



Game: True or false?

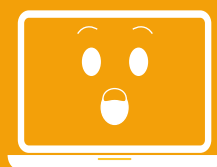
- | | | |
|---|------|-------|
| 1. Children (under 18s) should do at least 60 minutes of exercise per day | True | False |
| 2. Exercise can be broken down into 10-minute slots throughout the day | True | False |
| 3. Milk, cheese and yoghurt are carbohydrates | True | False |
| 4. Carbohydrates are fattening | True | False |
| 5. Fruit juice is a healthy alternative to eating a piece of fruit | True | False |
| 6. If I eat lots of fruit I don't need to eat any vegetables | True | False |
| 7. Some types of fat are better for you than others | True | False |
| 8. Beans and eggs are good sources of protein | True | False |

Did you know...

Kids aged 5-16 spend an average

6 hours per day

looking at a screen...



Spending too much time looking at a screen has been linked to having an unhealthy diet and not getting enough physical activity, as well as causing health issues such as eye strain.

Eatwell Guide: How much of each food group should you eat?

Each serving contains

Energy 1046kJ	Fat 5g	Saturated 1.3g	Sugars 34g	Salt 0.9g
12.5%	LOW	LOW	HIGH	MED
	7%	6.5%	38%	15%

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/ 167kcal



Check the label on packaged foods

Choose foods lower in fat, salt and sugars



Eat less often and in smaller amounts



LET'S TURN OBESITY AROUND

NATIONAL OBESITY AWARENESS WEEK

Game: How much sugar?

Draw a line to match the items on the left with how many teaspoons of sugar you think they contain (one has been done for you).



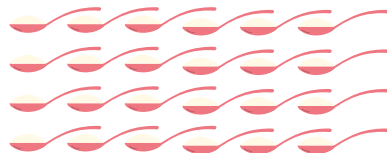
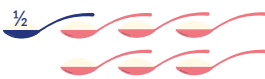
35g



35g



190g



Snack Swaps

Swap from:

- ✗ Chocolate bars
- ✗ Biscuits
- ✗ Doughnuts
- ✗ Muffins
- ✗ Other sugary snacks

Swap to:

- ★ Slice of malt loaf
- ★ Scotch pancake
- ★ Crumpet
- ★ Crackers & lower-fat cheese
- ★ Plain rice cakes
- ★ Fruit salad

See more - visit bit.do/nhs-swaps

Risks of being overweight include:

- 🫁 Breathing problems (e.g asthma & shortness of breath)
- 😬 Increased anxiety
- 😞 Low self-esteem
- 🦴 Joint and bone problems
- ❤️ Cardiovascular problems (e.g heart disease)

Cycle of wellbeing



Aim for at least

60

minutes of physical activity every day

Staying active

Physical activity can include...



Play



Run/walk



Swim



Bike



Skate



Climb



Dance



Sports/PE

- Spread activity throughout the day
- Activities should make you breath faster and feel warmer

Benefits: ★ Builds confidence & social skills ★ Improves sleep
 ★ Develops co-ordination ★ Strengthens muscles and bones
 ★ Improves concentration ★ Makes you feel good

Want to find out more? Visit www.compass-uk.org/news/health/healthy-living.

For professional health advice via text, text ChatHealth on **07507 331 525**. A free, confidential service for young people aged 11 - 19.



Game answers - True or false: 1. T 2. T 3. F - dairy 4. F - see Eatwell Guide. 5. F - piece of fruit provides fibre & is better for teeth. 6. F - both needed for balanced diet. 7. T 8. T

Game answers - Sugar Game: Frosties - 3 tsp Weetabix - 1/4 tsp
 Yazoo - 10 tsp Innocent - 13 tsp Fruit shoot - 1/4 tsp
 Muller corner/rice - 6.5 tsp Haribo (family bag) - 24 tsp