

A HEALTHIER ME

LET'S LEARN HOW TO LOSE WEIGHT AND EAT HEALTHILY



This pack belongs to

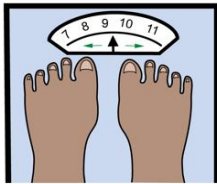
WHAT WILL THIS PACK DO?

healthy eating



This pack will tell you how to eat healthily.

weight



It will also help you to lose weight.

come to every session



Keep this pack safe and bring it to every session.

carer



Show this pack to your parent, guardian, or carers after each session.

talk to others



Talk with them about what you have learnt and what you will do this week to help you lose weight.

ask



Ask them for help with these tasks if you need help.

LESSON 1: WEIGHT MATTERS AND THE EATWELL GUIDE

This lesson will teach you:

- What a healthy weight is.
- Why we need to be a healthy weight.
- What can happen if we are overweight or obese.
- What your current weight is.
- What your goal weight should be in 11 weeks' time when these sessions finish.
- What the EatWell guide is.
- Why it is important to eat in a similar way to the EatWell guide.
- Why it is important to eat each food group.

**PARENTS, CARERS AND GUARDIANS: PLEASE READ
THIS SECTION CAREFULLY AND DISCUSS THIS
WITH THE PERSON AIMING TO LOSE WEIGHT AND
HELP WITH THE HOMEWORK.**

HOW CAN OUR WEIGHT CHANGE HOW HEALTHY WE ARE?

weight



Our weight can tell us lots of things about our health.

sick



If we are too big, we might become unwell.

unhealthy heart



We could get diabetes or heart problems.

knee aches



Our knees or feet might begin to hurt.



We might find it more difficult to do fun things like sports.

independent living

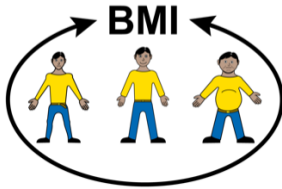


We might not be able to do things ourselves anymore.



Our weight can also make us feel bad about ourselves.

body mass index



To stop us from getting these problems, we need to make sure we are the right size for our height.

MY CURRENT SIZE

My height: _____ cm

My current weight: _____ kg

My waist size: _____ cm

My clothing size: _____ size

WHAT SHOULD I AIM FOR?

My ideal weight: _____ kg

My ideal waist size: _____ cm

My clothing size goal: _____ size

LESSON 2: THE EATWELL GUIDE

This lesson will teach you:

- What the EatWell guide is.
- Why it is important to eat in a similar way to the EatWell guide.
- Why it is important to eat each food group.

PARENTS, CARERS AND GUARDIANS: PLEASE READ THIS SECTION CAREFULLY AND DISCUSS THIS IT WITH THE PERSON AIMINT TO LOSE WEIGHT. PLESE ALSO HELP THEMCOMPLETE THE “HOW MUCH OF EACH FOOD DO YOU EAT?” HOMEWORK. IT IS HELPFUL TO DO THIS DURING THE DAY SO NOTHING IS FORGOTTEN. THIS MUST BE COMPLETED PRIOR TO THE NEXT SESSION.

THE EATWELL GUIDE

The EatWell guide helps us know what food is good for us and how much we should eat.



IT IS IMPORTANT TO EAT LIKE THIS BECAUSE...



It helps us lose weight



It keeps our heart healthy



It can keep our teeth and bones strong



It can give us energy for our hobbies



It can make our skin and hair look good



It can make us feel happy

EACH FOOD GROUP IS IMPORTANT BECAUSE....



Carbohydrates give us energy and help us go to the toilet. These include bread, pasta, rice and potatoes.



Fruits and vegetables give us lots of vitamins and minerals. These include apples, pears, carrots, broccoli, berries and lots more!



Protein helps us build big and strong muscles. This includes meat, fish, eggs and beans.



Calcium keeps our bones and teeth strong and healthy. This includes milk, yoghurt and cheese.



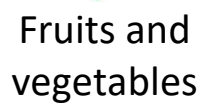
Fats give us energy and have special nutrients that we might not be able to get anywhere else. This includes butter, spread, oils and nuts.

We should eat the most of fruits and vegetables and the least of fats. The size of the section in the EatWell guide shows us how much of our plate each food should take up.

HOMEWORK CHALLENGE: HOW MUCH OF EACH FOOD DO YOU EAT?

How many of these foods did you have today? Add a tick every time you ate another portion.

 Carbohydrates												
 Fruits and vegetables												
 Protein												
 Calcium												
 Fats												



LESSON 3: FRUITS AND VEGETABLES

This lesson will teach you:

- Why we need to eat fruits and vegetables.
- What can happen if we do not eat enough fruits and vegetables.
- How much fruits and vegetables we should eat at each meal.
- What counts as a portion of fruits and vegetables.

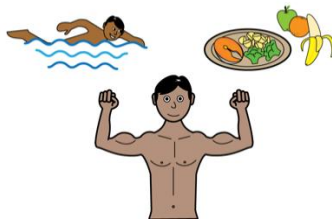
PARENTS, CARERS AND GUARDIANS; PLEASE READ THIS SECTION CAREFULLY AND DISCUSS IT WITH THE PERSON AIMING TO LOSE WEIGHT. PLEASE ALSO HELP THEM COMPLETE THE HOMEWORK “LET’S EAT MORE FRUITS AND VEGETABLES”. TICK OFF EACH PORTION OF FRUIT OR VEGETABLE EATEN WITH THEM EVERY DAY THIS WEEK.

WHY DO WE NEED TO EAT FRUITS AND VEGETABLES?

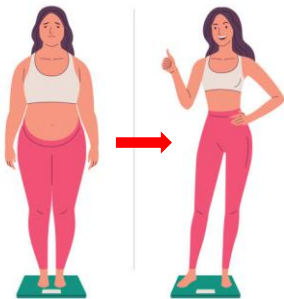


They fill our tummies up and stop us from getting hungry.

healthy



They have lots of vitamins and minerals which keep us healthy.



They do not have many calories so are good for weight loss.



They have fibre to keep our poo's healthy.



They contain lots of water to keep us hydrated.

**IF WE DO NOT EAT ENOUGH FRUITS AND VEGETABLES, WE
MIGHT...**



Be hungrier.

sick

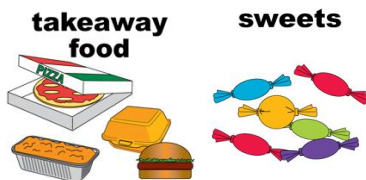


Get sick.

tired



Be more tired.



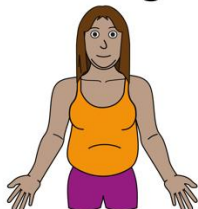
Eat more unhealthy foods.

constipation



Find it difficult to poo.

overweight



Gain weight.

**WE SHOULD EAT MORE FRUITS AND VEGETABLES THAN
OTHER FOODS**



= one half of our meals



= one quarter of our meals



= one quarter of our meals

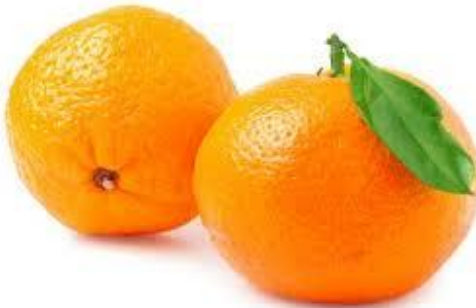


= only once per week

WHAT COUNTS AS A PORTION OF FRUITS AND VEGETABLES?



1 whole, larger fresh fruit or vegetable (such as apple, banana, pear, peach, large orange, carrot, pepper, onion)



2 medium fruits or vegetables (satsumas, kiwis, plums, small corn cobs)



A cupped handful is a portion size of small or cut up fruits and vegetables (berries, peas, broccoli florets, mushrooms)



If you have weighing scales, all of these would equal 80g.

HOMEWORK CHALLENGE: LET'S EAT MORE FRUITS AND VEGETABLES!

Last week, your homework showed you ate ____ portions of fruits and vegetables each day.

This week, we want you to eat at least one more portion per day. This means you should aim to eat at least ____ portions of fruit and vegetables per day. You can tick these off below!

Day of week	Number of fruits and vegetables I have eaten							
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								

LIST YOUR FAVOURITE FRUIT AND VEGETABLE THAT YOU ATE THIS WEEK BELOW.

My favourite fruit this week was _____

My favourite vegetable this week was _____

LESSON 4: CARBOHYDRATES

This lesson will teach you:

- What carbohydrates are.
- Why carbohydrates are important.
- What can happen if we eat too many carbohydrates.
- How often we should eat carbohydrates.
- What the right portion size of carbohydrates is.
- The carbohydrates which are bad for us.

PARENTS, CARERS AND GUARDIANS; PLEASE READ THIS SECTION CAREFULLY AND DISCUSS IT WITH THE PERSON AIMING TO LOSE WEIGHT. PLEASE ALSO HELP THEM COMPLETE THE HOMEWORK. THIS WEEK, THEY WILL HAVE TO MAKE A HEALTHY CARBOHYDRATE SWAP. PLEASE DO WHAT YOU CAN TO ACCOMMODATE THIS AND HELP THEM ANSWER THE QUESTION AFTERWARDS.

WHAT ARE CARBOHYDRATES?

There are lots of carbohydrates that we eat every day. These include:



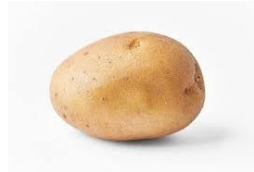
Bread



Pasta



Rice



Potatoes



Cereal



Noodles

We can make these healthier by choosing the brown versions.

CARBOHYDRATES ARE IMPORTANT BECAUSE:



They give us energy.



They give us fibre to keep our poo's healthy.

vitamin



They have vitamins.



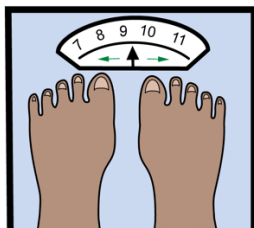
They fill our tummies up and stop us from getting hungry.

WE CAN EAT TOO MANY CARBOHYDRATES. IF WE DO, THESE THINGS MIGHT HAPPEN:



We can get too much energy.

weight



We can gain weight.



We will not be able to eat enough of other good foods.



We can feel unwell.

IT IS IMPORTANT WE EAT THE RIGHT AMOUNT OF CARBOHYDRATES.

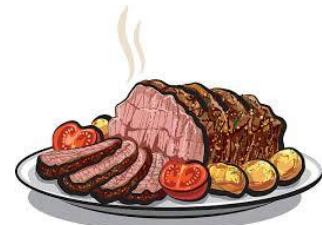
We should have 3 portions per day. One with:



Breakfast



Lunch



Dinner

One portion is:



The size of your fist



150g of cooked rice, pasta or potato



2 slices of bread



30g cereal or crackers

THERE ARE ALSO CARBOHYDRATES WHICH ARE NOT AS GOOD FOR US. THESE SHOULD ONLY BE EATEN ONCE PER WEEK.



Chips



Crisps



Cake



Biscuits

These foods have too much energy and no vitamins or fibre.

Eating too many can make us feel bad and will cause us to gain weight.

HOMEWORK CHALLENGE: CARBOHYDRATES

My favourite carbohydrate is _____.

This week, I will swap this with _____.

This is a healthier option.

I will also make sure to keep my portion size to _____.

What did you like or not like about the healthier
carbohydrate you tried?

LESSON 5: PROTEIN

This lesson will teach you:

- What foods are high in protein.
- Why we need to eat protein.
- How often we should eat protein.
- What proteins are good for us.
- What proteins are bad for us.

PARENTS, CARERS AND GUARDIANS; PLEASE READ THIS SECTION CAREFULLY AND DISCUSS IT WITH THE PERSON AIMING TO LOSE WEIGHT. THEIR HOMEWORK THIS WEEK IS TO SWAP AN UNHEALTHY PROTEIN FOR A HEALTHIER ONE. PLEASE DO WHAT YOU CAN TO ACCOMMODATE THIS AND HELP THEM ANSWER THE QUESTION AFTERWARDS.

WHAT FOODS ARE HIGH IN PROTEIN?



Chicken and other birds



Beef, lamb and pork



Fish



Eggs



Beans

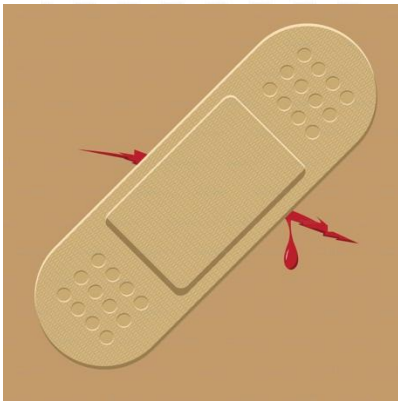


Tofu

WHY DO WE NEED TO EAT PROTEIN?



It helps our muscles grow big and strong.



It helps us heal any cuts and bruises.



It helps to keep us full and will stop us from getting hungry.

It gives us special vitamins and minerals to keep us healthy.

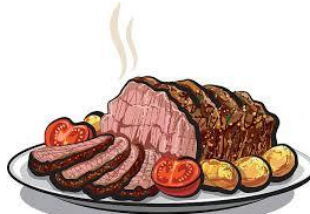
WE SHOULD EAT PROTEIN WITH...



Breakfast



Lunch



Dinner



Snacks

WHAT IS THE RIGHT PORTION SIZE FOR PROTEIN?



The palm of your hand, or...



2 eggs



90g cooked meat



140g cooked fish



150g beans

GOOD AND BAD PROTEINS

Good proteins have vitamins and minerals. They do not have many calories and are good for us. They include things like:



Chicken and other birds



Beef, lamb and pork



Fish



Eggs



Beans



Tofu

Bad proteins have lots of sugar and fat and salt added. They are not good for our health. They include:



Bacon



Sausages



Burgers



Chicken nuggets



Fried meat or fish

We should replace the bad protein with good protein.
This will help us be healthier and will help us lose weight.

HOMEWORK CHALLENGE: PROTEIN

I like to eat _____. This protein is not very good for me.

This week, I will change this protein to _____.

What did you like or not like about the healthier protein you tried?

LESSON 6: DAIRY AND ALTERNATIVES

This lesson will teach you:

- What dairy and dairy alternatives are.
- Why dairy and dairy alternatives are important.
- What good choices for dairy and dairy alternatives look like.
- How often we should eat dairy and dairy alternatives.
- What a good portion size is.
- What bad options of dairy and dairy alternatives look like.

PARENTS, CARERS AND GUARDIANS; PLEASE READ THIS SECTION CAREFULLY AND DISCUSS WITH THE PERSON AIMING TO LOSE WEIGHT. THEIR HOMEWORK THIS WEEK IS TO SWAP AN UNHEALTHY DAIRY PRODUCT FOR A HEALTHY ONE. PLEASE DO WHAT YOU CAN TO ACCOMMODATE THIS AND HELP THEM ANSWER THE QUESTION AFTERWARDS.

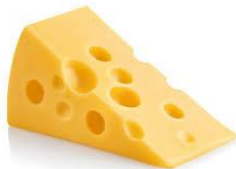
WHAT COUNTS AS DAIRY OR DAIRY ALTERNATIVES?



Milk



Yoghurt



Cheese



Fortified soy or almond or oat milk



Fortified soy yoghurts

Dairy comes from cows. Dairy alternatives are plants which look and taste like dairy. These are for people who have an allergy, or don't like drinking milk. They must be fortified with calcium to count as an alternative. Ask your parent, carer or guardian to help you make sure it is fortified if you eat dairy alternatives.

WHY IS DAIRY AND DAIRY ALTERNATIVES IMPORTANT?



They help us build strong bones.



They keep our muscles strong.



They keep our teeth strong and white.

GOOD OPTIONS FOR DAIRY ARE THINGS LIKE...



Skimmed or semi-skimmed milk



Plain yoghurt



Low fat cheese



Fortified soy or almond or oat milk (unsweetened)



Fortified plain soy yoghurts

These foods are low in calories so are good if we want to lose weight. They also contain lots of vitamins and minerals which is good for our health.

WE SHOULD EAT GOOD DAIRY WITH...



Breakfast



Snack



Drink

WHAT IS THE RIGHT PORTION SIZE FOR DAIRY?



200mL milk or alternative milk



125g yoghurt or soy yoghurt



30g cheese

BAD OPTIONS ARE THINGS LIKE...



Sugary yoghurts



Ice cream



Rice pudding



Custard



High fat cheese

These foods have lots of added sugar or salt or fat. They also have lots of calories which can cause us to gain weight.

We should avoid bad dairy whenever we can.

HOMEWORK CHALLENGE: DAIRY AND ALTERNATIVES

I currently eat ____ portions of dairy per day.

My favourite dairy is _____.

I am going to try adding _____ into my diet.

Because this is an option which is good for me.

What did you like or not like about the healthier dairy
or dairy alternative you tried?

LESSON 7: FATS AND OILS

This lesson will teach you:

- What fats and oils are.
- What can happen if we eat too many fats and oils.
- Where fats and oils can be found in our diet.
- How we can reduce the amount of fats and oils we eat.
- What low fat foods are.

PARENTS, CARERS AND GUARDIANS; PLEASE READ THIS SECTION CAREFULLY AND DISCUSS IT WITH THE PERSON AIMING TO LOSE WEIGHT. THEIR HOMEWORK THIS WEEK IS TO TRY A LOWER FAT ALTERNATIVE TO A HIGHER FAT FOOD THEY EAT. PLEASE DO WHAT YOU CAN TO ACCOMMODATE THIS AND HELP THEM ANSWER THE QUESTION AFTERWARDS.

FAT IN FOOD

WHERE DOES FAT IN OUR FOOD COME FROM?



Oil



Butter/ Lard



Margarine



Cream

WHAT HAPPENS IF WE EAT TOO MANY FATS AND OILS?

weight



We can gain weight.

unhealthy heart



We can have problems with our heart.

Fats and oils contain a lot of calories.

If we eat too many calories, we can gain weight.

They might also contain a bad source of fat which can cause problems with our heart.

WHERE DO WE FIND FAT IN OUR DIET?

We don't usually eat fat by itself. It is usually found in other foods.



Fried foods have lots of oil in them.



Mayonnaise and sauces have lots of oil in them.



Pastries can have lots of butter in them.



Biscuits and cakes have lots of margarine in them.



Chocolate has lots of cream in it.



Ice cream has lots of cream in it.

HOW DO WE REDUCE THE AMOUNT OF FAT WE EAT?



Eat less foods that are high in fat.



Choose baked or grilled options over fried.



Choosing the low-fat option.



Having a smaller amount of mayo or butter.



Choosing a smaller portion of cake or other high fat food.



Replacing high fat snacks with low fat options.

LOW FAT FOODS INCLUDE:



Fruits and vegetables



Plain carbohydrates



Plain protein with no fat that you can see



Low fat dairy (such as red top milk)



Beans and pulses



Low fat sauces and spreads

HOMEWORK CHALLENGE: REDUCING FATS

I really like to eat _____. This food is high in fat.

This week, I will swap this food for _____. This is lower in fat and has less calories.

What did you like or dislike about the lower fat food you tried?

LESSON 8: PROCESSED FOODS

This lesson will teach you:

- What processed foods are.
- Why processed foods are bad for our health.
- What counts as a processed food.
- How often we should have processed foods.
- How we can reduce the amount of processed foods we eat.

PARENTS, CARERS AND GUARDIANS; PLEASE READ THIS SECTION CAREFULLY AND DISCUSS IT WITH THE PERSON AIMING TO LOSE WEIGHT. THEIR HOMEWORK THIS WEEK IS TO COMPLETE A FOOD DIARY FOR ONE DAY SO WE CAN SEE THE AMOUNT OF PROCESSED FOOD THEY EAT. PLEASE DO ALL YOU CAN TO HELP ACCOMMODATE THIS.

WHAT ARE PROCESSED FOODS?



Processed foods have lots of things added to them.



It is ready made for me. I might only have to heat it up to eat it.



They are higher in fat, salt and sugar.



They have more calories than other food.



They might be extra tasty because of everything added into them.



They are not good for my health.

WHY ARE PROCESSED FOODS BAD FOR US?



They have lots of fat and sugar and salt.

**unhealthy
heart**

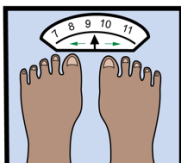


This is bad for our heart health.



They have lots of calories.

weight



This can cause us to gain weight.

vitamin



They don't have many vitamins or minerals.



This can make us ill in the future.



They are very tasty.

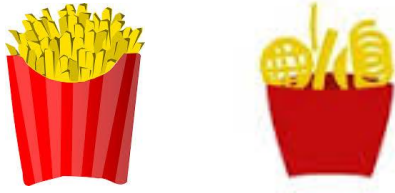


This makes it easy for us to eat too much.

PROCESSED FOODS INCLUDE:



Burgers, hot dogs and chicken nuggets.



Chips and potato waffles.



Ready meals.



Savoury snacks like pork pies and sausage rolls.



Crisps.



Cakes, biscuits, chocolate and sweets.

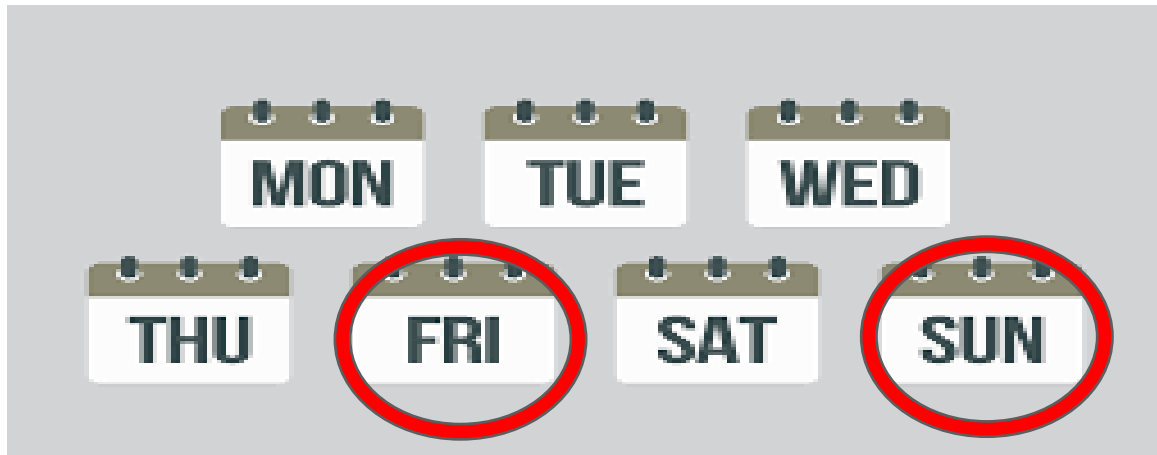


Fizzy drinks and milkshakes.



Ice cream and puddings.

WE SHOULD EAT PROCESSED FOODS...

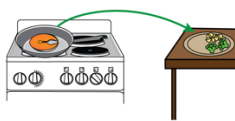


Only once or twice per week.

Eating these foods too often is bad for us.

WE CAN REDUCE THE AMOUNT OF PROCESSED FOOD WE EAT BY:

**cooking a
healthy meal**



Making food ourselves.



Buying takeaways only once per week.



Eating more fruits and vegetables.

HOMEWORK CHALLENGE: FOOD DIARY

Record everything you eat tomorrow on this sheet. Make sure you include any drinks, snacks and sauces.

You do not need to fill in each row unless you've eaten that meal or snack.

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Pudding	

LESSON 9: HEALTHY SWAPS

This lesson will teach you:

- How you can make your favourite foods healthier.
- Examples of healthy swaps.

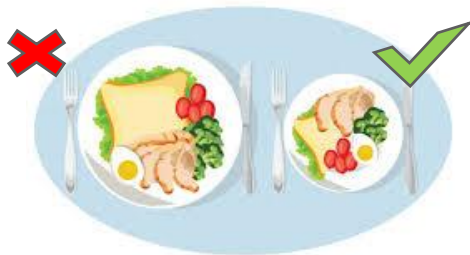
PARENTS, CARERS AND GUARDIANS; PLEASE READ THIS SECTION CAREFULLY AND DISCUSS IT WITH THE PERSON AIMING TO LOSE WEIGHT. WE HAVE IDENTIFIED SOME HEALTHY SWAPS THAT THEY COULD MAKE BASED OFF OF THEIR FOOD DIARY COMPLETED LAST WEEK. PLEASE DO YOUR BEST TO ACCOMMODATE THESE.

HOW CAN WE MAKE OUR FAVOURITE FOOD HEALTHIER?



Add less fat or choose the lower fat version.

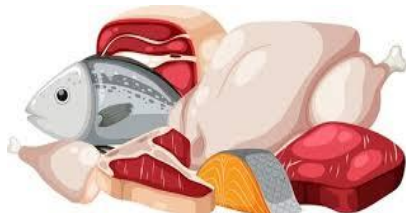
Bake or grill food rather than fry it



Have a smaller portion size



Have more fruit and vegetables.



Have more protein



Have less carbohydrates



Have less fat



Avoid processed foods



Add less sauce to meals

EXAMPLES OF HEALTHY SWAPS



Instead of a fried breakfast...



Try grilling the bacon and sausages, having regular toast and adding more mushrooms and tomatoes.



Instead of a double cheeseburger and fries with a milkshake...



Try having one grilled burger with less cheese, baked fries and more salad with a diet drink.



Instead of a ready meal cottage pie...



Try making it yourself with low fat mince, vegetables like onions, peas and carrots and have plain mashed potatoes.

HOMEWORK CHALLENGE: HEALTHY SWAPS

This week I will make two healthy swaps. These will be:

1. _____

2. _____

What did you like and dislike about your healthy swaps?

LESSON 10: BOREDOM EATING

This session will teach you:

- How to know when you are actually hungry.
- What can happen if we ignore real hunger.
- What fake hunger is and how we can tell if our hunger is real or fake.
- What can cause fake hunger.
- How we can stop fake hunger.

PARENTS, CARERS AND GUARDIANS; PLEASE READ THIS SECTION CAREFULLY AND DISCUSS IT WITH THE PERSON AIMING TO LOSE WEIGHT. THEIR HOMEWORK THIS WEEK HAS TWO PARTS; THE FIRST IS ENCOURAGING THEM TO DO THEIR FAVOURITE ACTIVITY WHEN THEY FEEL FAKE HUNGER, AND THE SECOND IS A PORTION TICKLIST. PLEASE DO ALL YOU CAN TO ACCOMMODATE THESE BEING DONE BEFORE OUR NEXT SESSION.

WHAT DOES REAL HUNGER FEEL LIKE?



Empty feeling in my tummy.



Growling tummy.

Real hunger is an actual feeling.

It will go away if we eat something. It does not matter if the food is
tasty or not.

It will not go away if we ignore it.

WHAT HAPPENS IF WE IGNORE REAL HUNGER?



We can feel shaky or dizzy or unwell.



We can feel tired.

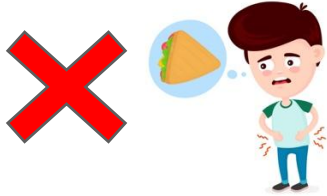


We can have no energy.

We should always eat if we feel real hunger.

It is our bodies way of telling us when we need to eat.

WHAT IS FAKE HUNGER?



Fake hunger is not a physical feeling.



It is a type of hunger our brain creates.



It causes us to crave certain foods.



We can't get rid of it by eating other foods.



If we can ignore it, it will go away after a while.

If we can avoid eating whilst we have the craving, the craving will go away.

WHAT CAUSES FAKE HUNGER?



Emotions like being sad, being lonely, being angry or being bored.



Seeing or smelling tasty food.



Eating food that tastes so good you keep wanting to eat more.

Fake hunger can be caused by our emotions, things around us, and things that taste good.

We should not eat when we have fake hunger. This is because it can cause us to eat too many calories. This can cause us to gain weight.

HOW DO WE STOP FAKE HUNGER?

If we can distract ourselves, fake hunger can go away.

You could do this by:



Going for a walk.



Playing a game.



Speaking with family or friends.



Doing some exercise.



Doing some arts and crafts.

HOMEWORK CHALLENGE: FALSE HUNGER

My favourite activity to do is

This week when I feel false hunger, I will do this activity to distract me.

This will stop me from eating when I am not hungry.

This can help me eat less calories which can help me lose weight.

When you felt fake hunger this week, did you do the activity to distract yourself?

Did you feel that it helped stop you eating food you didn't need?

HOMEWORK CHALLENGE: TICK LIST

How many of these foods did you have today? Add a tick every time you ate another portion.

[illegible]

LESSON 11: HOW HAVE I DONE WITH MY HEALTHY EATING?

MY CURRENT SIZE

My height: _____ cm

My current weight: _____ kg

My waist size: _____ cm

My clothing size: _____ size

HOW MUCH HAS THIS CHANGED?

I have lost _____ kg.

My waist size has gone down by _____ cm.

I have dropped _____ clothing sizes.

Well done!

I NOW FEEL....

Healthier.

Happier.

More energetic.

More fit.

Less tired.