



INTO
INCLUSIVE NORTH TYNESIDE OPPORTUNITIES

FOOD FOR THOUGHT

BREAKFAST, LUNCH
AND DINNER RECIPES

SHOPPING TIPS

FUN FOOD THEMED
ACTIVITIES

A HANDY MEAL PLANNER



North Tyneside Council

This booklet is designed to help parents, children and young people learn all about food.

You might find it helpful to go through the book in page order, but you can pick and choose from whichever sections look most interesting to you.

Some of the activities in this booklet are child-friendly, others are better for young people and adults. Work through it as a family and everyone can get involved.

The booklet was produced as part of the North Tyneside Holiday Activities and Food (HAF) programme, which aims to support children on income-based free school meals to stay physically active and eat a balanced diet during the school holidays.

Thank you to Justice Prince CIC, Food Nation, Sportworks and Wallsend Memorial Hall and People's Centre for their contributions to this book.

Some top tips for getting the most out of this booklet:

- Be interactive! Don't be afraid to draw, write and scribble on this book, there are some family-friendly activities to complete.
- Tick off recipes and activities as you go, there's a check list for each activity, each time you complete one make sure you tick it off and see if you can finish them all.
- Don't be afraid to make some of your own swaps - if there are ingredients in a recipe that you don't like, substitute them for something else!

Contents

	<i>Page</i>
Before you cook	3-5
Breakfast	6-7
Lunch	8-9
Dinner	10-11
Eating well	12-17
Food and the environment	18
Food directory	19
Meal planner	Back page

Checklist

- ☐ Page 5: **Fridge friends**
- ☐ Page 7: **Trail mix**
- ☐ Page 7: **Overnight oats**
- ☐ Page 9: **Pasta salad**
- ☐ Page 9: **Wraps**
- ☐ Page 9: **Easy pea-sy soup**
- ☐ Page 11: **Chilli con carne**
- ☐ Page 11: **Fakeaway pizza and chips**
- ☐ Page 11: **Egg-fried rice**
- ☐ Page 11: **Vegetable tomato sauce**
- ☐ Page 12: **Get into the habit**
- ☐ Page 13: **Vegetable sculptors**
- ☐ Page 15: **Eatwell Guide Challenge**
- ☐ Page 16: **Transform-your-snack**
- ☐ Page 16: **Food saving swapper**
- ☐ Page 17: **Food scientists**





SOME SHOPPING SUGGESTIONS!

The starting point for a good diet is a successful shopping trip. It may seem obvious, but there are a few ways you can make shopping cheaper, easier and less stressful.

Buying little and often is not a bad strategy but planning a bigger shop every now and then can help to save money and time.

Here are some top tips for a successful shop:

- **Plan in advance.** Going to the supermarket without a shopping list can be stressful and time consuming. Try using the meal planner on the back page to think about what you might need to buy?
- **Buy in bulk.** It might cost more in the short-term, buying in bulk can save money over time. Make sure to choose items which last like pasta, rice and frozen vegetables.
- **Don't be afraid to buy frozen.** Frozen vegetables will last longer, are cheaper and still count towards your five a day.
- **Check the reduced section.** In the UK we waste 6.5 million tonnes of food every year and shopping in the reduced section can help stop edible items being thrown away and save you some money. Remember that you can still eat items which have past their 'Best Before' date, but not their 'Use By' date.
- **Check the price per unit.** The label on the shelf will tell you what the item costs per unit, for example, 50p per 100g. You can use this reference to compare options and get the best value for money.
- **Try online shopping.** If it's not easy to get to a supermarket, you don't have time, or you will struggle to carry/transport the amount of shopping you need, online shopping could be the answer. There are also supermarket price comparison websites that let you select a basket of products and then choose the cheapest supplier. Make sure you consider delivery charges when weighing up your options.

Shopping suggestions

A well-stocked kitchen is a good way of making sure you're always prepared to cook and often means you already have some of the ingredients in your recipes!

Here are some ideas for things to have in the kitchen so you're as prepared as you can be:

CUPBOARD KEEPSAKES:

- Pasta
- Rice
- Potatoes
- Cereal and oats
- Tinned beans
- Tinned soup
- Tomato sauce
- Dried fruit
- Mixed nuts
- Peanut butter

FIND YOUR FLAVOURS:

- Salt
- Paprika
- Oregano
- Basil
- Garlic powder
- Onion powder
- Chilli powder
- Olive oil
- Stock cubes

YOUR FREEZER FRIENDS:

- Frozen vegetables (onion, peas, sweetcorn etc)
- Sliced bread
- Mixed berries

ADD YOUR FAMILY ESSENTIALS:

For more information about HAF and upcoming activities visit my.northtyneside.gov.uk/haf

FOOD HYGIENE AND SAFETY

Before you get started with any kind of cooking in the kitchen it's good to be aware of food hygiene and safety.

The important thing to remember whenever you're working with food is the four C's:

Chilling:

- Foods with a 'Use By' date, any cooked dishes, salads and dairy products should be stored in the fridge.
- During preparation, chilled food should be out of the fridge for the shortest time possible.
- Cooked food should be left to cool at room temperature before being put in the fridge (ideally within 1-2 hours).
- Always follow the storage instructions on packaging.
- Make sure your fridge is 5 degrees or below.
- Put foods in an air-tight container or wrap it up before putting it in the freezer to stop it from drying it out.
- Don't defrost foods at room temperature, defrost in the fridge! Check everything is fully defrosted too, partially defrosted food may not cook evenly meaning harmful bacteria could survive.

Cleaning:

- Wash your hands with warm, soapy water before cooking.
- Regularly clean work surfaces, chopping boards and knives.
- Wash and/or change dish cloths, tea towels, sponges and oven gloves regularly and let them dry before you use them again. Anything damp is a breeding ground for bacteria!
- Don't wash raw meat, you'll splash bacteria around.
- Do wash fruit and vegetables before you eat them, under a running tap or in a bowl of fresh water.
- Read and follow the instructions on any product used for cleaning and disinfection.

Cross-contamination:

- Cross-contamination is when raw food touches or drips onto ready-to-eat food, utensils or surfaces, so make sure you use (or wash) different utensils, plates and chopping boards for raw and cooked foods.
- Wash your hands after touching raw food.
- Cover raw meat and separate it from ready-to-eat food.
- Store covered raw meat, poultry, fish and shellfish on the bottom shelf of your fridge.
- Pack your raw and ready-to-eat food in separate shopping bags.

Cooking:

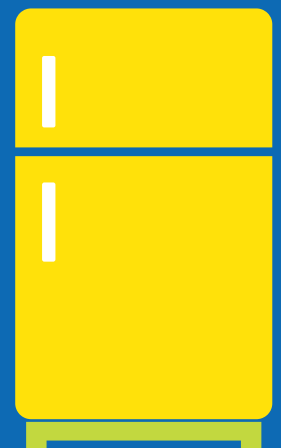
- Make sure all meat is hot and cooked all the way through (cut into the thickest part of the meat to check).
- Burgers should not be served rare or pink because harmful bacteria can be spread throughout the burger.
- After cooking frozen vegetables, cool them down, store them in the fridge and eat them within 2 days.



IS YOUR FRIDGE SAFE?

Part of good food hygiene and safety is making sure you organise your fridge well. This means keeping it at the right temperature, 5 degrees or below, and putting your foods on the right shelves.

- **Upper shelves** – foods that don't need cooking, such as sandwich fillers and leftovers
- **Middle shelves** – dairy such as milk, cheese, yogurt and butter
- **Bottom shelf** – wrapped raw meat and fish
- **Drawers** – vegetables, salad and fruit
- **Door** – foods that have preservatives, like mayonnaise, ketchup, jams and juice.



Find out more about food safety and hygiene at
www.food.gov.uk

Visit **www.lovefoodhatewaste.com**

to check how to adjust your fridge temperature,
using the 'chill the fridge out' tool.



FRIDGE FRIENDS

Draw some ingredients
in the correct shelves
in this empty fridge:

For more information about
HAF and upcoming activities visit
my.northtyneside.gov.uk/haf



BREAKFAST



People often say that breakfast is the most important meal of the day, and there is good reason for it.

One of the NHS' top tips for eating well is to not skip breakfast. This is because breakfasts that are high in fibre and low in fat, sugar and salt can help top up your energy for the day.

Some people believe skipping breakfast is a good way to lose weight, and it can be tempting to skip it if you're in a rush, or not hungry in the morning. But research shows that people who eat a good sized, healthy breakfast are more likely to have a lower Body Mass Index (BMI) because they tend to snack less during the day as a result.

Breakfast swaps

There are a few ways you can make breakfasts healthier with some quick swaps! Remember, a good breakfast should be high in fibre and low in fat, sugar and salt.

For more information about HAF and upcoming activities visit my.northtyneside.gov.uk/haf

LESS:

- Chocolate cereal
- High-sugar juice drinks
- Whole milk
- A sprinkle of sugar

MORE:

- Shredded wholegrain cereal
- No added-sugar juice drinks
- Semi-skimmed milk
- A topping of fruit

TRAIL MIX

Makes 15 portions (you can adjust the amounts to make more or less)

Ingredients:

- 500g (or one box) of cheap, no frills cereal, for example rice crispies, cheerios etc - choose low sugar based cereals (if you prefer, use a mixture of different cereals)
- 40g of party rings
- 30g bar cheap white chocolate
- 30g bar cheap milk or dark chocolate
- Your favourite fruit (to serve)

Method:

- Add all of the cereal to a large bowl
- Put the party rings and chocolate into a sealed sandwich bag and get the kids involved in smashing them up into small pieces – a rolling pin works perfectly if you have one!
- Add the party ring and chocolate pieces to the cereal mix
- Store the mix in an air-tight container
- Before serving, add your fruit (such as raisins, grapes, blueberries, chopped apple or banana)

This recipe can also be used as a snack option.

Recipe provided by Justice Prince CIC

Breakfast
can be bliss
with these easy
recipe ideas.

OVERNIGHT OATS

Serves 4

Ingredients:

- 200g oats
- 2 apples, grated (skin on or off)
- 100g natural yoghurt
- 200ml apple juice (not from concentrate)
- ½ teaspoon of cinnamon
- Splash of milk (optional)
- 25g fresh or frozen berries

Method:

- Mix all the ingredients, except for the berries, together in a bowl
- Split the mixture between small serving pots or jars (anything with a lid!)
- Top up with an extra splash of apple juice or milk so there is a layer of liquid covering the oats
- Leave in the fridge overnight
- Before serving, top with berries

Recipe provided by Food Nation



LUNCH



Whether you prefer a sandwich, wrap or hot meal at lunch time, it's important to take time to prepare a filling lunch to get you through the day.

It can be tempting to grab some fast food on the go but trying homemade lunches can be a fun and creative activity for the family – as well as a great way to save money.

Here are some top tips for eating well at lunch time:

For more information about HAF and upcoming activities visit my.northtyneside.gov.uk/haf

- Base your lunch on high-fibre, starchy carbohydrates. Carbohydrates should make up just over a third of the food you eat, so it's important to have some at lunch. There are higher-fibre versions you can choose for an extra boost, for example, brown or seeded bread, wholemeal wraps, potatoes with skins on, or brown rice.
- If you're preparing a lunchbox for yourself or a child, remember to cut down on spreads like mayonnaise, pick lower-fat sandwich fillings and add fruit and veg. Get the kids involved in preparing the lunchbox too!
- Cut down on crisps. Try swapping crisps for plain popcorn or rice cakes (at least) a few times a week.
- Use leftovers. If there's an extra portion of dinner from the night before, it makes a great lunch the next day! Remember to follow the guidance on chilling cooked foods from page 4.
- Prepare in advance. You could cook a big batch of soup and freeze it ready to defrost, or roast a tray of tasty veg for a quick sandwich filling over the next few days.

PASTA SALAD

Ingredients (choose how much you want to use of each ingredient based on your preferences):

- Cooked pasta (tricolour is a good option)
- Sweetcorn
- Cherry tomatoes
- Cucumber
- Apple
- Spring onion
- Raisins
- Peppers
- Low calorie mayonnaise
- Low fat natural yoghurt

Method:

- Mix equal quantities of mayonnaise and yoghurt together in a bowl
- Add some cooked pasta to the bowl
- Mix in your choice of ingredients and serve

Recipe provided by
North Tyneside's Public Health Team

Make your lunch loveable with these easy recipe ideas.

WRAPS

Ingredients (choose how much you want to use of each ingredient based on your preferences):

- Low fat cream cheese
- Wraps (wholemeal is a good option)
- Thin lean ham or vegetarian ham
- Grated carrot
- Cress
- Sweetcorn

Method:

- Place a wrap on your plate and spread it with low fat soft cheese
- And some of the other toppings
- Roll the wrap into a sausage shape (you may find it helpful to partially fold the wrap before you roll it to stop your toppings falling out the bottom!)

Recipe provided by
North Tyneside's Public Health Team

EASY PEA-SY SOUP WITH WARM CRUSTY BREAD

Ingredients:

- One bag of frozen peas
- One bag of frozen, diced white onion
- One pack of ham
- Two chicken or vegetable stock cubes
- Dried parsley
- Salt and pepper
- Part baked wholemeal baguettes
- Grated cheese (optional)

Method:

- Boil the kettle to make two pints of stock; once the stock cubes have dissolved, add to a pan
- Add the peas, onions, 3/4 of the pack of ham, parsley, salt, and pepper and bring to the boil, leave to simmer for 20 minutes
- Hand blend until thick, or add more stock to make a thinner soup
- Bake the baguettes in a pre-heated oven for 8-10 minutes
- Chop the remaining ham into small pieces
- Serve topped with chopped ham and grated cheese (optional), and with a warm baguette

Recipe provided by Justice Prince CIC



DINNER

For most of us, dinner is our biggest meal of the day. This makes it your best opportunity to pack in loads of goodness.

Remember to:

- Base your meal on a high-fibre carbohydrate. For example, wholewheat pasta, brown rice or potatoes with their skins on.
- Include lots of vegetables; challenge yourself to include as many as possible in the meal, this will make it more filling, tasty and good for you. (Top tip, try to introduce a new vegetable to the family each week to work out who likes what!)
- Include a source of protein such as meat, fish, lentils or beans. Aim to eat at least 2 portions of fish a week – it's high in omega 3 fats which can help prevent heart disease.
- Limit the amount of fat you cook with. Fat is an essential part of your diet, but too much can be bad for you. Try using small amounts of vegetable or olive oil in your meals (it can be helpful to measure this out rather than pouring straight from the bottle).
- An adult should eat no more than 6g of salt per day, that's around 1 teaspoon.



Talking takeaways

Sometimes we opt for a takeaway for convenience or ease, as a treat, or to break up a routine.

If you do choose to get a takeaway, think about how to make a healthier version:

- Stick to the main dish. Stuffed crusts, extra dips and sides all add up.
- Watch out for portion sizes. If there's an option, it might be better to choose the 'small' or 'medium' option over the 'large'.
- Choose a lower fat option. For example, if you're ordering a curry, try one based on a tomato sauce instead of a creamy sauce.
- Toppings can be your friend. If you're ordering pizza, load up on vegetable toppings like peppers and mushrooms.
- Avoid sugary, fizzy drinks. Sugar free pop is just as tasty, without all the sugar!
- Cancel the takeaway and opt for a fakeaway! (Our fakeaway pizza and chips recipe is delicious!)

CHILLI CON CARNE

Serves 4

Ingredients:

- 450g minced beef (or lamb, pork or turkey)
- 2 carrots, diced
- 2 onions, diced (try frozen ones for speed!)
- 100g mushrooms, sliced
- 1-2 teaspoon chilli powder
- 400g tin of chopped tomatoes
- 400g tin of kidney beans, baked beans, or chickpeas
- 1 tablespoon of tomato puree
- 1 clove of garlic

Method:

- Brown the mince in a large saucepan for 5 minutes stirring all the time, drain off any excess fat
- Add the onion, carrot, mushrooms, chilli powder, and garlic and stir well, cook for a few minutes
- Add the chopped tomatoes and tomato puree
- Bring to the boil and simmer gently for 30 minutes, stirring occasionally
- Drain and rinse the beans and add to the mince mixture, cook for a further 5 minutes
- Serve with boiled rice, a baked potato, garlic bread, or nachos

Recipe provided by North Tyneside's Public Health Team

EGG-FRIED RICE

Serves 4

Ingredients:

- 300g rice, uncooked
- 2 cloves of garlic
- 100g mixed veg (fresh, frozen or tinned), chopped
- 3 eggs
- 2 tablespoons of soy sauce
- 3 chicken thighs (300g), without skin and bone

Method:

- Pre-heat the oven to 180 degrees
- Bake the chicken thighs with a drizzle of oil for 20 minutes, once fully cooked shred into small pieces using 2 forks
- While the chicken is cooking, put the rice into a large saucepan with 600ml of water and bring to the boil. Once boiling, turn down to a gentle simmer and cook for 10 minutes until the water has almost been absorbed. Try not to stir too much, as this could cause it to become sticky
- Turn off the heat and cover with a lid (or foil) to absorb the rest of the water for 10-20 minutes. Fluff with a fork and then leave to cool
- Whisk together the egg and soy sauce in a bowl
- In a large frying pan, heat 1 tablespoon of oil on a medium heat
- Add the garlic and vegetables, cooking for 5-10 minutes then mix together with the cooled cooked rice and shredded chicken in a bowl
- In the same pan, on a high heat, add a splash of oil, heat it up then add the egg mixture. Work quickly to scramble the eggs with a spatula until the egg is cooked
- Add the rice, chicken and vegetable mixture to the pan and keep stirring until everything is steaming hot

Recipe provided by Food Nation

Dinner can be delicious and nutritious; try one of these easy recipe ideas.

FAKEAWAY PIZZA AND CHIPS

Serves 2

Ingredients:

- 1 wholemeal pitta
- 2 tablespoons of tomato puree
- For your toppings: ham, onions, mushrooms, peppers, sweetcorn, pineapple, tuna or any other ingredients you'd like (leftover meat/vegetables are a great option)
- 1/2 a low fat mozzarella ball or a handful of grated mozzarella cheese
- 1 baking potato
- Herbs, spices, salt, and pepper
- Spray oil and sunflower oil

Method:

- Pre-heat the oven to 190 degrees
- Cut the potato into large slices and place in an oven dish. Drizzle slightly with oil and add herbs, spices, salt, and pepper and mix well
- Put the dish into the oven and cook for 40 minutes
- Meanwhile, cut the pitta in half and spread both with tomato puree
- Add the toppings of your choice
- Add the cheese, salt, pepper, and herbs
- After 20 minutes give the chips a shake and make sure they are cooking evenly (turn with utensils if necessary)
- Add the pizza to the oven for the final 10 minutes, or until the cheese is bubbling

Recipe provided by Justice Prince CIC

BONUS RECIPE

HIDDEN VEGETABLE TOMATO SAUCE

Serves 4

Ingredients:

- One bag of frozen mixed vegetables (or any leftover vegetables)
- One bag of frozen sliced or diced onions
- Fresh ripe tomatoes or four tins of chopped tomatoes
- Sunflower oil
- Dried basil
- Italian herbs
- Salt and pepper

Method:

- Drizzle oil in a stock (deep) pan and add the fresh or tinned tomatoes, onion, herbs, salt, and pepper
- Simmer for 15 minutes until the onion is soft
- Add in the bag of frozen vegetables and simmer for 20 minutes until the vegetables are fully cooked
- Hand blend until you no longer see the vegetables and the sauce is thick
- The sauce can then be used in stews, with pasta, as a homemade pizza topping, in chilli, with fish, bolognese and more!

Recipe provided by Justice Prince CIC

EATING WELL

Everyone knows that it's important to eat well for your health. But what that looks like in practice can be confusing, with fad diets, quick fixes and superfoods being advertised wherever you turn.

Even when you know what a balanced diet should look like, it can be hard to stay on track when you're stressed, tired or anxious.



How do you feel about food?

Eating well often starts with building a healthy and happy relationship with food and our bodies.

Some experts have suggested that it's time to ditch the diet and learn to eat in a more conscious, intuitive and mindful way. This means taking time to cook and eat, sharing food with friends and family and paying attention to how our bodies feel.

When it comes to eating well, a lot of people immediately think about diets and weight loss, but what tends to be forgotten is that the word 'diet' means 'way of life' from the Greek 'dieta'. Eating should be about more than just controlling your weight, it should be fun, exciting and social. Often, diets can lead to short-term weight loss which is regained as soon as the diet ends.

These tips can help you to build a more positive relationship with food:

- Cook and eat with others. Throughout history, cooking and eating meals with other people has been a way to build relationships and have fun. In the UK, we spend less money on making meals at home and eat more ready meals than any other European country. Cooking and eating with family and friends can be good for both your mental and physical health.
- Spend more time eating. The UK spends almost half the time eating as France. This doesn't mean we eat less food, but that we eat it quicker. It can take your brain up to 20 minutes to realise that you're full so when you eat too fast, the signal you've had enough may not arrive until you've had too much. Plus, eating slowly can help you to appreciate your food and notice how you feel about it.
- Focus on building new habits. Often, when we try and change a behaviour around food, we promise to quit chocolate or chips forever. This might work for the first week, but we tend to fall back into old habits. To replace a habit, work out what reward the current habit is giving you, for example, a biscuit after work might help you to de-stress. Next, choose a replacement habit which will give the same reward, for example, a ten-minute walk. It's important that you choose positive habits that you will enjoy.

GET INTO THE HABIT

Existing habit: describe what the habit is, what triggers it, for example a time of day or an emotion, and what reward it gives you, for example, comfort

New habit: describe which new habit you aim to develop, what the trigger will be and what reward you will get from it

Goal: set yourself a goal with the new habit. For example, 'I will eat an apple with breakfast every day for two weeks'

Complete: Tick this box when you have met your goal!

1				
2				
3				

EATING DISORDERS

Sometimes, how we feel about food can become very unhealthy and negative. In some cases, this can be classified as a mental illness called an eating disorder.

Eating disorders aren't a choice or a diet gone wrong, but should be taken seriously and treated by professionals. Remember, anyone can have one, regardless of their age, gender, ethnicity or background.

There are lots of myths surrounding eating disorders, for example, that you have to be underweight to have one. In fact, although weight loss is common in anorexia nervosa, most people with an eating disorder stay at an apparently 'healthy' weight or are 'overweight'.

If you are worried that you or a loved one might have an eating disorder, you should contact your GP. You can also get more information and support from www.beateatingdisorders.org.uk

Weight loss myth busters

Myth: Detox diets can help cleanse toxins from your body.

Fact: Unless you have a serious medical condition, your body is a well-developed system that has its own built-in ability to remove waste and toxins.

Myth: Some fruit or vegetables can provide a 'cure' or 'miracle'.

Fact: No single fruit or vegetable is a miracle food, it's the variety that counts.

Myth: Fasting leads to rapid fat loss.

Fact: Fasting can lead to rapid weight loss, but this is largely water and glycogen (the body's carbohydrate stores), rather than fat.

Myth: It is healthy to lose a lot of weight very quickly.

Fact: Experts recommend (for adults) a weight loss of between 0.5 to 2 pounds a week for safe and achievable results.

Myth: People who struggle to lose weight simply lack will-power.

Fact: Lots of factors contribute to our diet, health and size.

For more information about HAF and upcoming activities visit my.northtyneside.gov.uk/haf

VEGETABLE SCULPTORS

Create a vegetable person using real vegetables!

Use toothpicks to make different parts of the body; a slice of cucumber for the face, some celery for an arm and a carrot for a leg! After you've finished, you can eat the vegetable person for a snack!

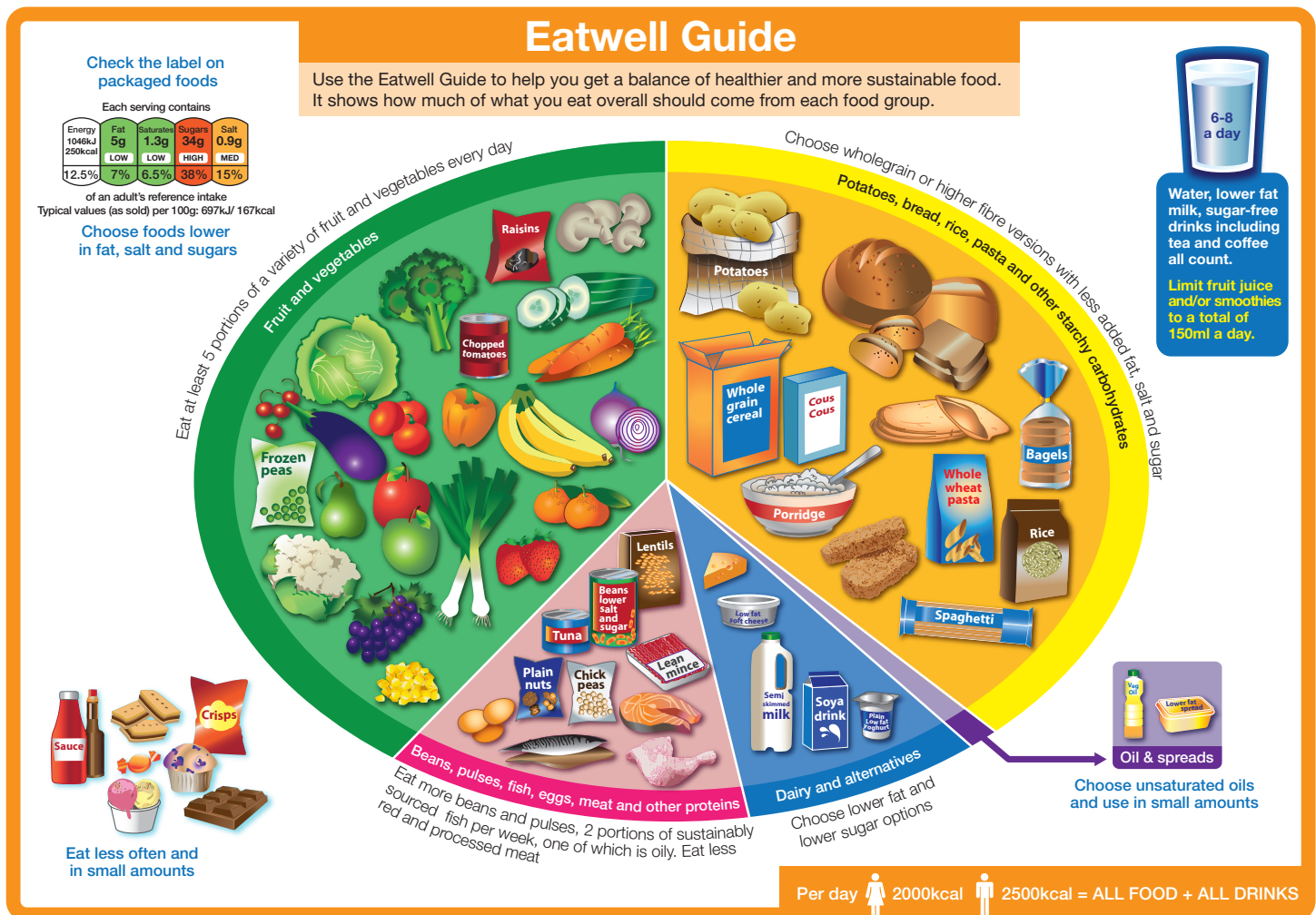
WHAT DOES A HEALTHY DIET LOOK LIKE?

Having a balanced diet means eating a variety of foods, in the right amounts.

We often talk about foods as being 'good' or 'bad', but it's the variety and balance that matters.

The Eatwell Guide is the NHS's recommendation of how much we should eat from each food group. The Eatwell Guide applies to most people regardless of weight, dietary restrictions or preferences and ethnic origin.

It doesn't apply to children under two because they have different nutritional needs. Find out more about nutrition for children aged between one and four on page 16.



The six food groups

- **Fruit and vegetables:** aim to eat at least five portions of a variety of fruit and vegetables every day. Fresh, frozen, dried and tinned fruit and vegetables all count. Fruit and vegetables are a good source of vitamins, minerals and fibre which can help your body to function healthily.
- **Starchy foods:** this includes potatoes, bread, rice, pasta and other starchy carbohydrates. Starchy foods should be used as the base of a meal, they are a great source of energy and nutrients.
- **Dairy and dairy alternatives:** milk, cheese, yoghurt, fromage frais and alternatives like soya milk are all good sources of protein and calcium. Try to go for lower-sugar products where possible.
- **Beans, pulses, fish, eggs, meat, and other proteins:** these foods are sources of protein, vitamins and minerals. Protein does a lot for your body, including making up your hair, nails, bones and muscles. Try to eat two portions of fish every week, including one oily fish like salmon or mackerel. Beans, peas and lentils are good alternatives to meat because they're lower in fat and better for the environment.

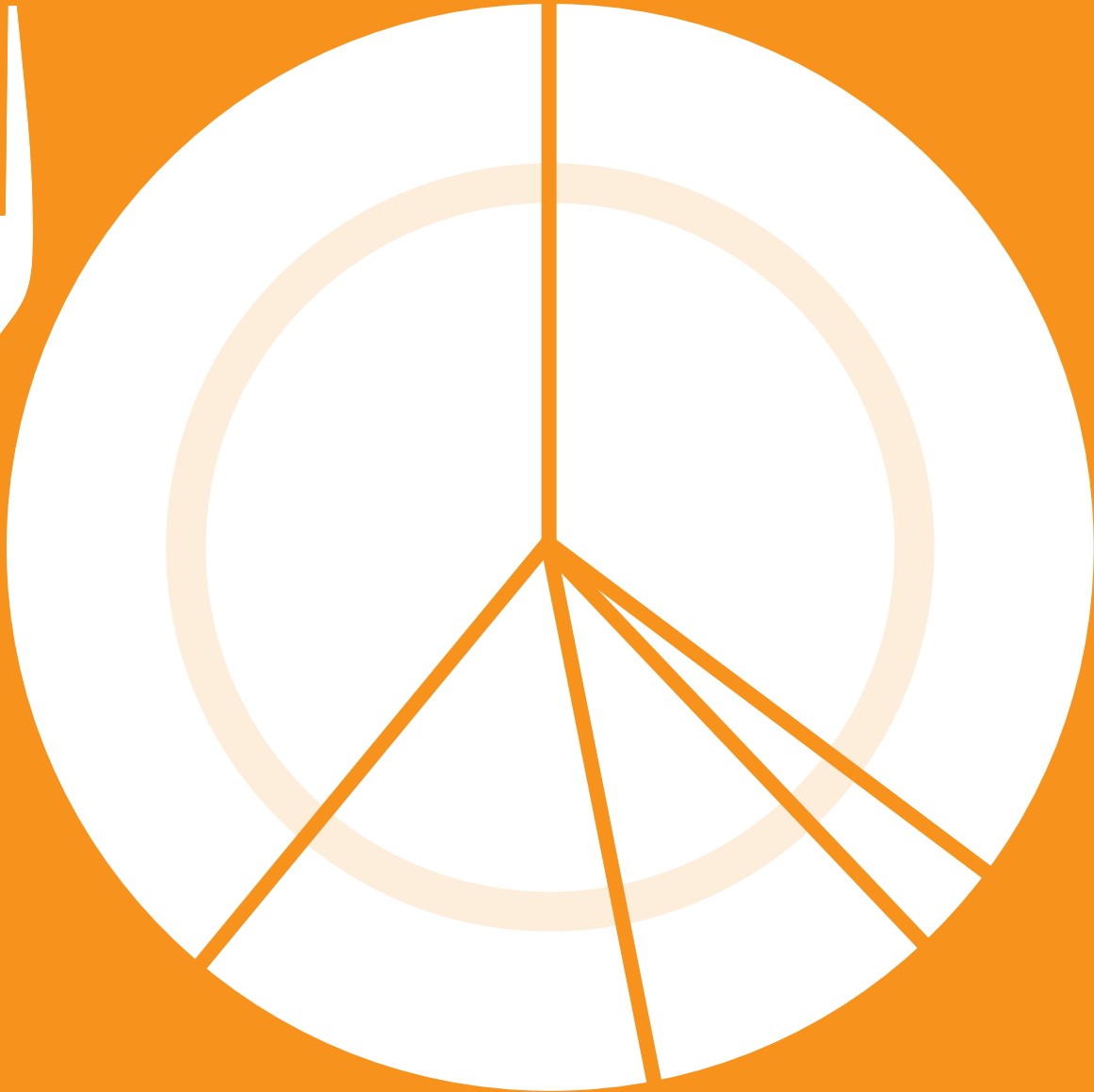
- **Fats and oils:** unsaturated fats like vegetable, rapeseed, olive and sunflower oils are all part of a healthy diet but are high in energy and should be eaten sparingly.
- **Food high in fat, salt and sugar:** this includes chocolate, cakes, biscuits, sugary soft drinks, butter, ghee and ice cream. They aren't represented on the Eatwell Guide because they aren't needed in our diet. You can still eat them, but this should be less often and in smaller amounts.

You can visit the British Nutrition Foundation website (www.nutrition.org.uk) or the NHS Better Health website (www.nhs.uk/better-health) for more information.

EATWELL GUIDE CHALLENGE

Draw some of the foods you like
onto the Eatwell Guide plate.

Do you have enough in each section of the plate?



For more information about
HAF and upcoming activities visit
my.northtyneside.gov.uk/haf

FOODS OF THE RAINBOW



Write down as many foods as you can think of in these colour groups:

Red

Yellow

Green

Orange

Brown

Encouraging kids to try new foods:

- Repeat, repeat, repeat: evidence suggests that repeatedly offering food can help it become familiar to a child. You might need to offer the food 15 times before your child learns to like it, but they should get there in the end.
- Lots of praise: pressuring children to eat certain foods might work in the short term but over time the child will develop negative feelings towards that particular food. The best approach is to offer foods and then praise children for trying them, even if they only eat a small amount.
- Lead by example: watching others eating certain foods can make a child feel more inclined to try new options.
- Get messy: watching others eating certain foods can make a child feel more inclined to try new options.
- Create a fun environment to encourage eating together: some ideas to start with could be a carpet picnic, inviting friends over, making menu cards and choosing place settings or a centrepiece for the table.
- Make fruit fun: try slicing different fruits and drizzling with a small amount of chocolate or honey.

Transform-your-snack

Draw a food you don't like, for example, a banana. Now, turn that food into something else that you can try to see if you like! For example, banana bread or a smoothie.

FEEDING A CHILD AGED 1-4

Follow the 5, 5, 3, 2 guide every day:

- 5 portions of fruit and vegetables: this could include 1-3 cherries, 3-10 strawberries, a banana etc
- 5 portions of starchy foods: this could include 3-6 tablespoons of breakfast cereal, 2-5 tablespoons of cooked pasta, half to one slice of bread, or quarter of a baked potato
- 3 portions of dairy
- 2 portions of protein

Hints and tips:

- Have regular meal and snack times
- Make meals colourful, interesting and enjoyable
- Children can regulate their own appetite, so encourage them to eat but don't force them if they aren't hungry
- Breast milk can contribute to intakes from the dairy food group
- Children from six months to five years should be given supplements of vitamins A, C and D. You could be eligible for free vitamin supplements as part of the Healthy Start scheme, visit [healthystart.nhs.uk](https://www.healthystart.nhs.uk) for more information.

FOOD SCIENTISTS

A fun-filled food experiment!

The host of the game will need:

- A few different food items that have different tastes, smells, textures and appearances. The bigger variety of foods, the better!
- A blindfold
- A child or young person who has the potential to be a top-secret food researcher!

It is the job of the top-secret food researcher to document as much information about different foods as possible! Using all five senses, write down your findings:

Make sure the top-secret food researcher is wearing a blindfold for the first two steps!

Texture: feel the food and describe it, can you guess what it is. Is it bumpy, soft or dry?

Smell: smell the food and describe it. Is it sweet, fishy or citrusy?

The top-secret food researcher can remove the blindfold for the remainder of the experiment.

Appearance: if you haven't already guessed it, name the food and describe how it looks. What colour is it? Does it look tasty? Does it have seeds?

Taste and sound: eat some (or all!) of the food. Describe how it tastes and what the sound of it is. Is it crunchy, smooth or crispy?

WHAT ABOUT THE PLANET?

What we eat affects our health; but food also has a big impact on the environment. Farming is responsible for 50% of global methane emissions and meat consumption contributes 14.5% of annual global greenhouse gas emissions, which all contributes to climate change. Making small changes to the way we eat can help to protect the planet.

The WWF (World Wide Fund for Nature) has developed six principles for eating a sustainable diet that helps protect the environment:

1. Eat more plants. Enjoy vegetables and wholegrains.
2. Eat a variety of foods. Have a colourful plate.
3. Waste less food. One third of food produced for human consumption is lost or wasted.
4. Moderate your meat consumption, red and white. Enjoy other sources of proteins such as peas, beans and nuts.
5. Buy food that meets a credible certified standard. Consider free-range and fairtrade. For example, look out for a blue tick on fish labels, which shows that it has been awarded sustainable status.
6. Eat fewer foods high in fat, salt and sugar. Keep food such as cakes, sweets and chocolate, as well as cured meat and chips to an occasional treat. Avoid sugary drinks and choose water - remember that juices only count as one of your five a day, no matter how many you drink.

A greenhouse gas is a gas that warms the earth by trapping heat. For example, water vapour, carbon dioxide, methane, nitrous oxide, ozone and some artificial chemicals.

Read more on food and the environment at www.wwf.org.uk, there are also some healthy and sustainable recipes available at: www.wwf.org.uk/recipes



FOOD WASTE

Cutting down on food waste is something we can all do to save money and protect the planet.

Every year in the UK, we waste 6.5 million tonnes of food, 4.5 million of which is edible.

Saving food helps to slow down global warming. When food ends up in landfill, it rots and releases methane, which is a greenhouse gas.

Saving food is about more than just the environment, it can also make a difference to your finances. The average family of four can save over £60 per month by reducing food waste.

You can cut down on food waste, save money and protect the planet by:

1. Planning your shopping. Shopping without a list makes us more likely to impulsively buy things we don't need. It also reduces the chance of buying duplicates because you haven't checked beforehand.
2. Make your food last longer. You can freeze a surprising number of foods and safely eat them later. Bread is a really good example of a food you can freeze and defrost or toast when you're ready to eat!
3. Understand 'Use By' and 'Best Before' dates. A lot of us assume that if something is past its 'Best Before' date, it can't be eaten. However, 'Best Before' is about quality and you can eat food after that date. 'Use By' dates are there for safety so these must be followed.
4. Use what you buy. There are plenty of ways you can use leftover foods, for example, as lunch the next day.
5. Store food correctly. Keep your fridge at 5 degrees or lower. There's more information on food safety on page 4.

Learn more about food waste at www.lovefoodhatewaste.com, and there are some great leftovers recipes at www.lovefoodhatewaste.com/recipes

PLANT-BASED DIETS

Although having a plant-based diet is very much a personal choice, it can still be helpful to learn a bit about it. Cutting down on meat can be good for your health and the planet, so it could be worth having a few more vegetarian meals a week.

A plant-based diet is based on foods that come from plants with few or no ingredients that come from animals. People choose a plant-based diet for lots of reasons, including not wanting to harm animals, health benefits, the environment or personal preference. Here are a few examples of plant-based diets:

- Vegetarians eat dairy foods and eggs but not meat, poultry or seafood.
- Vegans don't eat any animal products at all. This includes honey, dairy and eggs.
- Pescatarians don't eat meat or poultry but do still eat fish and/or shellfish.

Plant-based diets can provide all the nutrients needed for your wellbeing. However, if you or your child choose to have a plant-based diet, there are some nutrients to watch out for:

- **Vitamin B12:** This nutrient is not available from plants, so if you are vegan, you will need to get this from supplements or fortified foods. For example, some plant-based milks like oat and soya have B12 added in. Vegetarians can still get B12 from milk, cheese and eggs.
- **Protein:** You can meet protein needs by eating foods like lentils, beans, chickpeas, seeds, nuts, tofu and meat substitutes like soya burgers.
- **Omega 3:** This nutrient is usually found in fish like salmon and mackerel. Vegetarians and vegans can eat walnuts, linseeds, chia seeds or hemp seeds, or buy supplements.
- **Calcium:** Most people get calcium from dairy products, but vegans can use soya milk and yogurts, dried fruit, almonds, leafy green vegetables (like kale), red kidney beans and sesame seeds.
- **Iron:** Meat is an important source of iron, but iron can also be found in dried fruits, wholegrains, nuts, green leafy vegetables, seeds, peas, beans and lentils.

FOOD DIRECTORY



There are some organisations around North Tyneside who offer a wide range of help and support with food-related concerns or questions. Please contact each company directly to establish the support they give and how best to access their services.

Barnardos The Base Young People's Centre
0191 253 2127
Esplanade, Whitley Bay, NE26 2AJ

Cedarwood Trust
0191 259 0245
The Avenue, Avon Avenue, North Shields, NE29 7QT

DreamShine CIC
07794 378 443
148 Station Road, Wallsend, NE28 8QT .

Family Gateway
familygateway.co.uk/my-family/
Howdon Hub, Denbigh Avenue, Wallsend, NE28 0PP

Justice Prince CIC
The Oxford Centre, West Farm Avenue, Longbenton, NE12 8LT

Linskill Centre
0191 257 8000
Linskill Terrace, North Shields, NE30 2AY

Meadow Well Connected
0191 341 0033
Waterville Road, North Shields, NE29 6BA

Shiremoor Adventure Playground
0191 643 8300
Brenkley Avenue, NE27 0PR .

SPARCS
sparcs@yahoo.com
Hillheads Road, Whitley Bay, NE25 8HR

The Bay Foodbank
0191 257 3820
Meadow Well Way, Waterville Road, North Shields, NE29 6BA

Walking With
0191 649 8974
The Walking With Centre, Church House, Hugh Street, Wallsend, NE28 6RL

Wallsend Memorial Hall and People's Centre
0191 263 4852
10 Frank Street, Wallsend, NE28 6RN

Whitley Bay Big Local
0191 252 3570
158 Whitley Road, NE26 2LY

YMCA North Tyneside
0191 257 5434
Church Way, North Shields, NE29 0AB

MEAL PLANNER

- Plan when to try some of the recipes in this booklet and write a shopping list.
- Check the Eatwell Guide and see if you can include the right amount of food from each group every day.
- Challenge yourself to eat five portions of fruit and vegetables per day.
- Remember to be realistic about how much you need to eat to keep yourself full.



	BREAKFAST	LUNCH	DINNER	SNACK
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				