

Healthy Eating Session Plan

Introduce the Eat Well Plate and ask if the group believe it's relevant to a footballer. Explain that the class will be split into groups after and will plan a footballer's diet. All groups will be compared to see who develops the healthiest diet so it is important to pay attention during the session.

Q. Do you think a footballer is healthy? Why?

Explain that footballers are very healthy as they train at least 2-3 hours a day and play matches which last 90 minutes. They also eat very healthy balanced diets.

Q. Do you know what the Eat Well Plate is?

Ask children to explain what they think the Eatwell plate is and why it looks like it does.

Ask children to explain why they think the plate is split into different sections and why some groups are bigger than others; explain that the bigger groups are the ones we should eat more of emphasizing that it is important to have a balanced diet.

Q. Do you think the Eat well Plate is important for you too?

A balanced diet helps to give you a better health.

Introduce the AV footballer

How does each of the food groups help you and the footballer to become healthier?

Fruit and Vegetables

Introduce the section

Q. What foods go in this section?

Spinach, peas, okra, Aubergine, cauliflower, apples, pears, bananas, grapes, oranges, etc

Q. Why are these foods important for you and a footballer?

They are rich in vitamins, minerals and fibre

****Clue-** What do they have inside them that is really healthy, they begin with V, M and F. Keep giving them an extra letter of the name until someone answers correctly.

Q. Why are vitamins and minerals important?

Help fight coughs and colds, strengthens immune system.

Q. What does fibre do for our bodies?

Ask what happens when we eat food? Our body digest it. Explain that inside your tummy we have something called a digestive system and fibre keeps this really healthy

Q. How many portions of fruit and vegetable are you supposed to eat a day?

Aim to eat at least 5 portions of fruit and vegetables every day.

Q. How big is a portion?

A handful. Give an example of a portion size using the palm of your hand. Explain what counts as a portion and that only one glass of pure fruit juice counts as a portion because it doesn't have all the fibre that fruit has which as we said is really important for a healthy digestive system. Explain that everybody's portion is different depending on the size of your hand the bigger we are the more we need.

Q. Where can you find fruit and vegetables in the shops?

Fresh, Frozen, Tinned, Dried, Juice.

****If children struggle with this give an example e.g. You are in the supermarket in a really cold frosty area, where am I? They should come up with Fridge Freezers. So, what has happened to the fruit and vegetables in this section? They are frozen.**

Q. How could the footballer get his 5 portions of fruit and vegetables a day (breakfast, lunch, dinner and snacks)?

Breakfast: Banana on cereal, and Fruit Juice

Snack: Piece of Fruit

Lunch: Raw vegetables sticks/cherry tomatoes/Vegetable soup

Dinner: Vegetables or Salad

Bread, Rice and starchy foods

Introduce section.

Q. What foods go in this section?

Bread, Chapattis, Rotis, Pitta Bread, Breakfast cereals, Rolls, Naan, Pasta, Rice, Potatoes

Q. What is another name for this section?

Carbohydrates.

If nobody comes up with the answer, begin to spell the word until someone answers correctly.

Q. Why is this food important for you and a footballer?

It provides us with lots of long lasting Energy. Carbohydrate is the main fuel they will use during training and matches. Explain that we are a bit like cars and we need fuel to keep us going just like a car, so CAR-bohydrates are our fuel that keeps us going all day long. Explain and reinforce that they are the best source of energy for our body.

Q. Who thinks they need to eat as much as a footballer?

You do not need to eat as much as a footballer. A footballer has to eat a lot of food especially carbohydrates to give him energy so he can keep going and going during a match. He also trains a lot so he has to eat more food than you or me to give him the energy he needs.

Q. Who knows how long a football match lasts?

A football match lasts for 90 minutes, so a footballer will have to eat a very healthy balanced meal 1-2 hours before, with lots of carbohydrate to give him energy so he can play at his best. He will have to drink lots of water as well so that he does not become thirsty or dehydrated.

Q. What do you think would happen to you if you ate as much as a footballer?

If you eat too much food then this will give your body extra energy that it cannot use. If we eat too much then our body will turn this extra energy into fat and we will put on weight which could lead us to become overweight or obese which is not good for our body.

Q. Who thinks that they should eat as much as their Mum, Dad, Big Brother, Sister etc?

You should not eat the same amount as adults as they have a bigger tummy than you and if you ate as much as they do then it will make you put on weight.

Q. Who has heard of Change4Life?

Explain it's the little brightly coloured people you might have seen on T.V. who want us to live healthy lives.

Q. Who has heard of me sized meals? Who can explain what these are?

A me sized meal is a meal that is the right size for you, not too big and not too little, that means you feel full but not too full where your tummy may hurt.

Q. What would happen if we ate a meal that was too big for us?

We would put on weight which is not good for our health. It could lead to overweight or obese.

Energy: talk through the AV footballer's day and how he will need energy to do day to day things that everyone does but needs even more when he goes football training or plays a game – explain that a football game lasts 1 hr 30 minutes which is a lot of exercise.

Explain that if you eat more energy than you need for the amount of activity you are doing it can lead to overweight.

Show portion size for the pupils of jacket potato (clenched fist) and cereal (mug) using resources

Meat, Fish, Eggs and Beans

Q.What foods go in this section?

Chicken, meat, fish, eggs, pulses and dals, nuts

If children mention unhealthy forms of meat, fish etc such as battered fish or chicken nuggets explain that the way you cook foods can affect what food group they go into. So if you put fish in batter, like you would get from the fish and chip shop, and place this into the fryer it will absorb lots of fat and then it will go into the purple section.

This will highlight that meat, fish etc can be really healthy but if you cook them wrong then they will become unhealthy as they have a lot of fat in them.

Q. Why is this food important for you and a footballer?

Protein helps to build muscle and repair the body.

Do actions- Flex arms to display bicep muscle and get the children to do the same. Also explain that protein helps our body to repair cuts we may get when playing in the playground for example.

Q. Why would the footballer need muscles?

A footballer needs strong muscle so he can kick the ball far, throw the ball and to run. This will help him to pass, score and win the match!

You also need strong muscles for day to day tasks just like the footballer.

Extra Information if time-

Give example of a muscle and explain that protein helps this muscle to be strong and healthy-

Ask pupils if they know what their heart is made of? Then explain to pupils that their heart is a muscle and you need protein to keep this strong and healthy. Ask the children to clench together one of their fists and explain that this is the size of their heart and it is really important to keep this healthy by exercising and eating a balanced diet.

Show portion size for the pupils of a serving of meat or fish (playing cards) using resources.

Milk and Dairy foods

Q. What foods go in this section?

Milk, yogurt and all cheeses

Q. What do these foods contain that is really good for us?

Calcium

Q. Why is calcium important for you and a footballer?

It gives us healthy bones and teeth

Q. Why would the footballer need healthy bones and teeth?

He needs healthy bones and teeth just like you do so that they don't break easily and so that they are nice and strong.

Explain we need approximately 1 pint of milk or equivalent per day

Show portion size for the pupils of a serving of cheese (small matchbox) using resources – this gives the same amount of calcium as $\frac{1}{3}$ rd pint (175ml) milk or 125g pot of yoghurt

If the following items, ice cream, cream or chocolate are mentioned as an items that go in this section ask the following question-

Q. Who thinks that a Dairy Milk chocolate bar/Ice cream/Cream go in this section?

They do not belong in this section as they contain a lot fat and/or sugar and are not good for our health. We should only have these as part of a balanced diet.

Sugary and fatty foods

Q. What foods go in this section?

Ask the class to name of items they think may belong in this section- Examples are chocolates, fizzy pop, sweets, cake, biscuits, crisps, chips, samosa, Indian sweets, doner kebabs, sausage rolls etc

Q. What do these foods give our bodies?

Fat and sugar.

Q. What happens if you eat a lot of sugar?

Food and drinks containing lots of added sugar contain calories but often have few other nutrients, so we should try to eat these types of foods only occasionally otherwise they can lead to overweight. Sugary foods and drinks can cause tooth decay, particularly if you have them between meals.

Q. Can you think on healthier alternatives?

Replace high sugar/high fat snack with: Fruit, nuts, bread sticks, low fat and sugar yogurt, vegetable sticks

Replace unhealthy high sugar drinks with: water, milk, fruit juice (once a day with a meal)

Highlight the importance of two healthy snacks a day instead of unhealthy snacks- Provide examples e.g. An apple instead of a bag of crisps.

Q. What happens if you eat a lot of fat?

Eating lots of fat can make you more likely to put on weight because foods that are high in fat are also high in energy (calories). It can also give you a lot of health problems when you are an adult.

Q. Can you think of healthier alternatives?

Fruit, nuts, bread sticks, low fat and sugar yogurt, vegetable sticks

Q. Do you know how much sugar is in....

(use pre-prepared test tubes containing the amount of sugar in each item)

Mars Bar

Haribo

Coca Cola

Fruit Shoot

Choc digestives

Q. Do you know how much fat is in....

(use pre-prepared test tubes containing the amount of fat in each item)

Veg Samosa

Chip shop chips
Oven chips
Sausage roll

Show portion size for the pupils of a serving crisps (handful) using resources

Review plate

Q. What does Bread, Rice and starchy foods give you?

Energy – Discuss and ask a child to place the word on the
footballer **Q. What does Fruit and Vegetables give you?**

Vitamins and Minerals – Discuss and ask a child to place the word on
the footballer **Q. What does Meat, Fish, Pulses and Dals give you?**

Muscles - Discuss and ask a child to place the word on
the footballer **Q. What does Milk and Dairy foods give
you?**

Calcium for our bones and teeth - Discuss and ask a child to place the word on
the footballer **Q. What does Sugary and fatty foods give you?**

Contain few nutrients so the footballers does not eat these foods often

Drinks

Q. What kind of drinks would a footballer drink?

Water, smoothies, milk and fruit juices.

Q. Why is it important to drink a lot?

All professional footballers, including David Beckham, know how important it is to
keep hydrated.

Hydration is a measure of how much water you have in your body. Water is one of
the most important nutrients in your diet. You can survive for only a few days
without water,

Drinking too little water or losing too much water through sweating will have a
negative effect on your performance in training and matches.

Q. Is there any other drinks that you can drink that are healthy? Water, Milk and Fruit Juice (once a day)

Explain that footballers drink healthy drinks most of the time, but when they are very active during training and games they might have drinks that are higher in sugar.

Practical session – split class into groups

Explain that each group will be given an eat well plate mat and a footballers 'kit bag' containing the types of foods a footballer might eat. Ask all groups to discuss each food item and place it in the group they think it belongs. Once all groups have finished ask each group to listen to what other groups have for each meal and where they placed each item of food, a different child is nominated each time from each group to answer questions.

Q. In the bag what types of food will the footballer eat for breakfast? Cereal, Fruit Juice. Milk

Q. Can you think on any other healthier alternatives for breakfast? Toast, Fruit, Porridge, Boiled egg

Q. What types of foods would the footballer eat for lunch? Sandwich (sliced bread, bagel, wrap, roll), Tuna, Yogurt, Fruit

Q. Can you think on any other healthier alternatives for lunch? Salad, Pasta salad, crackers, Meat

Now that the two meals have been identified, ask each group to work together to develop a healthy meal that they could eat for dinner, remembering all what they have learnt this morning (e.g. 5 a day, portion sizes, healthy alternatives). Complete the Eat Well Plate.

Compare all meals. Discuss the healthy ones and any that are not as healthy ask class can they think on ways to make it a healthier meal e.g. Q. How is the food cooked?

Summary

Q. How is a footballers' diet different to yours?

We all need the same balanced diet to get the same nutrients

A sports person may need to eat more to get enough calories

If we are not very active we need to compensate by eating less otherwise the extra calories will cause us to put weight on.