

School Wellbeing Activity Programme

Champion Guide

Session 2

Welcome to Nuffield Health, the UK's leading not-for-profit healthcare organisation*.

As a not-for-profit with no shareholders, we invest all our income back into our family of award-winning 31 hospitals, 112 fitness and wellbeing clubs, healthcare clinics, over 200 workplace wellbeing services, as well as developing flagship collaborations supporting our communities – all to realise our vision to build a healthier nation.

What makes us unique is our unrivalled award winning and industry leading network of health and wellbeing services. Only Nuffield Health has the wide-ranging expertise to provide connected care. We attract some of the best people in their specialist fields, who take a personalised approach so we can provide the best possible care and support now and in the future – wherever they are on their journey. All for the public benefit. So, it's no surprise that we're trusted by the NHS, Private Medical Insurers, employers and the general public to provide exceptional health and wellbeing services to the nation.

We're committed to our vision of building a healthier nation.

* Nuffield Health is a Registered Charity. Our objective is to advance, promote and maintain health and healthcare of all descriptions and to prevent, relieve and cure sickness and ill health of any kind, all for the public benefit. Registered Charity Numbers 205533 (England and Wales) and SC041793 (Scotland).

What is SWAP?

swap is our new School Wellbeing Activity Programme, designed to empower students to improve their wellbeing.

As a trading charity, we are proactively responding to the key health issues facing young people today. Our programme is free, making it accessible to all and enabling us to help schools incorporate further health and wellbeing lessons into their timetable.

What does the programme involve?

This programme offers evidence-based lessons that are delivered as a six-week programme. There is also a separate taster session available, to provide schools with an overview and trial of the programme.

The programme focuses on four key themes:

- How I Move: focusing on physical activity
- How I Eat: focusing on sugar content of food and drinks, hydration, fruit and vegetables
- How I Sleep: focusing on sleep, sleep hygiene and screen time
- How I Feel: focusing on emotional wellbeing and resilience

This SWAP Champion Guide contains all the session guides, activity sheets and fact sheets needed to deliver SWAP.

It should be used with SWAP Activity Books for students.

How I Eat: Fruit & Veg

SWAP Champion session guide

Suggested time: 60 minutes

Summary: In this classroom activity, learners discover why eating a variety of colourful foods is important, and are challenged to try unfamiliar foods.

Objectives:

- To discover things that different coloured fruits and vegetables do for our body
- To try different foods from the rainbow
- To set a challenge to eat a rainbow of fruits and vegetables over a certain amount of time

Materials and preparation:

- The Eatwell Guide: www.nhs.uk/live-well/eat-well/the-eatwell-guide
- Paper plates (one per learner) and felt tip pens
- *Mood-lifting foods* PowerPoint (optional): <http://www.nuffieldhealth.com/downloads/swap-2-ppt>
- *Mood-lifting foods* fact sheet
- Cardboard box with a fist-sized hole cut in it
- 6 fruits and vegetables that feel different to each other, e.g. pineapple, avocado, kiwi fruit, grapes, banana; you may wish to include a more unusual fruit or vegetable, e.g. passion fruit, sweet potato, aubergine
- *Blank rainbow* activity card
- *Rainbow challenge* activity card
- *How will you eat the rainbow?* activity card
- *Eat a rainbow every day!* activity card (preferably printed in A3 size)
- Enough fruit and vegetables belonging to each of the colour groups for the learners to try

Note: If you are bringing in fruit and vegetables, check with the teacher in advance whether any students have allergies that mean that they shouldn't handle them.

Activity outline and delivery:

Reflection (5 minutes)

Reflect on session #1 (How I Feel: Understanding Feelings & Emotions) by asking learners what they did to cope with stress and lighten the load. Did they recognise any "ABC's" in their daily lives? How did this affect the "4 corners of me": physical body, emotions, thoughts and behaviours?

Introduction (10 minutes)

- A balanced diet is made up of five food groups. Do learners know what they are? What do we need them for?
 - **Fruit and vegetables** contain important vitamins and minerals that help prevent disease, as well as fibre which can lower cholesterol, keep the bowel healthy and help digestion.
 - **Protein** provides energy and is necessary in building and repairing body tissues.
 - **Carbohydrates** are a good source of energy and essential fibre, calcium, iron and vitamins.
 - **Dairy** and dairy alternatives are good sources of protein and vitamins. They also contain calcium, which helps keep our bones healthy and strong.
 - **Fat** allows us to store energy and is important for insulation – some is essential, though most of us eat too much.
- Ask learners to share their ideas about how much of each food group a balanced diet should contain.
- Show the Eatwell Guide, which shows how much we should eat overall from each food group to achieve a healthy, balanced diet (though you don't need to have a perfect balance in each individual meal).

How I Eat: Fruit & Veg

SWAP Champion session guide

- Ask learners to divide their plate into labelled sections like those on the Eatwell plate and draw a food that they would enjoy in each group.

Mood-lifting foods (5 minutes)

- Explain that as well as containing the five main food groups, food contains lots of other vitamins and minerals and substances that our bodies need.
- Sometimes these can be beneficial for our minds as well as our bodies.
- Use the *Mood-lifting foods* PowerPoint to highlight some foods that boost our mood.
- Note – you can refer to the *Mood-lifting foods* fact sheet for more detailed information.

Identify the fruit and veg (10 minutes)

- Invite a learner to come to the front and put their hand in a box containing a fruit or vegetable.
 - Ask them to describe what they can feel, but not guess what is in the box.
 - Other learners need to call out what they think the fruit might be.
 - Repeat this with other fruit and vegetables (be careful that students don't see what you're putting in the box each time).

Rainbow challenge (10 minutes)

- Explain that just as fruits and vegetables all look very different, they contain different nutrients which have different health benefits.
 - Some of the benefits are linked to the substances that give them their colours.
 - For instance, lycopene gives red fruits their colour. It is thought to have antioxidant properties that may help protect against cardiovascular disease and has been reported to help reduce blood pressure and cholesterol.

- Eating a rainbow can help make sure that you get a good mix of all these nutrients.
- Using the large printout of the blank rainbow, ask learners to help fill it in with different foods. Alternatively, give each learner the *Rainbow challenge* activity card to work on individually.

- After the learners have populated the printout, discuss their ideas so far.
- Use discussion questions that will prompt reflection, e.g. are there any foods they have never tried? Are there colours that they hardly ever eat?

How will you eat the rainbow? (15 minutes)

- Hand out a copy of the *How will you eat the rainbow?* activity card to each student, and challenge them to create colourful menus.
- Give learners the *Eat a rainbow every day!* activity card to take home and let them set a target to eat a whole rainbow of foods over a certain period of time (the chart is for one week).

Practice (5 minutes)

Guide the learners in increasing the variety and amount of fruits and vegetables they consume over the next week. Encourage them to eat a "rainbow" by trying different colours and new foods. Guide them in pledging their small swaps by writing down their goals.

How I Eat: Fruit & Veg

Mood-lifting foods

SWAP



Walnuts and **oily fish** are high in Omega-3 fatty acids, which help mood-lifting neurotransmitters.



Tuna is high in vitamin B6, which is needed to produce serotonin.



Spinach is high in folate (vitamin B9), which helps you feel well and happy by boosting serotonin.



Hummus is a great snack because it provides a slow release of energy and helps you avoid mood-altering blood sugar fluctuations.



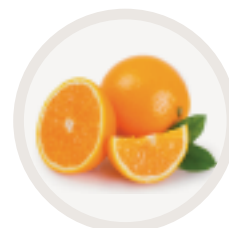
Turkey is high in tryptophan, which is needed to produce serotonin.



Quinoa, brown rice and **dark green leafy vegetables** are packed with magnesium which can help to reduce stressful feelings.



Butternut squash helps keep nerve cells functioning properly and banish the blues.

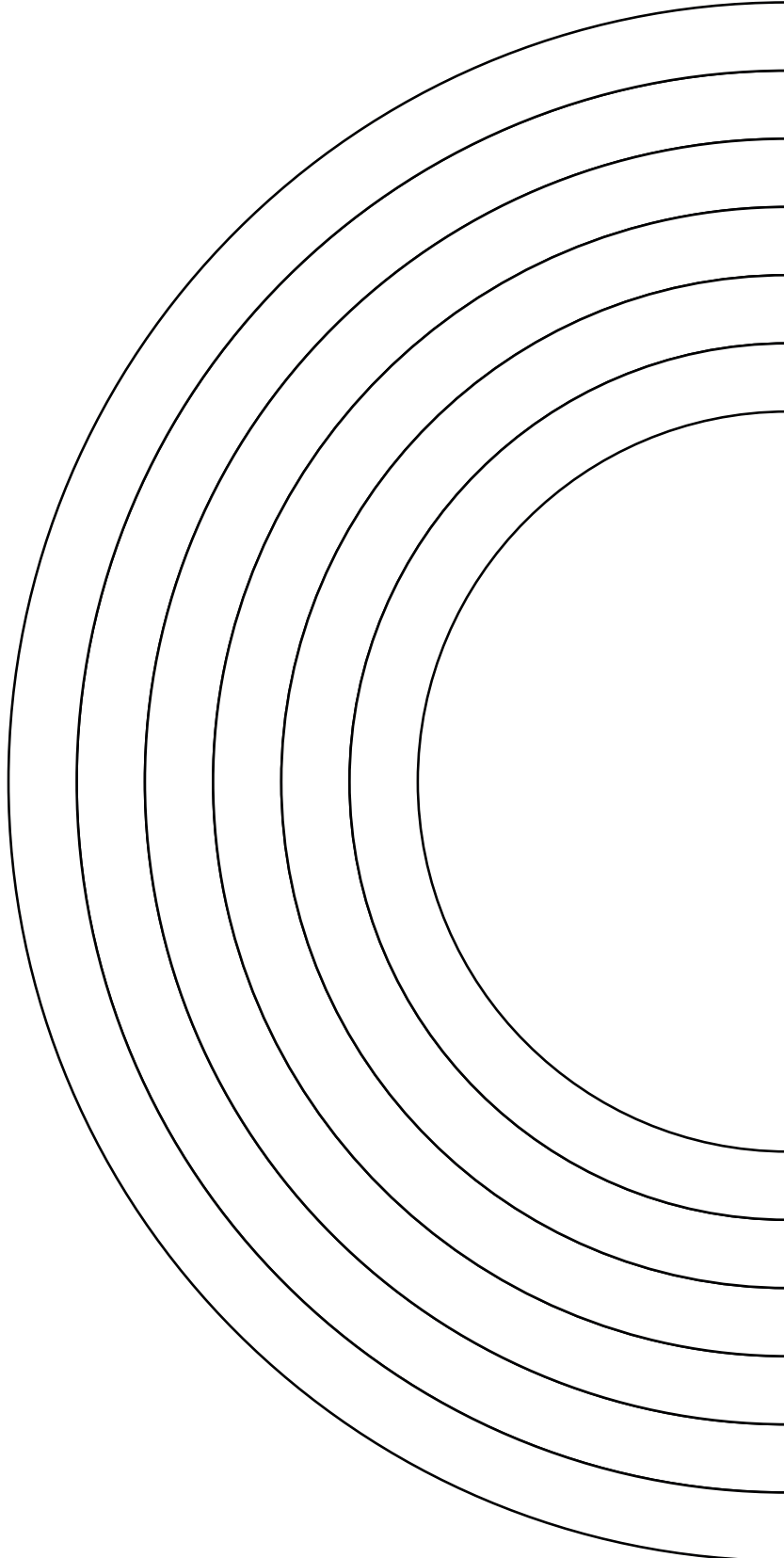


Oranges are rich in inositol, which regulates serotonin and insulin levels. This can help reduce mood swings and may provide relief from depression!^{9 10}

How I Eat: Fruit & Veg

Blank rainbow

SWAP



How I Eat: Fruit & Veg

Rainbow challenge




It's important to include lots of differently coloured fruits and vegetables in your diet. Challenge yourself to try a food from every colour of the rainbow!

1. Write the names of as many foods as you can think of for each of the colours of the rainbow.
2. Underline the foods that you have eaten before or eat as part of your diet regularly.

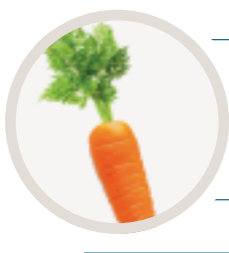
Red



Green




Orange




Blue/Purple



Yellow



White



How I Eat: Fruit & Veg

How will you eat the rainbow?

SWAP

1. Create a menu that is full of healthy colours.

2. Give each dish a colourful and creative name and include each of the ingredients that are required.



Breakfast



Snack



Lunch



Dinner

How I Eat: Fruit & Veg

Eat a rainbow every day!

SWAP

Keep track of the colours you eat every day using the chart

How much of the rainbow can you eat over a whole week?

Day	Red	Orange	Yellow	Green	Blue/Purple	White
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Why do we need to eat the rainbow?

Answer the questions below.

1. Did you eat all the colours every single day? If not, is there a particular colour you did have every single day?
2. Did you feel different on days that you ate all or most of the colours? How?
3. Did thinking about the rainbow colours help you try new things?
4. What happened on days where you did not eat many different coloured foods?
5. How could you (continue to) add colour to your daily diet?

