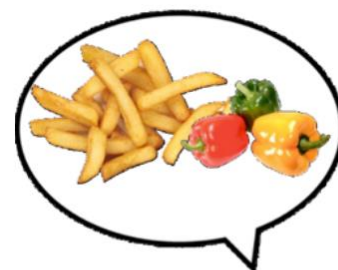


Helping you to stay healthy and well

# HEALTHY EATING ACTIVITY PACK



HELPFUL INFORMATION AND FUN  
ACTIVITIES FOR PEOPLE WITH  
LEARNING DISABILITIES AND  
FAMILIES AND CARERS WHO  
SUPPORT THEM.



May 2022



**KeyRing**  
... We're Life Changing



**NHS**

# Introduction



The NHS in North Yorkshire has worked with North Yorkshire Learning Disability Partnership Board to make this activity pack.



The pack has information and activities for people with a learning disability and their families and carers.



It includes some information made by other organisations, like Mencap.



Thank you to everyone who helped make this pack.



We hope you find it useful and fun.



Everyone is different. Different ideas work for different people.

Please look through the pack and think about what is best for you.

## What is in this pack?

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# Why is it important to have a healthy diet?



Food and drink is important for our health and wellbeing.

Food and drink can also bring us pleasure.



Eating a balanced diet helps to keep you a healthy weight and can help to stop you getting some diseases.



Small changes to what we eat and how much we eat can make our lives better.



Eating a balanced diet makes you feel good too! Try to choose different foods from each of the **food groups** to help you get what your body needs to stay healthy.

# What are the different food groups?



Food can be put into 5 different groups. Each food group looks after our bodies in different ways.



**1. Fruits and Vegetables** help our digestive system, give us energy and help keep our skin, bones and teeth healthy.



**2. Cereals, bread and pastas** give us energy, make us feel full and help our digestive system.



**3. Meat and fish** help keep our bodies healthy and help our bodies get better if we hurt ourselves or are ill. They also help our bodies grow.



**4. Dairy products** keep our bones and teeth healthy, give us energy and help our bodies grow.



**5. Fats and sugars** do not need to be added to our foods as we get what we need from other foods. Too much fat or sugar can make us put on weight.



# Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturated	Sugars	Salt
1000kJ 200kcal	3.0g	1.3g	34g	0.9g
13%	LOW	LOW	HIGH	MED
	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

6-8 a day

Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

## Five a day checklist

Everyone should have at least 5 portions of a variety of fruit and vegetables every day. An adult portion of fruit or vegetables is 80g which could be the same as eating two plums, or two broccoli spears or 12 cherry tomatoes. You can find out more about portions on this website: [www.nhs.uk](http://www.nhs.uk)

**Do you eat at least five portions of fruit and vegetables each day? Tick the chart to see if you have reached your target!**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 portion							
2 portions							
3 portions							
4 portions							
5 portions							

## True or False?

Read the sentences below carefully and decide if they are true or false (right or wrong)

	Question	True or false?
1	You should not have any fat or sugar in your diet.	
2	It is better to eat brown bread than white bread.	
3	There are 5 different food groups.	
4	You should try to include at least 1 starchy food (like rice or potato) with each main meal.	
5	Eating a balanced diet may help to stop you getting some diseases.	
6	It is not important to eat breakfast.	
7	It is important to exercise as well as to eat healthily.	
8	Milk, cheese and yoghurt are good sources of protein.	
9	You only need to drink 2 glasses of water or other liquid per day.	
10	It is better to grill fish or meat, instead of frying.	

Please make sure to look back through the questions and check your answers.



# Food labels

Food labels can help you choose what to eat. They can help you keep a check on the number of foods you eat that are high in fat, salt and added sugars. You can usually find labels on the back or side of packaging.



**Look for five key points on the label:**

- Energy
- Fat
- Saturates
- Sugars
- Salts

Using these food labels when shopping can help you make healthier choices.

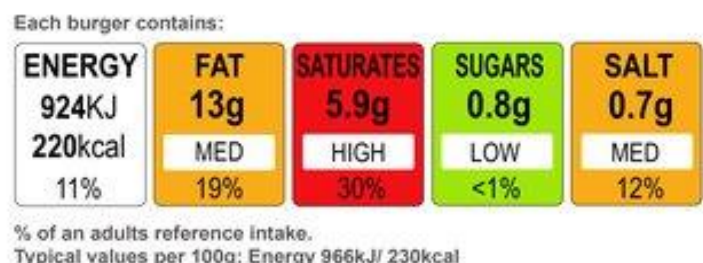
**It is good to choose**

**foods and drinks that are:**

- lower in saturated fat
- lower in sugar
- lower in salt
- lower in calories.

Some labels use red, amber (orange) and green colour coding.

Colour-coded labels can help you easily see how much fat, saturated fat, sugars and salt it has:

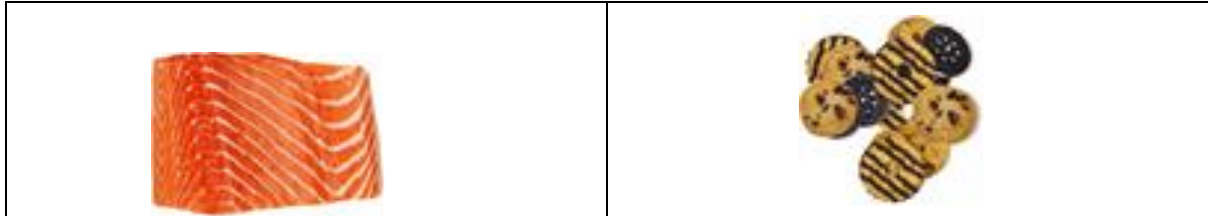


- red means high
- Amber (or orange) means medium
- green means low

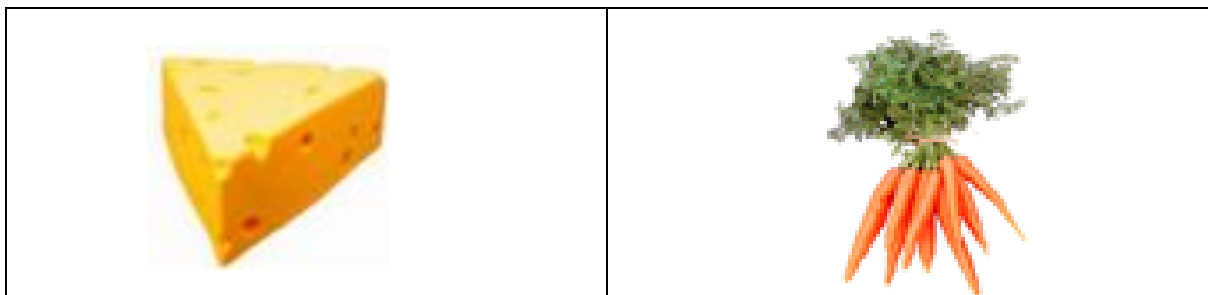
## Which one?

Take a look at these foods and circle which one you think it is.

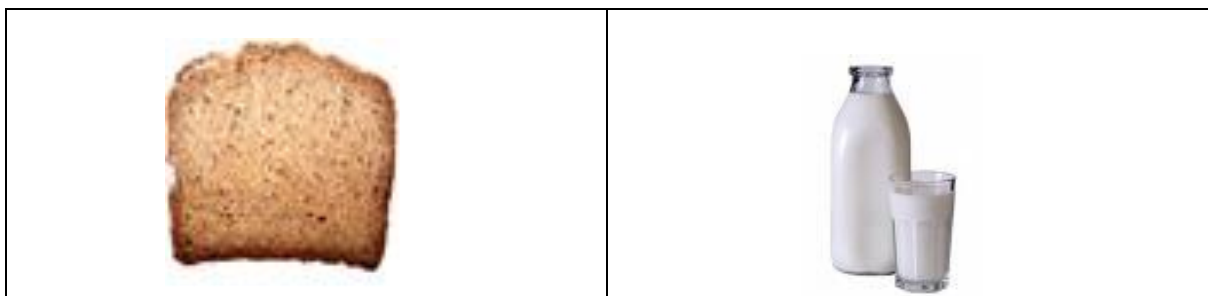
### Which has more sugar?



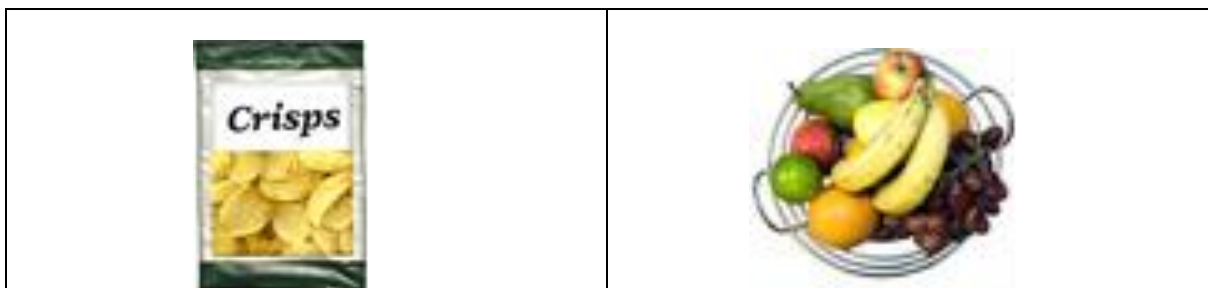
### Which has more fat?



### Which has more fibre?



### Which has more salt?



# What is fibre and why is it good for me?



Fibre is a type of carbohydrate that the body cannot break down and so it passes through our gut into our large intestine (or colon).



It is found naturally in plant foods like wholegrains (such as wheat, barley and rye), beans, nuts, fruit and vegetables. Sometimes it is added to foods or drinks.



Fibre helps to keep our digestive system healthy and helps to prevent constipation.



A high fibre diet may help to reduce our risk of heart disease and stroke, type 2 diabetes and bowel cancer.

Some people find a high fibre diet uncomfortable. It is always best to speak with a health professional if you are not sure how much to eat.

## How can I eat more fibre?

Getting enough fibre can seem tough, especially if you're not in the mood for vegetables. But did you know popcorn has fibre?



Lentils and other beans are an easy way to get fibre into your diet in soups, stews and salads.



Broccoli can help your gut stay healthy and balanced.



All berries such as blueberries, blackberries, strawberries and raspberries are great sources of fibre. They are naturally low in calories, too.



There's lots of fibre in popcorn, and the snack is good for you as long as it doesn't include butter or sugar like it does at the cinema.



Bread can be full of fibre. Always choose wholegrain bread instead of white bread.

## Fibre Wordsearch

Can you find and circle all the words about fibre?

D V B R E A D E C R  
S E R O A H X H Y R  
A G H K B U Y T T J  
B E E F E R P A R Q  
B T A U R C B J L F  
H A L H R P I E Y R  
S B T F I B R E G U  
Z L H F E Y Z T U I  
K E Y L S B S C T T  
O S F X B E A N S P

Vegetables

Healthy

Berries

Beans

Fibre

Bread

Fruit

Gut



## What resources are available?



**Easy Meals App.** Public Health England have made the One You Easy Meals App. The app is a great way to find foods that are healthier for you. It has delicious, easy meal ideas. You can download from App Store or from Google Play.



**NHS website.** The NHS has a helpful weight loss guide. You can download information packs, as well as a food and activity planner: [www.nhs.uk/better-health/lose-weight/](http://www.nhs.uk/better-health/lose-weight/)



**Local weight management service.** The local council has a service to help you lose weight. It is for people over 18 who live or work in North Yorkshire or who are registered with a GP there: [www.northyorks.gov.uk/healthy-weight-and-eating-well](http://www.northyorks.gov.uk/healthy-weight-and-eating-well)



**Mencap.** If you enjoyed this activity pack then take a look at more information or activities on the Mencap website: [www.mencap.org.uk/ahealthierme](http://www.mencap.org.uk/ahealthierme)

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IN PARTNERSHIP WITH:  
NORTH YORKSHIRE COUNTY COUNCIL  
NORTH YORKSHIRE LEARNING  
DISABILITY PARTNERSHIP BOARD  
KEYRING

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With special thanks to:

- Easy Health
- Mencap
- NHS England NHS Improvement
- North Yorkshire County Council
- North Yorkshire Health Task Group
- Suffolk Clinical Commissioning Group

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