



# NORTH GLASGOW YOUTH FOOD GUIDELINES AND HEALTHY EATING TOOLKIT



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# THE CASE FOR HEALTHY EATING

**An unhealthy diet can lead to obesity, poor dental health and chronic diseases such as heart disease, diabetes and some cancers. As a nation Scots aren't eating enough fruit and vegetables, and are eating too many fatty and sugary foods.**

The recent Schools Health Survey showed young people in North Glasgow to have the poorest intake of fruit and vegetables in Glasgow, with only 29% of pupils aged 12-15 eating the target 5 a day, and 21% reporting that they ate no fruit or vegetables the previous day! North Glasgow pupils were also more likely to drink fizzy drinks than others in Glasgow, with 43% of pupils reporting that they had a non diet fizzy drink at lunchtime.

A poor diet is not only linked with physical health, but also feelings of self esteem - the survey showed lower self esteem in those who ate less fruit and vegetables, didn't regularly eat breakfast and drank more fizzy juice.

### Opinions in North Glasgow: Results from the Consultation and Survey Monkey

From April 2009 to February 2010 we worked with 40 young people in 5 youth groups alongside cookery classes and 69 young people and youth workers responded to a survey monkey. We wanted to know:

- What are your food issues?
- Do you want food guidelines?
- How can we help you to use these guidelines?
- What do you think should be in the food guidelines?

The content of this resource is based on what young people and youth workers told us, and the guidelines have been developed to support healthy eating in youth clubs. We held a focus group in March 2010 where 15 young people and youth workers commented on the content and design of these guidelines, as well as tasting some of the recipes included.

### Findings from the survey monkey

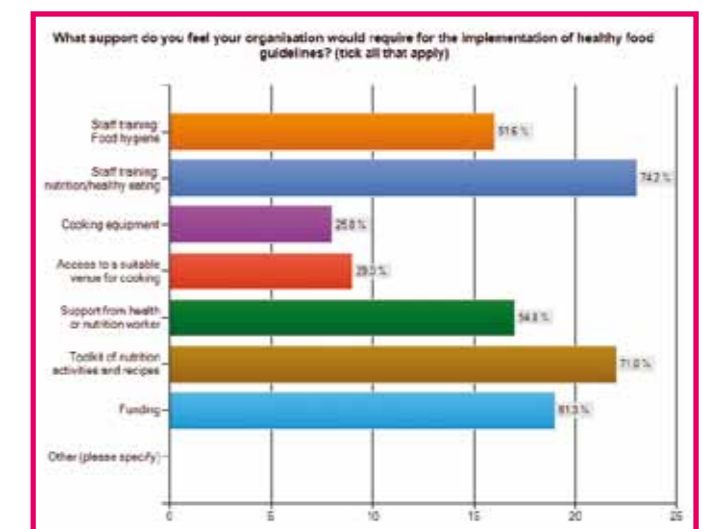
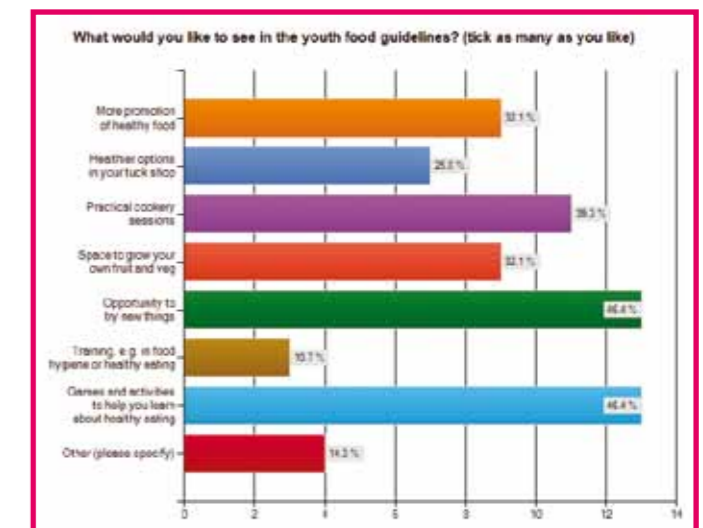
Young people weren't too sure if there was a need for healthy eating guidelines or not, but 69% thought they would affect them in a good way, and no one thought it would be a bad thing!

60% of youth workers think there is definitely a need for healthy eating guidelines, and 100% think these will affect the young people they work with in a positive way.

50% of youth clubs have someone trained in food hygiene, and only 23% have someone trained in nutrition. Only 35% of youth clubs have the facilities and equipment to run cookery courses and just over ½ of youth clubs do some healthy eating activities at the moment.

The three biggest things that young people would like the guidelines to contain are the opportunity to try new things, games and activities around healthy eating and practical cookery sessions.

Youth workers need support to roll out these guidelines: the three biggest things they asked for were staff training in nutrition, a toolkit of healthy eating activities and recipes, and funding.



## OUR NORTH GLASGOW YOUTH FOOD GUIDELINES:

These have been developed to tackle your key food issues identified by the consultation:

- Access to healthy food
- Cost and convenience of unhealthier options
- Lack of cooking skills and the opportunity to try new things
- Concern over the amount of junk food you eat and the health risks of this

1. Young people should be involved in decisions around what food and drink is available
2. Tuck shops should have healthy options, including access to water
3. Cookery classes and/or taster sessions should be made available where possible
4. Healthy food should be promoted, e.g. posters and information on sugar contents of tuck shop items
5. Games and activities around nutrition should be used regularly to help young people learn about healthy eating
6. Space to grow your own fruit and vegetables should be made available where possible

The following information and activities in this toolkit aim to support you to implement these guidelines in your youth organisation.

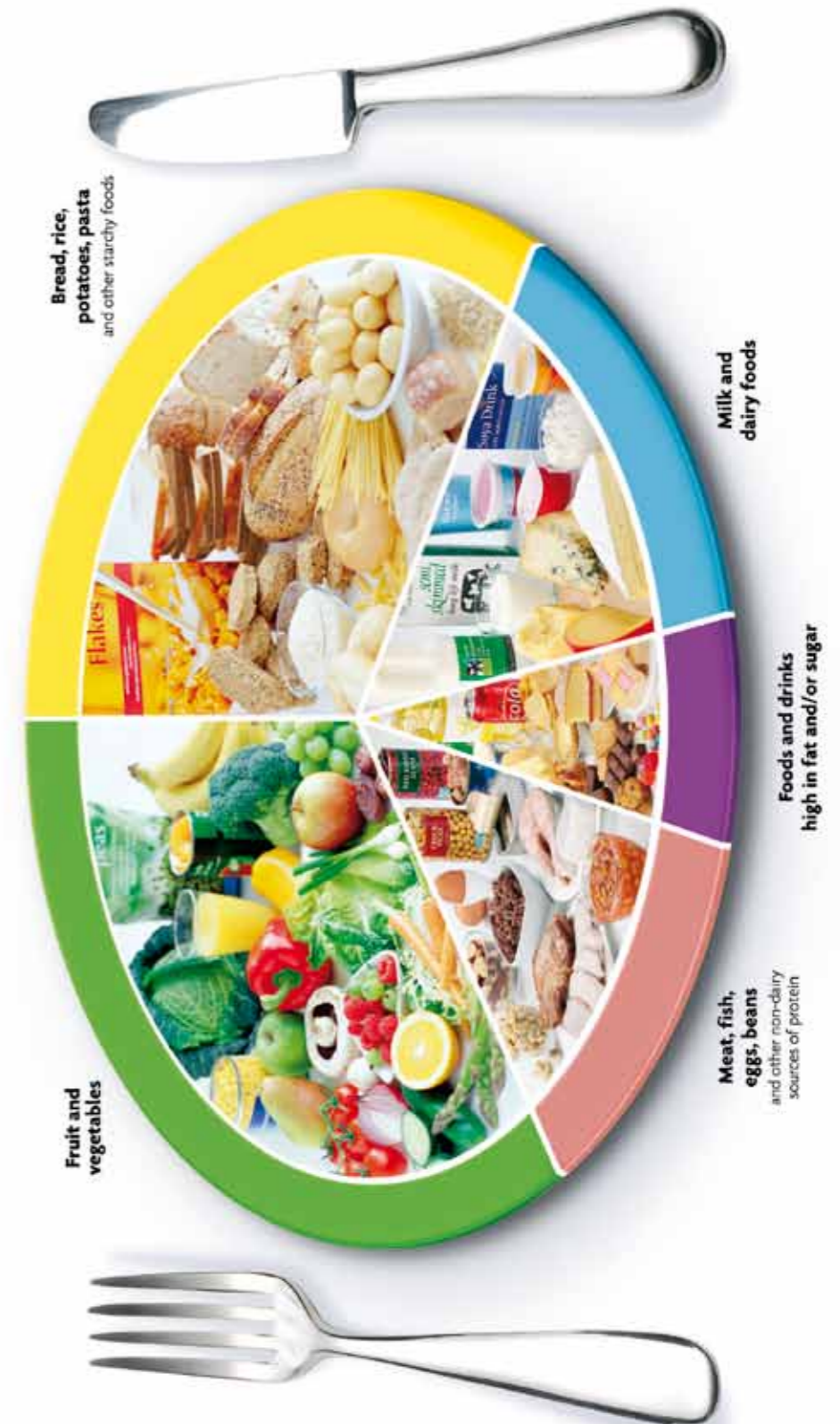


## HEALTHY EATING INFORMATION



### The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



**Previous page:**

The eatwell plate shows how much of what you eat should come from each food group. This includes everything you eat during the day, including snacks. So, try to eat:

- Plenty of fruit and vegetables
- Plenty of bread, rice, potatoes, pasta and other starchy foods - choose wholegrain varieties whenever you can
- Some milk and dairy foods
- Some meat, fish, eggs, beans and other non-dairy sources of protein
- Just a small amount of foods and drinks high in fat and/or sugar



**Why do we need to eat?**

Our food provides us with the energy and nutrients we need to live and grow. We need to eat a variety of foods to get all the nutrients we need, such as vitamins, minerals and protein.

**What should we eat?**

On the 'Eatwell' plate there are no 'good' or 'bad' foods, but types of foods that we should try to eat more or less of to achieve a balanced diet. We also need to make sure we drink enough fluids, such as water, juice or tea: at least 8 glasses a day.

We should try to eat lots of fruit and vegetables; these are packed with vitamins and fibre to help keep our digestion healthy, at least 5 portions a day. A portion is roughly the size of what you can hold in your hand, e.g. an apple, half a melon, or 2 big spoons of cooked vegetables.

We should make sure foods such as bread, rice, pasta and cereals are included in each meal as they provide most of our body's energy, fill us up and also contain a lot of fibre: good for our bowels and our heart. Try some wholegrain varieties too as they contain more fibre, vitamins and minerals, and give you longer lasting energy too.

Dairy food, that is milk, cheese and yoghurt, is full of calcium which is very good for our teeth and bones. It can be quite high in fat too though so we should eat some foods from this group a day, but not lots.

Meat, fish and eggs provide us with protein which is essential for growth and repair of our bodies, and also the mineral iron which helps us to transport oxygen round our bodies. Vegetarians and Vegans can get protein from nuts and pulses, like beans or chickpeas. We should eat some of these foods every day, but not too much as they often contain high levels of saturated fat which can lead to heart disease.

We all love fatty and sugary foods, like crisps, fizzy juice, pastries and chocolate, but we should try to limit our intake of these as they can lead to obesity, tooth decay and contain hardly any of the nutrients our bodies need. If we do eat these we should try and eat these at mealtimes to limit the damage to our teeth.

Have a look at the further information section to find out more about healthy eating.

**How do we know what is a healthy choice?**

The Food Standards Agency has developed the 'traffic light' labelling scheme for identifying at a glance which foods are a healthier choice by making them red, amber or green for fat, saturated fat, sugar and salt.

**What do the colours mean?**

- **Red means HIGH** - Indicating that the food is high in fat, sugars or salt.
- **Amber means MEDIUM** - Indicating that it is an ok choice.
- **Green means LOW** - This makes it a healthier choice.

**School Aged Children (5-12)**

When children leave home or nursery to attend school, their opportunities to learn and experience food in a number of environments and eating situations grows. For example they now have the opportunity to choose their own food from school meal menus, tuck shop etc. They also have more opportunity to share foods with friends, and to learn about food through lessons and experiencing new foods.

Despite this change in environment and choice, children of this age continue to need a varied diet to help provide the continued supply of energy and nutrients needed for their growth. While children in this age group still have high energy requirements in relation to their size, good eating habits start in childhood, and children of this age should be encouraged to make food choices that will help lead to healthy eating habits later in life.



**Adolescence and Young Adults (12-19)**

Adolescence and the first steps into adulthood are not only a time of physical and emotional change but of the continued development of diet and other health related behaviors. Young people choose foods for many reasons other than their nutritional content including peer pressure to eat certain foods, weight control and slimming (whether justified or not) change in beliefs such as wishing to follow a vegetarian diet or simply just out of convenience.

Growth and development happens very quickly in adolescence and even though the demands for energy and nutrients such as iron, calcium, vitamin C and zinc differs between boys and girls, the need for these is high. It is therefore important that a varied diet is encouraged especially one that promotes iron and calcium rich foods. Poor nutrition during adolescence can lead to diseases like osteoporosis in later life and may lead to stunted growth and the delay of puberty if severe.



**Special Dietary Requirements**

Children and young people may have individual dietary requirements for example related to religious reasons (e.g. halal and kosher) or food allergy/intolerances or medical conditions such as diabetes and children who are overweight. Individual dietary requirements should always be considered.

	What is HIGH per 100g?	What is MEDIUM per 100g?	What is MEDIUM per 100g?
<b>Fat</b>	Over 20g	Between 3g and 20g	Under 3g
<b>Saturated Fat</b>	Over 5g	Between 1.5g and 5g	Under 1.5g
<b>Sugars</b>	Over 15g	Between 5g and 15g	Under 5g
<b>Salt</b>	Over 1.5g	Between 0.3g and 1.5g	Under 0.3g



# PROVIDING FOOD IN YOUTH CLUBS: HEALTHY TUCK SHOPS

Of the youth organisations that responded to our survey, 43% had tuck shops, but only about 1/3 of these include healthy options. 25% of young people who responded to our survey would like healthy options in their tuck shops, so to start off with, have a chat with the young people in your group to see what kind of things they would like available. Try having taster sessions or seasonal specials to keep up interest, and keep the young people involved in choosing and selling produce.

## Ideas for change

Here are some ideas for helping to ensure that healthier options are on sale at the tuck shop:

- Only selling low fat crisps.
- Replacing sweets and chocolate with cereal bars and dried fruit.
- Selling bottled water, milk drinks, fruit juices or smoothies.
- Selling home-baked goods such as muffins and fruit scones.
- Introducing yoghurt and fromage frais.
- Selling bread sticks, rice cakes and plain popcorn.
- Selling only fruit and vegetables.

## YOUTH HEALTH SERVICE'S 'NO JUNK' POLICY

When young people attend this service only water is available, if they bring in anything else then it is to be left at the door or they are asked to leave.

The following recommendations are in line with 'Healthy Eating in Schools: A guide to implementing the nutritional requirements for food and drink in schools (Scotland) regulations 2008'. This means that young people will be getting consistent messages in and out of school.

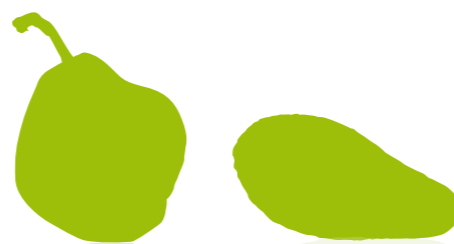
## Drinks

- Plain water (still or carbonated).
- Skimmed, semi-skimmed milk or lower fat milks.
- Milk drinks and drinking yoghurts, or soya alternatives.
- Tea and coffee.
- Fruit or vegetable juices (with no added sugar).
- Smoothies (with no added sugar).

NB: Although diet varieties of carbonated drinks are sugar free, they do pose a risk to the erosion of teeth due to their acidity.

## Foods

- Sandwiches, rolls, wraps or baguettes, using wholemeal bread, low fat spreads and a variety of fillings such as lean meat, salad, eggs or oily fish.
- Salad packs.
- Fruit and vegetables- can use tinned (with no syrup/salt) and frozen.
- Yoghurts.
- Small packets (25g) of savoury snacks with reduced fat and salt content, e.g. lightly salted snack a jack popcorn and walkers lights.
- No confectionary is now allowed to be sold in schools, though if you want to provide a choice of cakes and biscuits ensure there is a reduced fat and sugar content. See recipes section and the Food Standards Agency's advice on what's a lot and what's a little to help you choose 'healthier' options.



# RECIPES



The following recipes are simple and healthy, including some no cook ones. These are from the ACES (Active Children Eating Smart) physical activity and healthy eating programme, and from the North Glasgow Community Food Initiative.

## NO COOK:

### Fruit salad

Wash and dry a selection of your favourite fruits, e.g. bananas, apples, grapes and kiwi fruit, and chop into bite sized pieces. Add a dash of orange juice to stop it going brown. Try using fruit that is in season, like raspberries in the summer, tinned fruits in juice, and serving with low fat natural yoghurt.

### Smoothies

Smoothies are dead easy and you can make them with whatever fruit, yoghurt or juice that the young people like. Have a competition to come up with the best. Just chop up your fruit, pop all ingredients into a blender and blend for 2 minutes.

### 'Berry Delicious' (makes 4)

- ½ banana
- 50g frozen summer fruit mix
- ½ raspberry yoghurt
- 200ml white grape juice

### Vegetables and dips

Mix of veggies, e.g. broccoli and cauliflower florets, carrot, celery, pepper and cucumber sticks, sugar snap peas and baby sweetcorn. Selection of dips, e.g. hummous, reduced fat cream cheese, salsa.

Lay out vegetables and dips then allow young people to try them all.

How about making your own no cook dips?

### Guacamole

- 2 large ripe avocados
- Juice of one lime
- ½ red onion, finely chopped
- 2 tomatoes, deseeded and chopped
- 2 tablespoon chopped fresh coriander
- Pinch of black pepper, or try a pinch of chilli powder

1. Cut the avocados in half and remove the stone.
2. Scoop out the flesh into a bowl and mash with a fork.
3. Squeeze the lime juice and add along with the onions, tomatoes, pepper, and coriander and stir to mix.

### Hummous

- 2 cans chickpeas, rinsed and drained
- 4 cloves garlic, crushed
- 1 tablespoon tahini paste (sesame seed paste)
- Juice of 4 lemons
- 2-3 tablespoons light olive oil
- 2-3 tablespoons water

1. Place the chickpeas, lemon, garlic and tahini in a food processor.
2. With the motor running, drizzle in the olive oil and water until the consistency is smooth and thick.

If you don't have a blender, use a potato masher - it makes chunkier hummous but is just as tasty.

### Salsa

- 8 ripe tomatoes
- 1 large white onion, finely chopped
- 2 small cloves garlic, finely chopped
- 1 green pepper, finely chopped
- ¼ cup of fresh coriander, chopped
- 1 small chilli, seeded and finely chopped

1. Just mix all the ingredients together!

## SAVOURY SNACKS:

### Popcorn

- A popcorn pan or a large saucepan with a lid
- Popcorn kernels
- Tablespoon of olive oil

1. Put about a tablespoon of olive oil in your pan with a handful of popcorn kernels.
2. Put a lid on the pan then put the pan on the hob over a medium heat. When you hear the kernels start to pop, you should turn the handle of the popcorn pan or shake the saucepan with the lid on.
3. Once the popping has definitely stopped turn off the heat and carefully open the pan.



**Italian Bruschetta - serves 4**

- 4 tomatoes, chopped
- 1 tablespoon of olive oil
- 3-4 basil leaves, chopped
- 2 small ciabatta loaves

1. Cut ciabatta in half and toast.
2. Finely chop basil.
3. Mix basil, tomatoes and olive oil.
4. Spread tomato mixture over ciabatta.

Try growing your own basil and tomatoes on a sunny window ledge

**TAKEAWAYS AT HOME:**

Learning to make your favourite takeaways can be much cheaper, healthier and even tastier.

**Burgers**

- 400g minced beef (lean mince, or try chicken/turkey mince instead)
- 1 red onion, peeled and chopped
- A small egg
- Black pepper
- 50g breadcrumbs
- Rolls and salad to serve.

1. Peel and chop onion finely.
2. Combine all the ingredients. If the mixture is too dry add more egg, or if too wet add more breadcrumbs.
3. Divide into 8 balls and flatten into a burger shape.
4. Cook on the barbeque or under a grill- about 8-10 minutes on each side until they are brown all over and well cooked.
5. Check cooked in the middle.
6. Serve in a roll with salad, e.g. lettuce, tomato and cucumber.

**Easy Pizza - serves 4**

- 2 French bread rolls or muffins, split open
- 1 small tin chopped tomatoes
- 1 teaspoon dried mixed herbs
- 85g half fat cheddar cheese
- A small pinch of pepper

1. Preheat grill.
2. Toast the rolls slightly on both sides.
3. Spread the tomatoes and herbs over the top of the toasted bread.
4. Scatter the cheese, divided equally between the four portions.
5. Place under the grill and cook until the cheese is bubbling.

Try experimenting with ingredients: button mushrooms, spring onions, sweetcorn, peppers...

**Chicken Korma (serves 2)**

- 2 chicken breasts, chopped into bite size pieces
- 1 onion, finely chopped
- 1 carrot, grated
- 1 heaped teaspoon mild curry powder
- ½ block of creamed coconut, cut into pieces
- Small carton of natural yoghurt
- 150ml water
- 1 tablespoon oil

1. Fry chicken pieces for 8-10 minutes in the oil until golden. Remove from pan and drain on kitchen towel.
2. Add onion and curry powder to pan and fry for 5 minutes, then add the carrot, chicken and 150ml water.
3. Simmer for 15 minutes, then add creamed coconut and cook for a further 5 minutes.
4. Just before serving add the yoghurt, but DO NOT BOIL, as this makes the yoghurt separate.
5. Serve with rice or naan bread. You could also serve with finely sliced tomatoes and onions, or finely sliced cucumber mixed in natural yoghurt (raita).

**HEALTHIER CAKES:****Fruit Pancakes**

- 125g self raising flour
- 1 tablespoon of sugar
- 180ml semi skimmed milk
- 1 egg
- 50g fruit, e.g. blueberries, raspberries or bananas
- Small amount of oil

1. Wash and dry the fruit, and chop into small pieces, or keep whole depending on the size of the fruit.
2. Sieve the flour into a bowl and add the sugar.
3. Whisk in the egg and milk and stir in the fruit.
4. Heat the frying pan and add a little oil.
5. Pour in 2 tablespoons of the mixture for each pancake.
6. Cook for 2 minutes until golden and turn over.
7. Cook for a further minute.
8. Serve.

**Carrot Cake**

- 175g light muscavado sugar
- 175ml sunflower oil
- 3 large eggs, lightly beaten
- 140g grated carrots (about 3 medium ones)
- 100g raisins
- Grated zest of 1 large orange
- 175g self raising flour
- 1 teaspoon bicarbonate of soda
- 1 teaspoon ground cinnamon
- ½ teaspoon grated nutmeg (freshly grated gives the best flavour)

For the icing

- 175g icing sugar
- 1½ - 2 tablespoons orange juice

1. Preheat the oven to 180c/Gas 4/fan 160c. Oil and line the base and sides of an 18cm square cake tin with baking parchment.
2. Tip the sugar into a large mixing bowl, pour in the oil and add the eggs. Lightly mix with a wooden spoon. Stir in the grated carrots, raisins and orange rind.
3. Mix the flour, bicarbonate of soda and spices, then sift into the bowl. Lightly mix all the ingredients - when everything is evenly mixed, stop mixing. The mixture will be fairly soft and almost runny.
4. Pour the mixture into the prepared tin and bake for 40-45 minutes until it feels firm and springy when you press it in the centre. Cool in the tin for 5 minutes, then turn out, peel off the paper and cool on a wire rack (you can freeze the cake at this point).
5. Beat together the icing ingredients in a small bowl until smooth - you want the icing about as runny as single cream. Set the cake on a serving plate and boldly drizzle the icing back and forth in diagonal lines over the top, letting it drip down the sides.

**IDEAS FOR HEALTHY LUNCHBOXES FOR DAY TRIPS:****Sandwiches**

Sandwiches are an easy choice for a packed lunch. To add a little variety, try different breads and rolls such as wholemeal, granary, poppy seed, sesame seed, pitta bread, bagels and baps. Try some breadsticks or crackers too.

**Sandwich Fillings**

For sandwich fillings, include ham, turkey, chicken, fish, egg, banana, edam, mozzarella or cottage cheese. Add plenty of salad, but avoid too much mayonnaise or salad cream as these are high in fat.

**Something Different?**

- Include some chopped raw vegetables such as carrots, cucumber, peppers or cherry tomatoes.
- An apple a day can soon become very boring so include a variety of fruit. Choose fruits that are in season as this will be more economical; include a pot of fruit salad as a change to whole fruit.
- For a dessert, include milk based puddings such as fromage frais, a small pot of custard or mousse.
- Choose fruit scones, pancakes or fruit loaf as healthier alternatives to sweets and chocolate.
- For a drink include milk, water or fruit juice.
- Home made pasta and rice salads are ideal for packed lunches.

**Mexican Spicy Bean Wraps**

- Can of mixed beans
- 2 tablespoons tomato puree
- 1 big clove garlic, crushed
- 1 teaspoon chilli powder
- Grated low fat cheddar cheese
- Small pot reduced fat crème fresh
- 6 tortilla wraps

1. Cook the beans with the tomato puree, garlic and chilli.
2. If not eating straight away then leave to cool, then spread thinly over a tortilla wrap, top with cheese and a spoon of crème fresh and add salad too if you like.
3. Roll up tightly, tucking in the ends as you go.

**Tuna and Sweetcorn Pasta (serves 4)**

- 1 tin tuna, drained
- 200g pasta
- 1 tin sweetcorn
- 4 tablespoons low fat mayonnaise
- Black pepper
- Pinch dried mixed herbs

1. Cook the pasta according to the instructions on the packet.
2. Rinse the pasta with cold water, then add the rest of the ingredients and serve.



# GAMES & ACTIVITIES TO PROMOTE HEALTHY EATING



## DUMP THE JUNK!

This activity is adapted from ACES (Active Children Eating Smart), a healthy eating and physical activity programme for children, young people and their families who are worried about their weight. For more information on this free programme please call **0800 027 0291**. These hands on activities aim to raise awareness of sugar and fat contents of common foods in a fun and visual way, which is a great way to get the message across.

### Guess the sugar!

You'll need:

- Bag of sugar
- Teaspoon
- Clear plastic cups
- Selection of food packets, see examples

### How much fat?

You'll need:

- Packet of margarine, butter or lard (you could also mark out sections in an empty margarine tub if you prefer)
- Weighing scales
- Knife and plates
- Selection of food packets, see examples

FOOD	SUGAR CONTENT
Can of coke	7 teaspoons
Glass of water	0 teaspoons
King size mars bar	9 teaspoons
Fun size mars bar	2 teaspoons
Bowl of Frosties	4 teaspoons
2 weetabix	½ teaspoon
Fruit pastilles	6 teaspoons
McDonalds McFlurry	17 teaspoons

### Instructions:

For both activities ask young people to line up the foods from what they think contains the most to least fat or sugar. Reveal the answers and get the young people to measure out the sugar or fat to match each one.

FOOD	FAT CONTENT
'Fast food' cheeseburger	13.1g
Medium fries	16g
Slice of cheese & tomato pizza	10.1g
Chicken tikka masala	42g
Fried (pilau) rice	28g
Boiled rice	4g
Chocolate bar	10g
Danish pastry	20g

Discussion: What are they most surprised at? Compare some of the higher and lower sugar/fat products: what changes could you make to reduce sugar or fat in your diet? Discuss how the amount of sugar and fat we eat over the day can really add up.

Why should we eat less sugar?

- Contains 'empty calories' which means they don't provide our bodies with any of the essential nutrients that we need.
- Too much can lead to putting on weight.
- Tooth decay.

Why should we eat less fat?

- Very high in calories - can lead to weight gain.
- Too much saturated fat (which mostly comes from animal products) can lead to an increased risk of heart disease.

Hint: you can use any foods you want, or get the young people to come up with the foods they snack on most and work out the sugar and fat contents: as a rough guide 5g of sugar = 1 teaspoon.

## HOW HEALTHY IS YOUR EATING?

The following activities aim to provide healthy eating information through using the Eatwell plate, and to allow young people to think about their own diets and small changes they could make.

### The Eatwell Plate

You will need:

Food mat and models (can be borrowed from the health improvement library). Or draw out the segments of the plate on a flip chart and use a selection of food packets or printed out pictures. Information on the Eatwell plate from this pack.

Instructions:

Ask the young people to put the foods into the correct segments of the plate. Go through each segment, giving the key information from the healthy eating information section of this pack.

With younger children you could make this into a race: two teams line up at one end of a hall and are given a selection of foods, each to be placed on the correct sections of the plate laid out at the other end. Team members take it in turns to choose a food item, run up to the plate, place it on the correct segment and run back before the next person goes. The team to finish first and with the most correct items wins.

You could also get the young people to make up their own healthy eating posters with the information learnt to display in the youth centre.



### Food Diaries

Ask the young people to fill in everything they ate and drank yesterday, or give the diary away to fill in for one day before they come to the next session. You could use a template like this one:

<b>NAME:</b>	
<b>DATE:</b>	
<b>MEAL/SNACK:</b>	<b>WHAT YOU ATE AND DRANK:</b>
<b>BREAKFAST:</b>	
<b>SNACK:</b>	
<b>LUNCH:</b>	
<b>SNACK:</b>	
<b>DINNER:</b>	
<b>SNACK:</b>	

Have a group discussion or work in pairs using the Eatwell plate:

- Are there any of the food groups that you are not eating enough of?
- Are there some types of food that you are eating too much of?
- Can you think of two small changes that you could make to make your diet more like the Eatwell plate?
- Do you eat breakfast? Why do you think we call this the 'most important meal of the day'?
- Was what you ate linked to mood or feelings?

## COOKERY CLASSES AND TASTER SESSIONS

Cookery classes, demonstrations or taster sessions can be run in lots of different ways depending on your group, facilities, resources and time. Taking part in practical food activities encourages young people to try new things and learn new skills. There are many useful resources for planning a cookery session, including:

A Taste for Independence.

Examples of cookery work with young people:  
[www.communityfoodandhealth.org.uk](http://www.communityfoodandhealth.org.uk)

Get Shopping Get Cooking: resource developed by the coop: [www.co-operative.co.uk](http://www.co-operative.co.uk)

Get Cooking! Resource pack from the Food Standards Agency: [www.food.gov.uk](http://www.food.gov.uk)

Some ideas to get you started:

### Exotic Fruit Tasters

Chop up a selection of 'exotic' fruits, e.g. papaya, mango, pineapple, sharon fruit, lychee, different types of melon, star fruit; whatever is available. Encourage the young people to try each and see if they can guess what they are.

### Blindfold Taste Test

Young people are blindfolded and asked to taste various samples of foods and their 'healthier' alternative (marked with a star). Ask the young people if they can guess what they are and which one they prefer, and lead a discussion on why some are a more healthy choice than others. Chop up small pieces of the following foods, or think up your own combinations:

**Food 1:** a) sliced white bread  
b) sliced wholegrain bread \*

**Food 2:** a) semi-skimmed milk \*  
b) full-fat milk

**Food 3:** a) reduced fat crisps \*  
b) regular crisps

**Food 4:** a) cheddar cheese  
b) reduced fat cheddar cheese \*

### Theme Nights

Ask your group to choose a country, e.g. Italy, India, Scotland, or France. With the group brainstorm the types of food we associate with this country, and if possible bring in some food tasters or hold a cookery demonstration to create a national dish.

### Ready Steady Cook!

1. Split your group into 2 teams, and give each a bag of ingredients which are tailored towards a certain dish.
2. Teams are also allowed to use 'store cupboard' ingredients like oil, stock and spices.
3. Teams can swap one item between them if they like.
4. They are then given a set time to create a dish from their ingredients: 30-40 minutes.
5. The youth worker or young people not involved then taste both dishes and decide which team wins.

Hint: make sure the tutor and participants are aware of food safety and hygiene before the class starts. For information on food hygiene training see 'useful contacts' in this pack.



## FOOD LABELS: WHAT'S A LOT AND WHAT'S A LITTLE



This exercise aims to get young people thinking about the salt, fat, sugar and calorie content of foods as well as learning how to read food labels. The Food Standards Agency use traffic lights to show whether a food is particularly high or low in a certain nutrient.

Refer to this table as young people work through the 6 comparisons. You could use the examples given here or use foods or snacks that the young people eat. Also use the eatwell plate alongside this exercise to explain why we might want to increase or decrease our intake of certain foods.

Check how much fat, sugar and salt is in your food		Food Shopping Card			
		Sugars	Fat	Saturates	Salt
Remember that the amount you eat of a particular food affects how much sugars, fat, saturates and salt you will get from it.	What is <b>HIGH</b> per100g	Over 15g	Over 20g	Over 5g	Over 1.5g
	What is <b>MEDIUM</b> per100g	Between 5g and 15g	Between 3g and 20g	Between 1.5g and 5g	Between 0.3g and 1.5g
	What is <b>LOW</b> per100g	5g and below	3g and below	1.5g and below	0.3g and below

- Put these foods in order from most to least salt per 100g (Hint: sodium x 2.5 = salt) (Babybel cheese, Tesco Multigrain Farmhouse Bread, Tesco dried pasta).

**Answer:** the cheese has the highest amount of salt (1.7g), then bread (1g), and then pasta (trace) has the least. Traffic light info: the cheese is **HIGH** in salt, bread **MEDIUM** and pasta **LOW**.

- Which cake/biscuit is highest in saturated fat per 100g? (Nairn's organic oat cakes, Tracker bar, Mr Kipling Bakewell Slice).

**Answer:** the cereal bar is highest in saturated fat (11.1g); oatcakes are the lowest (4.4g). Traffic light info: the cereal bar and cake bar are both **HIGH** in saturated fat, and the oatcakes are **MEDIUM**.

- Which yoghurt has the most sugar per 100g? (Onken Cherry Biopot, Muller cherry Fruit Corner, Yeo Valley strawberry Fruity Favourites).

**Answer:** Onken has the most sugar (16.3g), then Muller (13g) and Yeo Valley has the least (11.5g). Traffic light info: Onken is **HIGH** in sugars, and Muller and Yeo Valley are **MEDIUM**.

- Put these foods in order from most to least calories per 100g (Ben & Jerry's Half Baked Ice Cream, Eat Natural Lunchies bar, Pickled Onion Monster Munch).

**Answer:** the crisps are highest in calories per 100g (490kcal), then the cereal bar (353kcal) and the ice-cream has the least (270kcal).

- Which of these foods is highest in fibre per 100g? (Red lentils, Tesco braeburn apples, Princes tuna in spring water).

**Answer:** The lentils have the most fibre (4.9g), followed by the apples (1.8g) and the tuna has least (nil).





## BUDGETING

The cost of healthy eating is often a key barrier to young people trying to achieve a healthy diet. This exercise aims to get the young people thinking of ways to eat healthily on a budget, and to show that making home cooked versions of takeaways is more cost effective and much better for you too.

**Top tips for eating a healthy diet on a budget**  
(from the ACES childhood obesity programme)



Ask the group to come up with their suggestions and start to create a list on a flip chart. Here are some tips to get you started:

1. Pre-plan your weekly menu: this way you can make sure all your meals are healthy and plan how much you are going to spend.
2. Be wise to supermarket tactics: check the top and bottom of the aisles for special offers, though remember BOGOF is only a bargain if you are going to eat all of it!
3. Don't shop when you are hungry: you are more likely to buy things you don't need.
4. Use frozen fruit and veg: these save waste and are just as healthy as fresh.
5. Tinned fruit and veg are a great store cupboard item: make sure you choose those in fresh water, not salt or sugar/syrup.
6. Go seasonal: fresh fruit and veg are always cheaper in season.
7. Invest in good quality lean meat: lean turkey is by far the cheapest as an alternative to chicken.
8. Save on waste: cook in bulk and freeze portions for another day.

### Home Cooked vs. Takeaways

For this exercise you'll need to collect a sample of local takeaway menus and print off the costs of the necessary ingredients from an online supermarket. Alternatively if you have access to computers get the young people to choose the dish they'd have from a takeaway then look up the ingredients needed online, or arrange a visit to your local supermarket.

Discussion:

- What costs more: home cooked or takeaway?
- Which do you think would be healthier? Why?
- What store cupboard items (e.g. rice, tinned tomatoes) could you use to make your takeaway? How does this save you money?

If possible cook one of the 'takeaways at home' recipes alongside this session.

TAKEAWAY (SERVES 1)	SUPERMARKET (SERVES 2)
Chicken Tikka Masala: £7	Chicken Breast: £2.50 (for 2)
Boiled Rice: £1.60	Onion: £0.15
Naan Bread: £1.70	Pepper: £0.70
	Jar Tikka Masala Sauce: £0.73
	Basmati Rice: £0.82 (500g)
	Naan Bread: £0.69 (for 2)
<b>Total: £10.30</b>	<b>Total: £5.59</b>

## GROW YOUR OWN

Whatever the space you have, either indoors or outdoors there is something that will grow! Here are some ideas from the Children's Inclusion Partnership, who have worked on growing projects with young people in North Glasgow.

### Strawberries

Strawberries can be grown in containers, pots and hanging baskets. They like sunshine and well drained soil, but not too rich as it makes too much foliage and not enough fruit.

- Sunlight will ripen the fruit.
- Plant in summer about 30cm apart.
- Straw under plant helps to deter slugs.
- Water frequently.
- After cropping cut plant back and use the runners to make plants for next year. The plants will last 3 years.

### 'Cut and come again' lettuce

- Sow from March to September.
- Start off indoors on a window ledge or outside in a 'mini greenhouse'.
- Water frequently.
- When 15-25cm high cut the leaves but leave enough to encourage more growth.
- Can be grown all summer and takes 6 weeks from sowing to harvest.

### Potatoes

"CHITTING": Before we put seed potatoes in the ground we "chit" them. Buy your seed potatoes:

- Put them in an open egg box.
- Keep them cool and out of direct sunlight.
- When sprouts of about 2.5 cm appear, they are ready to be planted, either directly in the soil or in a bucket or rubble bag.

Early potatoes can be planted in March and main crop in April. Potatoes need water and fertile soil so feed with a liquid fertiliser and add organic matter to the soil when you plant them.

"EARTHING UP": Potatoes need to be earthed up every now and again. This means putting earth over the growing shoots as they grow out of the ground. The potatoes are ready when the plants have flowered and the stalks start to die back.



# SUPPORT AND FURTHER INFORMATION

## Useful contacts

- North Glasgow Community Health and Care Partnership: Health Improvement Team: **0141 201 9707**.
- North Glasgow Community Food Initiative: [www.ngcfi.org.uk](http://www.ngcfi.org.uk) / **0141 558 2500**.  
Current activities include: fruit barras, allotment projects, cookery groups, weaning workshops and outreach work.
- North Glasgow Youth Stakeholders Group: represents over 40 agencies working with young people in North Glasgow. Colin Strangeways: **0141 276 0920**.
- Youth Health Service: Every Wednesday, 7 Closeburn Street, Possil, 6.30-9pm, every Thursday, Maryhill Health Centre, 6.30-9pm. **0141 201 4252 / 0141 531 8717**.
- ACES: Active Children Eating Smart. Free healthy eating and physical activity programme for 5-15 year olds and their families run by NHS and Glasgow Life. Call **0800 027 0291**.
- Community Food and Health Scotland: [www.communityfoodandhealth.org.uk](http://www.communityfoodandhealth.org.uk) supports initiatives in low-income communities which help people take up a healthy diet; includes advice, funding, discussion forum, contacts.
- Public Health Resource Unit (PHRU): free health improvement related training, (including nutrition) and evaluation support [www.phru.net](http://www.phru.net). [phru@ggc.scot.nhs.uk](mailto:phru@ggc.scot.nhs.uk)
- Royal Environmental Health Institute for Scotland (REHIS): info on local providers of food hygiene and healthy eating training. [www.rehis.org](http://www.rehis.org)

## For healthy eating information resources:

- PERL Library (Public Education Resource Library): currently at Dalian House: Free leaflets, posters, education packs and access to books and journals. See online catalogue at the PHRU website, [www.phru.net/perl](http://www.phru.net/perl) or Tel: **0141 201 4915**. E-mail: [perl@ggc.scot.nhs.uk](mailto:perl@ggc.scot.nhs.uk)
- [www.comiccompany.co.uk](http://www.comiccompany.co.uk): Small charge for child / young people friendly promotional materials and games.
- [www.food.gov.uk](http://www.food.gov.uk) and [www.eatwell.gov.uk](http://www.eatwell.gov.uk): Information on healthy eating, recipes and downloadable resources.
- [www.nurtrition.org.uk](http://www.nurtrition.org.uk): Healthy eating information, resources and educational tools.
- [www.direct.gov.uk/smallsteps4life](http://www.direct.gov.uk/smallsteps4life): Government website promoting small manageable steps to eat well, get active and feel good for children and young people. Free resource packs available.
- [www.scotland.gov.uk](http://www.scotland.gov.uk): Publications: healthy eating in schools policies good for background information.
- [www.healthscotland.com](http://www.healthscotland.com): Publications, training and resources.
- [www.faithandfood.com](http://www.faithandfood.com): Information on religious diet.
- [www.coolfoodplanet.org](http://www.coolfoodplanet.org): Healthy eating information aimed at young people.

## Gardening Tips and Information

- BBC gardening site: [www.bbc.co.uk/gardening](http://www.bbc.co.uk/gardening)
- Dig In (site about growing your own veg). [www.bbc.co.uk/digin/](http://www.bbc.co.uk/digin/)
- BBC Gardeners World: [www.gardenersworld.com](http://www.gardenersworld.com)
- Children's Inclusion Partnership: **0141 336 8612**.

## Thanks:

A big thank you to all the youth groups that took part in our consultation, cookery classes and filled in the survey monkey. We are also extremely grateful to East CHCP for sharing their experience in developing food guidelines, and West CHCP for their ideas on establishing healthy tuck shops.

This is a joint piece of work developed by North Glasgow Youth Stakeholders Group and North Glasgow Food and Health Action Group.



Please feel free to re-use this document and photocopy as you see fit.

## Monitoring Form

Please can you print your details clearly.

Name \_\_\_\_\_

Flat/House No \_\_\_\_\_ Address \_\_\_\_\_

POSTCODE \_\_\_\_\_ Age \_\_\_\_\_

Email \_\_\_\_\_

Male  Female

### Do you have any of the following conditions?

(please tick relevant box -you may tick more than one)

Sensory impairment  Learning disability

Physical impairment  Mental health condition

No Disability  Any other disability or impairment

### Ethnic Group or Background

(please tick relevant box- you may tick more than one)

White Scottish  Indian  African

Other White British  Pakistani  Caribbean

White Irish  Bangladeshi  Chinese

Other white  Other (South Asian)  Mixed

Black Scottish & other Black  Not known

Other (Please state below) \_\_\_\_\_

### Data confidentiality and security

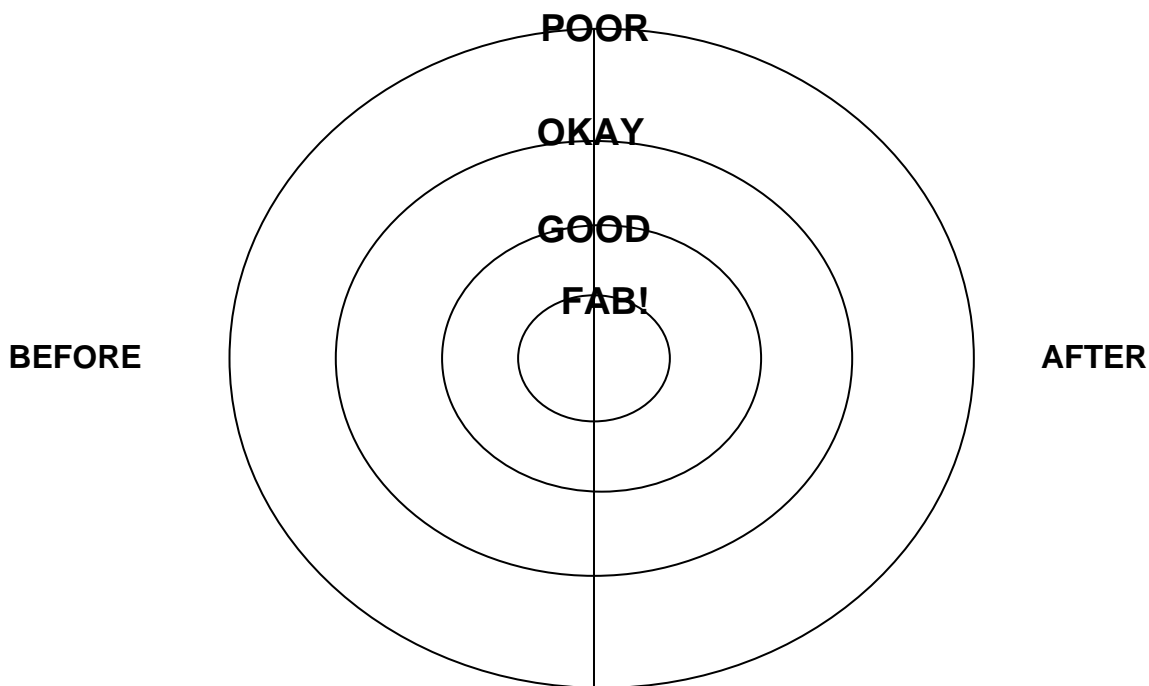
*The information provided by you will be held in a secure environment in accordance with the Data Protection Act (1998). The information will be only be used to assess the outcome of this project and no details will be passed on to any organisations who are not involved in the outcomes assessment.*

# EVALUATION

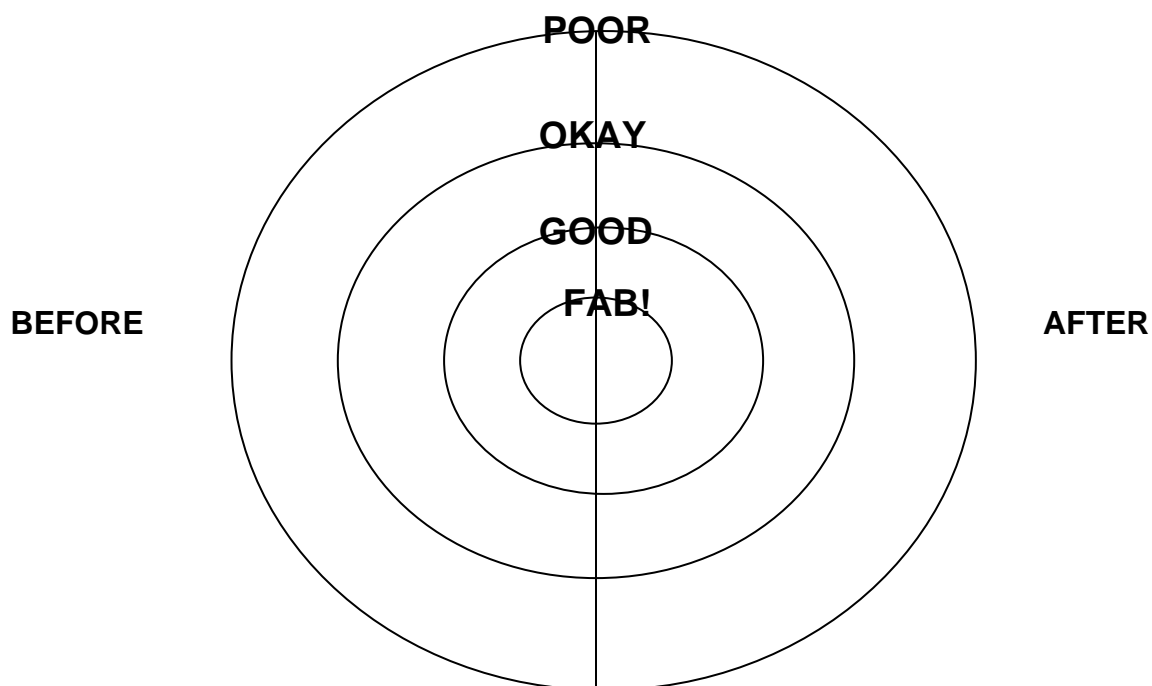
Are you a) young person  b) working with young people

Please place a cross (X) on the left hand side of the circles at the beginning of the sessions and a cross (x) on the right hand side , at the end to answer the following questions.

1) How would you rate your understanding of healthy eating?



2) How would you rate your cooking skills?



## Evaluation of cookery and healthy eating session

Are you a young person  (**complete first 4 sections only**)  
Are you working with young people  (**complete all sections**)

1. What did you learn during the healthy eating session?

2. What did you enjoy about the session?

3. Do you think you will make any changes to what you eat?  
If so, what?

4. Any other comments

5. Brief summary of session delivered (for cookery and healthy eating sessions)  
\* **youth workers only**