a sauce.

***Snack on one***

Fresh and dried fruit counts. Try raisins or dried apricots – they make a great healthy treat. It's also a good idea to pack some healthy snacks for when you're out and about and the children get hungry.

***Pulse one***

Lentils, beans and peas are all pulses that count towards 5-a-day and they can easily be added to stews and salads.



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**VILLA VITALITY PUPIL ACTIVITY SHEET CHALLENGE 5: EAT 5 A DAY**

See how many portions of fruit and vegetables you eat every day for a week. Draw a picture of each portion of fruit and vegetables you eat each day. Aim for 5 every day!

Name.....

Monday

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Tuesday

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Wednesday

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Thursday

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Friday

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Saturday

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Sunday

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## **TEACHER INFORMATION**

### **CHALLENGE 6: PLAN, COOK AND EAT A HEALTHY BALANCED MEAL WITH YOUR FAMILY**

#### **Facts behind the challenge**

Planning a meal in advance can help to make sure it is healthy and balanced. Planning a meal can also make shopping trips easier and help with budgeting. Involving the whole family in planning meals ensures everyone gets a say in including things they like or would like to try.

#### **In practice**

- The Eatwell plate can be helpful to think of the different food groups and sizes of the sections to help achieve a balanced diet.
- Trying to include foods from as many food groups as possible will help to achieve this overall balance.
- All of our meals should be based on carbohydrates (e.g. rice, pasta, potatoes, bread, cereals) to give us energy and wholemeal or brown varieties provide more fibre and fill us up for even longer.
- Meal times are a great time to include some fruit and vegetables too.

#### **Possible launch activities**

- Recap the Eatwell plate and the types of foods we should eat to achieve a healthy, balanced diet. Extra information can be found at [www.eatwell.gov.uk](http://www.eatwell.gov.uk)
- Discuss how this could be incorporated into different meals.
- Ask the class to think about what they might eat for dinner and consider how healthy this is.
- Discuss ideas for designing a healthy, balanced meal, give out the “Design a Dish” sheet for them to complete at home.

#### **Review**

- They will have completed all the challenges at the end of this week.
- Remind children to complete “Design a Dish” worksheet to take to Villa.
- Remind them that they will need to report back this time next week and when they return to Villa.



## **VILLA VITALITY PARENT INFORMATION**

### **CHALLENGE 6: PLAN, COOK AND EAT A HEALTHY BALANCED MEAL WITH YOUR FAMILY**

#### **Facts behind the challenge**

Planning a meal in advance can help to make sure it is healthy and balanced. Planning a meal can also make shopping trips easier and help with budgeting. Involving the whole family in planning meals ensures everyone gets a say in including things they like or would like to try.

#### **In practice**

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- Trying to include foods from as many food groups as possible will help to achieve this overall balance.
- All of our meals should be based on carbohydrates (e.g. rice, pasta, potatoes, bread, cereals) to give us energy and wholemeal or brown varieties provide more fibre and fill us up for even longer.
- Meal times are a great time to include some fruit and vegetables too.

#### **Tips and ideas**

- Ask your child to explain what makes up a healthy, balanced diet. They will have been taught the Eatwell plate which is included for your reference.
- They may want to adapt a meal the family already enjoys.
- Alternatively you could use this opportunity to try a new dish and encourage your children to try some new foods too.
- Support your child by helping them to design a healthy meal and plan a time to cook and eat it together.
- This may be a good opportunity to allow your child to help out in the kitchen.



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**WAVES**

***VILLA VITALITY PUPIL ACTIVITY SHEET***

**CHALLENGE 6: PLAN, COOK AND EAT A HEALTHY BALANCED MEAL WITH YOUR FAMILY**

Name.....

Draw a picture of your healthy meal.

## Poster 100: The Eatwell Plate

[www.foodafactoflife.org.uk/attachments/a1a2c7f4-376e-4c059f857e44.pdf](http://www.foodafactoflife.org.uk/attachments/a1a2c7f4-376e-4c059f857e44.pdf)

(last accessed 04/08/2016)

## Poster 100: The Eatwell Plate

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