



SNACK ATTACK!

Delivery Booklet



A QUICK HELLO.

This nutrition education material has been compiled from a variety of elements of the PhunkyFoods Programme, specifically to be delivered as part of the Department for Education Holiday Activities and Food (HAF) Programme.

This material contains a range of fun, but educational, activities for delivery via out-of-school settings. It contains positive healthy lifestyle messaging which should be delivered in an encouraging and upbeat manner.

Each week you should choose a different theme or topic to focus on - available themes include Eatwell!, Strive for 5!, Drain your Drinks, Bag A Breakfast, Snack Attack and A Healthy Lunch.

Activity ideas for each theme might include creative literacy activities, arts and crafts activities, physically active activities, scientific investigative activities, as well as hands-on food preparation activities. These ideas are simply outlines, designed to inspire you to provide a range of different fun activities around nutrition, food and health education. They could for example be delivered as carousel activities over a one-week period culminating at the end of the week in the designated food preparation activity for that particular topic.

For each theme we have three sessions of varied, age differentiated activity ideas - these are activities you could deliver across three days for example. The fourth session for each theme is a Food Preparation Session which will allow the children to get hands on with food and create their own dish using the knowledge they have gained during the activities throughout the week. Children will learn new food preparation skills, they will gain new insights in how to eat a healthy, balanced diet and they may even try new foods that they've never tried before.

In this way we hope children will enjoy learning about food; they will learn why it is important to try new foods and to include a wide variety of different foods in a healthy, balanced diet. But most of all we want children to simply enjoy learning about food and their health, and to have a bit of fun getting hands-on and making some food for themselves.

We hope you enjoy using these materials, and we hope the children enjoy receiving them.

Wishing you all the very best for your HAF Programme,

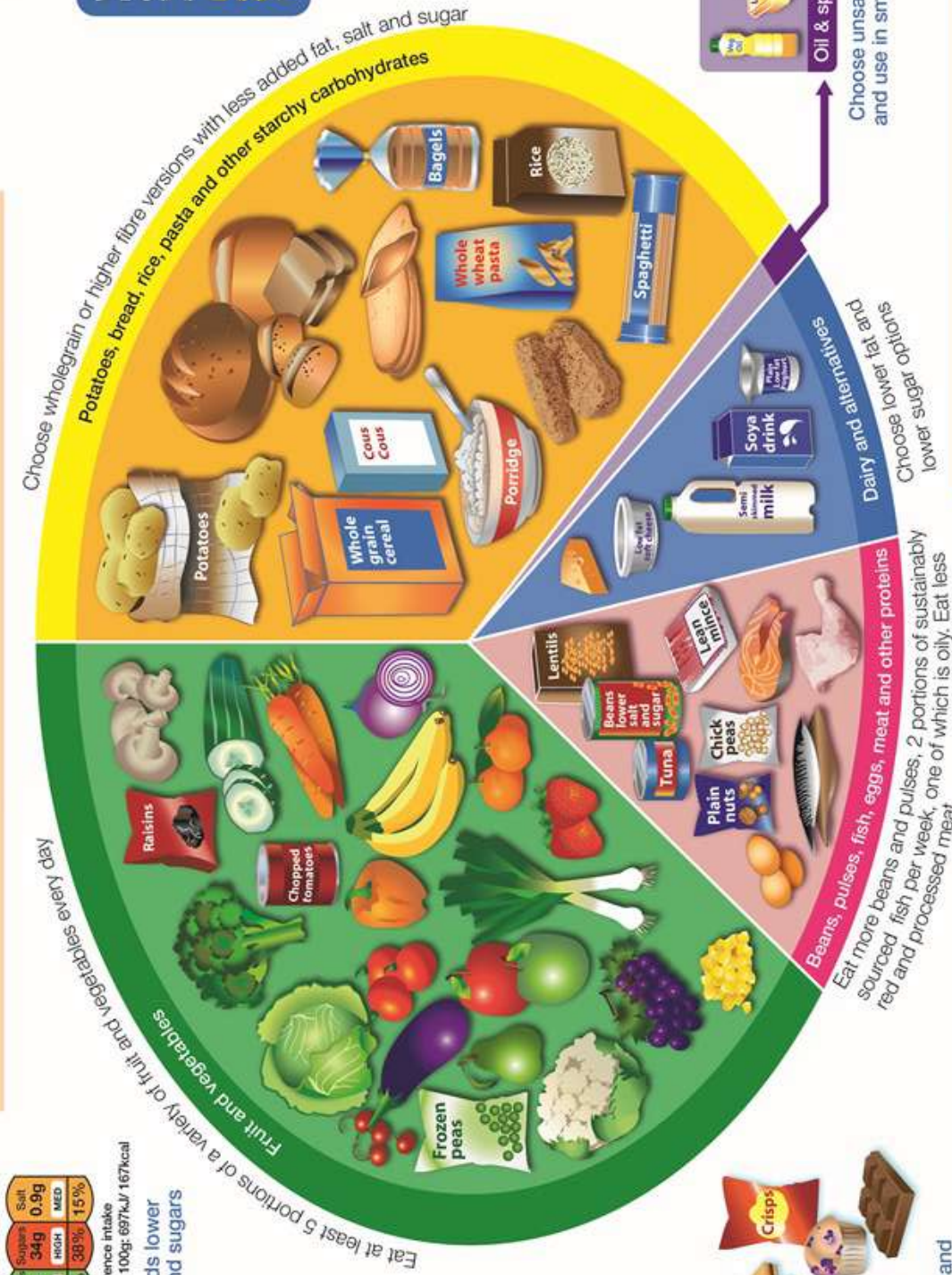
The PhunkyFoods Team.

Eatwell Guide

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.



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.



Check the label on packaged foods

Each serving contains

Energy	Saturated Fat	Sugars	Salt
1046kJ 250kcal	5g	34g	0.9g
12.5%	LOW	HIGH	MED
7%	6.5%	38%	15%

Choose foods lower in fat, salt and sugars

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



Eat less often and in small amounts

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

Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland © Crown copyright 2016

Why do we need snacks? What are healthy snacks?

A snack is any food or drink that we eat between meals which gives us energy and nutrients.

For a healthy snack you should use the Eatwell Guide and choose your snacks from one of the 4 largest food groups (carbohydrate, protein, fruit and vegetables, or dairy). Show the Eatwell guide and introduce the names of the 4 largest food groups.

Why are some foods outside of the Eatwell guide? These foods are not necessary to keep our bodies healthy; therefore they should be eaten less often and in smaller amounts.

Early Years

Can you tell the difference between fruit and vegetables? Sort picture cards (pages 5-6) into fruits and vegetables.

Children colour in a rainbow template provided (page 7) and can match pictures of fruit and vegetables to the appropriate coloured section.

Talk about your favourite fruits and vegetables, where do they grow? What do you eat with them?

Key Stage 1

Children can colour a rainbow and draw pictures of different coloured fruit and vegetables in the appropriate sections (page 7).

Talk about your favourite fruits and vegetables, where do they grow? What do you eat with them?

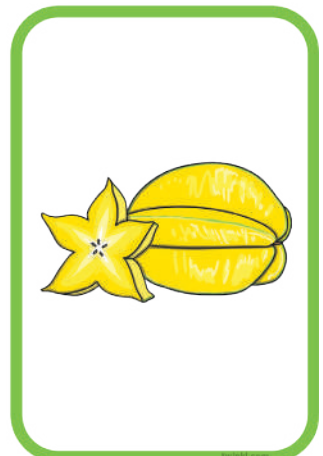
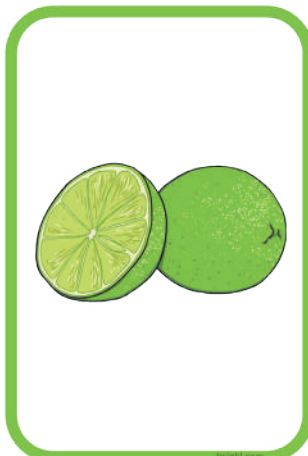
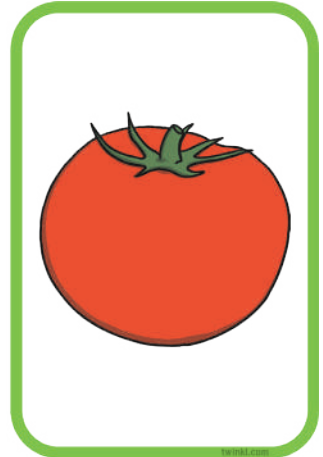
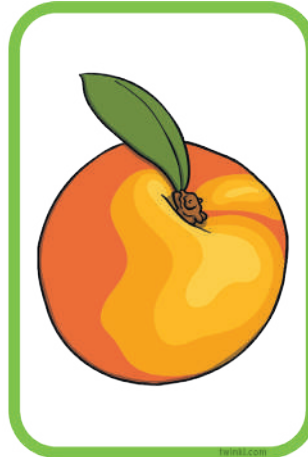
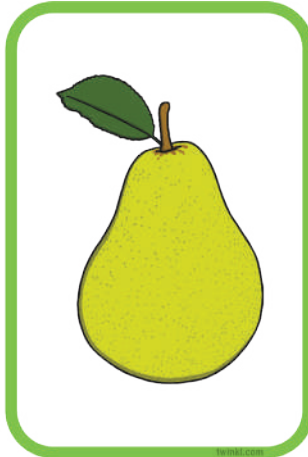
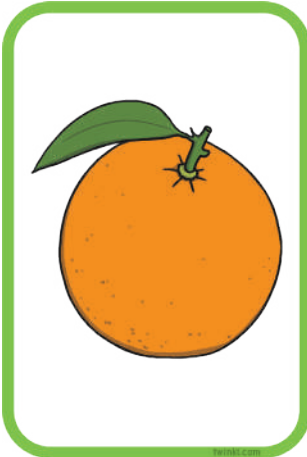
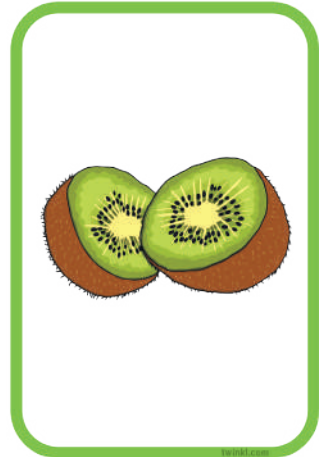
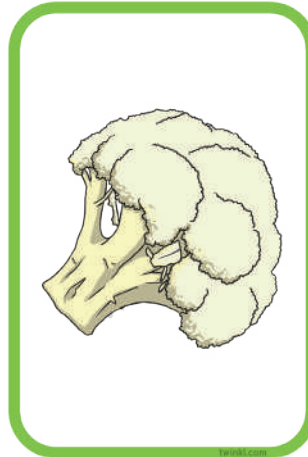
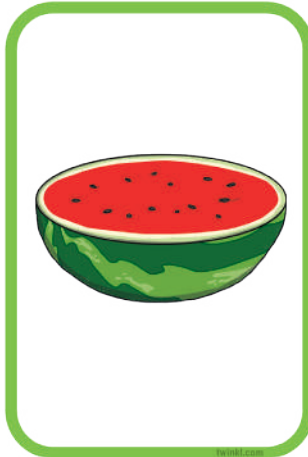
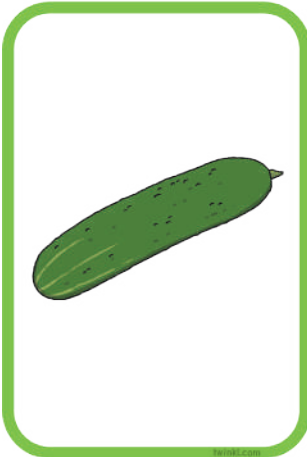
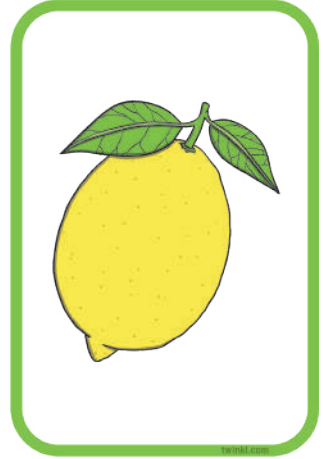
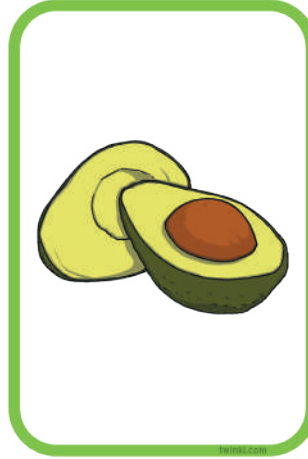
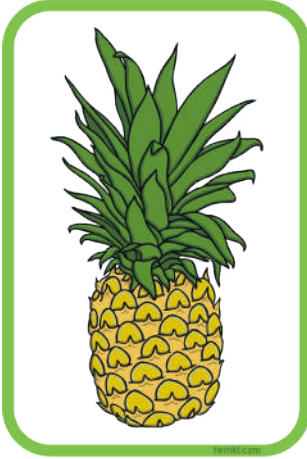
Key Stage 1/2

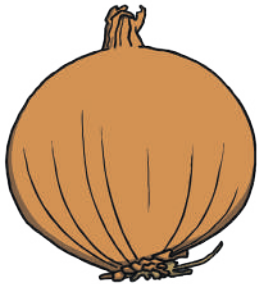
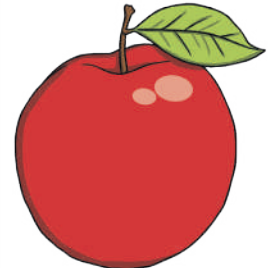
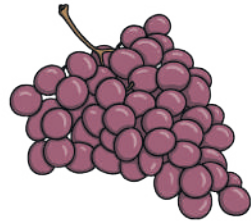
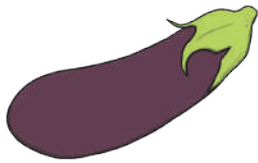
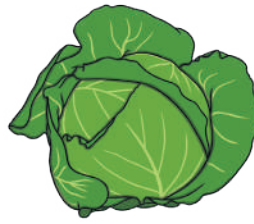
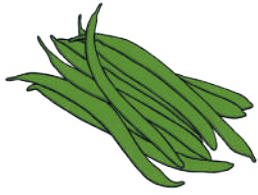
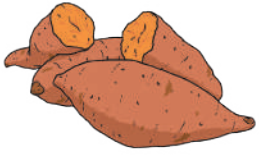
Carry out an investigation exercise to match up the sugar content of popular snacks.

Children should look at the information sheet containing the food labels of the snacks on page 8, and find out how much sugar is in them.

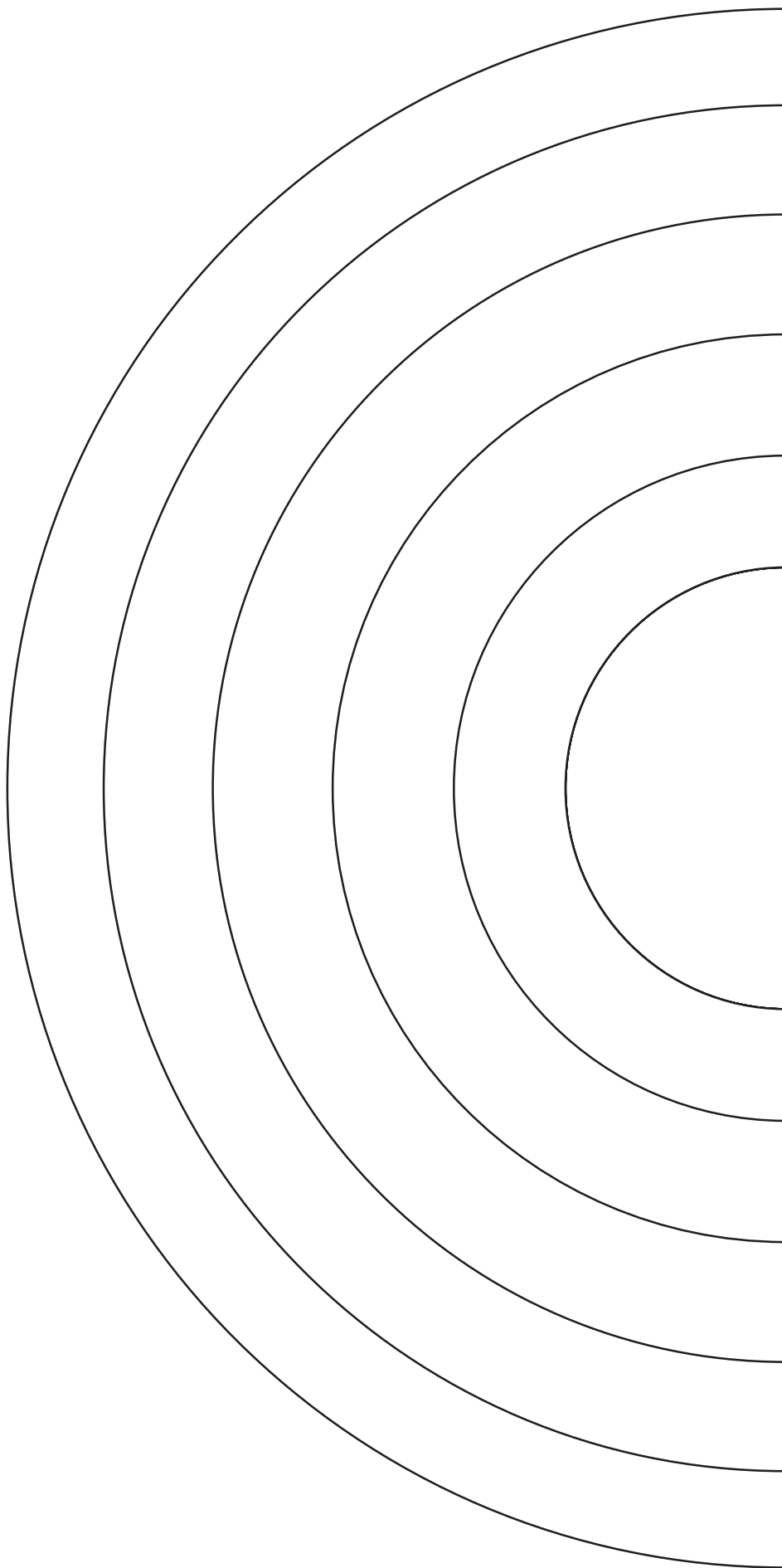
They should then complete the worksheet on page 9 by drawing a line from the snack picture to the correct amount of sugar. It might also be useful to have the physical packaging if possible to pass around the class as well.

Children should investigate where to locate the information they need on food packaging.





Colour a rainbow



How much sugar is in my snacks?

Each 32 g contains

Energy	Fat	Saturates	Sugars	Salt
573 kJ 137 kcal	5.2 g	2.7 g	8.8 g	0.17 g
7%	7%	13%	10%	3%

of the reference intake*
Typical values per 100g: Energy 1790 kJ



1/4 of a cucumber

Energy	Fat	Saturates	Sugars	Salt
59kJ 14kcal	0.5g	<0.1g	1.1g	<0.01g
1%	1%	0%	1%	<1%

of the reference intake*
Typical values per 100g: Energy 65kJ / 16kcal



Per Roll (17g)

Energy	Fat	Saturates	Sugars	Salt
282kJ 67kcal	1.4g	0.6g	6.3g	0.02g
3%	2%	3%	7%	0.3%

of the reference intake*
Typical values per 100g: Energy per 100g



80g contains

Energy	Fat	Saturates	Sugars
106kJ 25kcal	0.2g	<0.1g	3.7g
1%	<1%	<1%	4%

of the reference intake*
Typical values per 100g: Energy 133kJ / 32kcal



Per 20g bar

Energy	Fat	Saturates	Sugars	Salt
68 kcal	1.2g	0.2g	7.0g	0.11g



How much sugar is in my snacks?

Find out how much sugar is in each snack by looking at the packaging, then draw a line to the right amount of sugar.



3.7g



7g



8.8g



1.1g



6.3g

Each serving (150g) contains

Energy 1046kJ 250kcal	Fat 3.0g LOW	Saturates 1.3g LOW	Sugars 34g HIGH	Salt 0.9g MED
13%	4%	7%	38%	15%

of an adult's reference intake

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

You can find the amount of sugar here on the packaging!

How much sugar is in my snacks - ANSWERS



8.8g



1.1g



6.3g



3.7g



7g

Session 2: Fruits And Vegetables Are The Best Snacks!

Early Years

Using a sheet of healthier snack items page 12, play **I Spy with My Little Eye**: One child looks at the visual sheet and chooses a snack to describe to everyone else.

Eg; what colour is it? What shape is it? What would it feel like? It is crunchy or soft? When can you eat this snack?

Feeling Fruity game: Place different fruits and vegetables inside a bag or box and ask one child at a time to say what it feels like, thinking of texture, shape and size.

Key Stage 1

What am I? Think of a healthy snack food (fruit, vegetable, yoghurt etc) and other children ask yes/no questions to guess the food. The I Spy sheet can be provided if they are struggling to think of foods.

Create a poster showing your favourite healthy snack foods, do you know which groups they come from?

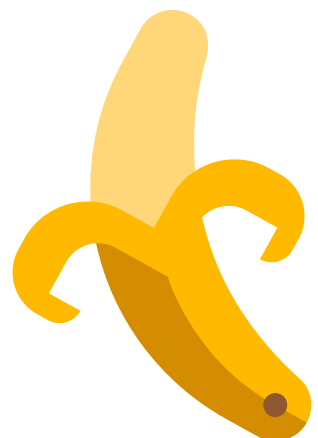
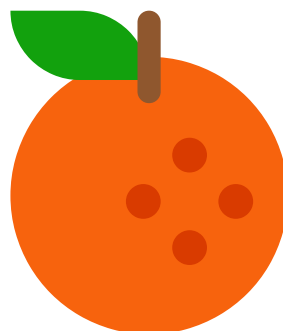
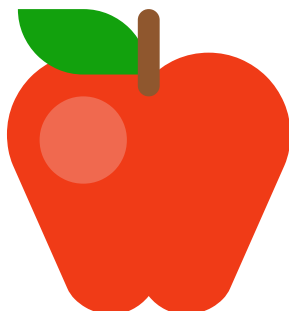
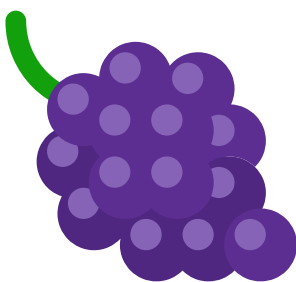
Key Stage 2

Think of your favourite snack, what changes could you make to this snack to make it healthier?

Eg; Swapping a chocolate muffin for a homemade banana muffin, swapping breadsticks and Nutella for breadsticks/veggies and hummus.

Children can draw their old and new snacks on recipe cards or posters.

Complete a fruit and vegetable word search using a worksheet provided on page 13 or for more of a challenge, make your own word searches from your list of favourite snacks. These can be swapped with friends to complete.



I Spy With My Little Eye...



Word Search Worksheet

v	l	p	c	d	u	a	p	p	l	e	q	c	g
d	s	i	a	g	t	k	e	k	r	b	j	r	r
x	r	n	w	c	b	u	p	v	q	i	a	i	e
o	d	e	i	p	o	n	p	h	h	n	s	c	t
m	b	a	s	a	t	z	e	g	o	a	f	e	h
q	x	p	a	u	a	f	r	l	u	o	p	c	b
c	y	p	w	x	m	t	a	g	m	e	p	a	y
l	d	l	n	h	o	e	k	f	o	j	z	k	f
m	j	e	v	i	t	n	w	h	u	g	y	e	l
o	z	j	b	e	r	r	i	e	s	i	k	s	n
k	i	w	i	m	e	o	t	r	u	h	g	o	y

apple	pineapple
granola	kiwi
rice cakes	houmous
berries	tomato
pepper	yoghurt

Make your own wordsearch

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Session 3: Choosing a healthier snack

Traffic light food labelling: A red traffic light on a label means we should only have this occasionally; orange means this is okay most of the time, and green means this is a really healthy choice.

Early Years

Sort pictures of snacks into two piles. Which ones are healthy snacks (green) and which ones should we have occasionally (red) snacks.

Make a poster by drawing and colouring your favourite healthy snack as a character. Your snack can be doing an activity you enjoy, Eg: running, swimming or football. For an easier option, use the colour me happy sheets.

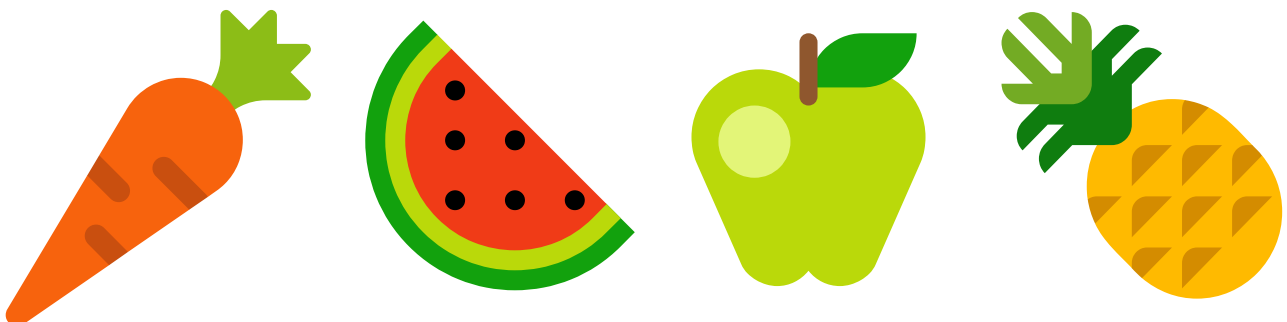
Key Stage 1 & 2

Look at the traffic light food labels on pages 16-19 for different snacks and sort them into 2 categories. Which ones are healthy choices? Which ones should we have only occasionally?

Eg: Are they under and over 100 kcals. What colours are the labels for fat, salt and sugar?

Using a list of ingredients on page 20 and an Eatwell guide template, **build your own healthy snack** with 2 or more ingredients.

Draw a picture of your finished snack on a recipe card or poster.



Traffic Light Information Sheet

A typical apple contains

Energy	Fat	Saturates	Sugars	Salt
300kJ 71kcal	0.1g	<0.1g	15.7g	0.1g
4%	<1%	<1%	17%	1%

of the reference intake*

Typical values per 100g: Energy 225.50kJ (53.30kcal)



A typical banana contains

Energy	Fat	Saturates	Sugars	Salt
571kJ 135kcal	0.2g	0g	27.2g	<0.01g
7%	<1%	0%	30%	0%

of the reference intake*

Typical values per 100g: Energy 571kJ / 135kcal



A typical carrot contains

Energy	Fat	Saturates	Sugars	Salt
140kJ 33kcal	0.2g	<0.1g	5.9g	0.1g
2%	<1%	<1%	7%	2%

of the reference intake*

Typical values per 100g: Energy 140kJ / 33kcal



A typical cucumber contains

1/4 of a cucumber

Energy	Fat	Saturates	Sugars	Salt
59kJ 14kcal	0.5g	<0.1g	1.1g	<0.01g
1%	1%	0%	1%	<1%

of the reference intake*

Typical values per 100g: Energy 65kJ / 16kcal



A typical dairy milk bar contains

Be Treatwise. Each 36 g serving contains

Energy	Fat	Saturates	Sugars	Salt
802 kJ 192 kcal	11 g	6.6 g	20 g	0.09 g
10%	16%	33%	22%	2%

of the reference intake*

Typical values per 100g: Energy 2232 kJ



Cereal bars (Tesco summer fruits cereal bars)

One bar

Energy	Fat	Saturates	Sugars	Salt
274kJ 65kcal	0.8g	0.4g	3.6g	0.1g
3%	1%	2%	4%	1%

of the reference intake*

Typical values per 100g: Energy 1442kJ / 343kcal



Crisps (walker's ready salted)

Energy	Fat	Saturates	Sugars	Salt
543kJ 130kcal	7.7g	0.6g	<0.1g	0.34g
6%	11%	3%	1%	6%

of the reference intake*

Typical values per 100g: Energy 2172kJ



Popcorn

One bag of sweet and salty popcorn

Energy	Fat	Saturates	Sugars	Salt
288kJ 68kcal	3.3g	0.3g	3.0g	0.2g
3%	5%	2%	3%	3%

of the reference intake*

Typical values per 100g: Energy 2041kJ / 488kcal



Natural Yoghurt

Energy	Fat	Saturates	Sugars	Salt
348kJ 83kcal	3.8g	2.6g	5.9g	0.1g
4%	5%	13%	7%	2%

of the reference intake*
Typical values per 100g: Energy 348kJ / 83kcal



Granola

Energy	Fat	Saturates	Sugars	Salt
935kJ 223kcal	8.0g	0.9g	4.9g	0.1g
11%	11%	5%	5%	2%

of the reference intake*
Typical values per 100g: Energy 1871kJ / 446kcal



Melon

1/2 of a pack (150g)

Energy	Fat	Saturates	Sugars	Salt
186kJ 44kcal	0.3g	0g	8.9g	0.1g
2%	<1%	0%	10%	2%

of the reference intake*
Typical values per 100g: Energy 186kJ / 44kcal



Pain au Chocolat

One pain au chocolat

Energy	Fat	Saturates	Sugars	Salt
979kJ 234kcal	11.4g	7.0g	8.4g	0.4g
12%	16%	35%	9%	7%

of the reference intake*
Typical values per 100g: Energy 1688kJ / 403kcal



Chocolate Crepes

One crêpe

Energy	Fat	Saturates	Sugars	Salt
577kJ 137kcal	5.2g	1.2g	13.2g	0.3g
7%	7%	6%	15%	5%

of the reference intake*
Typical values per 100g: Energy 1803kJ / 429kcal



Kiwi

One typical kiwi

Energy	Fat	Saturates	Sugars	Salt
209kJ 50kcal	0.5g	<0.1g	9.3g	<0.01g
3%	1%	<1%	10%	<1%

of the reference intake*
Typical values per 100g: Energy 233kJ / 55kcal



Grapes

Per 100g

Energy	Fat	Saturates	Sugars	Salt
308kJ 73kcal	0.1g	<0.1g	17.0g	<0.01g
4%	<1%	0%	19%	<1%

of the reference intake*
Typical values per 100g: Energy 308kJ / 73kcal



Tomatoes

7 typical tomatoes

Energy	Fat	Saturates	Sugars	Salt
87kJ 21kcal	0.4g	<0.1g	2.9g	<0.01g
1%	1%	<1%	3%	<1%

of the reference intake*
Typical values per 100g: Energy 109kJ / 26kcal



Ingredients List

Ingredient	Eatwell guide group
Apple	Fruit and Vegetables
Houmous	Protein
Banana	Fruit and Vegetables
Carrot	Fruit and Vegetables
Yoghurt	Dairy
Kiwi	Fruit and Vegetables
Granola	Carbohydrate
Grapes	Fruit and Vegetables
Raisins	Fruit and Vegetables
Rice cakes	Carbohydrate
Strawberries	Fruit and Vegetables
Raspberries	Fruit and Vegetables
Breadsticks	Carbohydrate
Tomatoes	Fruit and Vegetables
cucumber	Fruit and Vegetables
Melon	Fruit and Vegetables
Plain Nuts	Protein
Cheese	Dairy
Ham	Protein
Nut Butter	Protein / Fat
Celery	Fruit and Vegetables

Session 4: Consolidate and Make!

ALLERGENS: All recipes have allergens listed. Parent consent to participate in food preparation sessions and allergen information should be collected for EVERY child prior to the session.



Remind the children of the health message/topic for this week. What do they recall about the topic? What are their take home messages from the week?

INGREDIENTS

Explain that today you're going to be making a healthy, balanced recipe/dish that sums up the health message you've been looking at. Show the children the recipe, and discuss the ingredients needed. How do they relate to the messages you've been looking at this week? Where do they fit in the Eatwell Guide? [Tip: there is guidance on this on the back page of the recipe sheet.]

SKILLS

Take a look at the skills you will be covering. Are there any skills that are new to the children? If so, skills snippet videos are available on our PhunkyFoods YouTube channel at <https://www.youtube.com/user/Phunkyfoods/playlists> ; you can demonstrate each new skill by playing the video, or you can show them yourself (ensuring you are using the correct method of course!)

NOTE: Please see our PhunkyFoods knife policy and Guidance on page 22.



PhunkyFoods: Guidance on use of sharp food preparation equipment in primary schools.

This document has been written to offer guidance and advice to PhunkyFoods local Engagement and Development Coordinators (EDCs) in their role to deliver practical food preparation sessions to children and adults in primary schools across the UK.

One of the key purposes of incorporating cooking as part of Design & Technology (D&T) in both KS1 and KS2 is to teach ‘a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life.’ (National Curriculum, 2014). The D&T Progression Framework for Cooking and nutrition, for Key Stages 1 and 2, as developed by the Design and Technology Association in collaboration with the National Curriculum Expert Group for D&T, is shown below:

Cooking and nutrition	Key Stage 1	Key Stage 2
Where food comes from	<p>Across KS1 pupils should know:</p> <ul style="list-style-type: none"> that all food comes from plants or animals that food has to be farmed, grown elsewhere (e.g. home) or caught 	<p>Across KS2 pupils should know:</p> <ul style="list-style-type: none"> that food is grown (such as tomatoes, wheat and potatoes), reared (such as pigs, chickens and cattle) and caught (such as fish) in the UK, Europe and the wider world <p>In late KS2 pupils should also know:</p> <ul style="list-style-type: none"> that seasons may affect the food available how food is processed into ingredients that can be eaten or used in cooking
Food preparation, cooking and nutrition	<p>Across KS1 pupils should know:</p> <ul style="list-style-type: none"> how to name and sort foods into the five groups in The eatwell plate that everyone should eat at least five portions of fruit and vegetables every day how to prepare simple dishes safely and hygienically, without using a heat source how to use techniques such as cutting, peeling and grating 	<p>Across KS2 pupils should know:</p> <ul style="list-style-type: none"> how to prepare and cook a variety of predominantly savoury dishes safely and hygienically including, where appropriate, the use of a heat source how to use a range of techniques such as peeling, chopping, slicing, grating, mixing, spreading, kneading and baking <p>In early KS2 pupils should also know:</p> <ul style="list-style-type: none"> that a healthy diet is made up from a variety and balance of different food and drink, as depicted in The eatwell plate that to be active and healthy, food and drink are needed to provide energy for the body <p>In late KS2 pupils should also know:</p> <ul style="list-style-type: none"> <i>that recipes can be adapted to change the appearance, taste, texture and aroma</i> that different food and drink contain different substances – nutrients, water and fibre – that are needed for health

It is the policy of the PhunkyFoods Programme that:

- ALL sharp bladed cooking equipment will be counted in and out of EVERY session.
- A copy of our risk assessment will be provided to schools on request for each session delivered.
- All accidents will be reported directly to the school for recording purposes, and noted to Head Office as soon as possible after the event.
- Knife skills will be taught across KS1 using soft fruits and vegetables and using round-bladed, table knives ONLY. Appropriate knife skills and rules will be demonstrated at the start of each session.
- In lower KS2 IF they have good knife skills and have practiced using table knives previously, and school is happy or them to do so – then pupils can start to use the sharp knives (3 inch straight blades – with child appropriate handles). Appropriate knife skills and rules will be demonstrated at the start of each session.
- Upper KS2 should be using appropriately-sized sharp knives, if school is happy for them to do so, following good practice for knife skills and rules which will be demonstrated at the start of each session.
- As per our cookery skills passport – grating and peeling will ONLY be undertaken with KS2 pupils. Recipes requiring grating or peeling of ingredients for KS1 pupils will be pre-prepared for pupils. Safety and good technique whilst using peelers and graters in KS2 will be demonstrated at the start of each session.
- In parent/child cookery clubs, when parents are present and working one-to-one with pupils then we may allow KS1 children to use peelers and graters – but parents need to take responsibility and supervise. This needs to be made clear to the parents at the start of the session.

Session 4: Consolidate and Make!



FOOD SAFETY AND HYGIENE

Ask the children what they need to do before they start any food preparation activities?

- Tie back long hair
- Roll up sleeves
- Remove jewellery
- Cover open cuts with a bright coloured plaster
- Wash hands thoroughly with hot, soapy water
- Wear an apron
- Never cough or sneeze over food. Cough or sneeze into a tissue, bin it and rewash hands.

Copies of all recipes are available on our website at:

www.phunkyfoods.co.uk/recipes

Cook A Long videos to accompany these recipes are also available at

www.phunkyfoods.co.uk/parents/cooktogether/



DARE DEVIL DIP

Dare you to dip your veg sticks into this spicy red dip made from bbbbbb... beetroot, and just check out the zingy colour!

As this recipe requires the use of a food processor, it's more practical for children to work in teams of four, so the quantities here reflect this. Whilst they may have to share using the food processor, they can all practice their knife skills in preparing their own vegetable sticks!



Skills Check: Follow a recipe; follow food safety & hygiene rules; tidy away; use measuring spoons; use weighing scales; cut using bridge/claw technique safely; use a vegetable peeler safely; use a tin opener safely; crush garlic; use a citrus squeezer; use a sieve/colander; use the food processor/blender (with adult supervision).

Equipment: Knife, Chopping Board, Measuring Spoons, Garlic Crusher, Citrus Squeezer, Sieve/Colander, Tin Opener, Food Processor, Bowl, Spoon.

Allergens*: None

Ingredients (serves 4):

- 400g can chickpeas in water, drained
- 140g (2 small) cooked, peeled beetroot
- 2 small cloves of garlic, crushed
- 1 tbsp olive oil
- 1 tsp ground cumin
- 1 tsp ground coriander
- Freshly squeezed juice of 1 lemon
- Freshly ground black pepper

Method

1. Put all of the ingredients into a food processor and whizz together until you have a coarse paste.
2. Spoon into a dish and serve with raw vegetables (e.g. cherry tomatoes, cucumber & carrot sticks, pepper sticks) and bread of your choice - especially nice with toasted wholemeal pitta bread cut into fingers.

* Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use

DARE DEVIL DIP Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

So, thinking about Dare Devil Dip...

Chickpeas are legumes and like other legumes (beans, peas and lentils) they are packed with protein and fibre. They are also low in calories and fat and contain a number of minerals which are thought to be hugely beneficial to our health.



Beetroot is so good for us! Low in calories and high in fibre and phytochemicals (anthocyanins and saponins) thought to lower the risk of heart disease.

Energy, sugar, fat and salt per serving

Per 108g serving

	ENERGY	6%
	521kJ / 124kcal	
MED	FAT	7%
	5.1g	
LOW	SATURATES	3%
	0.6g	
LOW	SUGARS	4%
	3.4g	
LOW	SALT	1%
	0.08g	

% of an adult's reference intake
Typical values per 100g : Energy 482kJ / 115kcal

Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.



It can be tricky to evaluate health-related fun activities and what impact they have on children – so here are a few questions that we like to ask at the end of our activity sessions. They are quick and simple to ask, and only involve you having to count hands and write down numbers! If you can capture any more qualitative comments at the same time you should also jot down those quotes in the spaces provided – just to give a flavour of what the children are feeding back.

TOTAL NUMBER OF CHILDREN:

1) Put your hand up if you have learnt something new this week.

Number of hands:

If so, what have you learnt?

2) Put your hand up if you have tried/tasted something new this week.

Number of hands:

If so, what have you tried/tasted?

Evaluation

3) Put your hand up if you think you might use what you've learnt this week to try and be more healthy e.g. eat more healthily, drink more water, eat more vegetables, be more physically active.

Number of hands:

If so, what will you change to be more healthy?

4) Put your hand up if you enjoyed the PhunkyFoods sessions this week.

Number of hands:

If so, what was the best bit?



Snack attack!

Many parents worry about their children's snacking habits. This is perhaps not surprising given that many children in the UK are eating up to four high sugar snacks every day!

Children have small stomachs and high energy demands for growth, and snacks can contribute valuable energy and nutrients to children's daily diets. The key to whether snacking is good or bad for your child is which snacks you choose and how much you give of them.

When is snacking a problem?

High energy, sugary snacks will give children an energy burst but will quickly leave them wanting more in a small amount of time - often leading to continuous grazing between meals and resulting in less being eaten at mealtimes. A frustration for many parents! Research in the UK shows us that children are eating more

HOW MUCH SUGAR PER DAY?

	4-6 year olds		7-10 year olds		11+ years
	Max 19g per day		Max 24g per day		Max 30g per day
	5 cubes of sugar		6 cubes of sugar		7 cubes of sugar

than double the maximum recommended amount of sugar per day, and that half of their sugar intake is coming from unhealthy snacks or drinks. If children eat too many high sugar foods over the long term this can lead to some serious health concerns including obesity and Type 2 diabetes. Encouraging children to eat less sugary snacks is an important health message.

How to plan healthy snacks

When planning healthy snacks it is best to use the Eatwell Guide in the same way that we would to plan main meals. Good snack choices include: fruit or vegetables; dairy foods such as milk or yogurt; protein foods such as fish, meat or eggs, and; wholegrain foods such as toast or cereal. These foods will make

a positive contribution to your child's daily diet, providing vitamins, minerals, fibre and protein.

You could also include a glass/cup of water; the perfect way to encourage your child to stay hydrated across the day, without adding extra sugar to your child's daily diet.

Make sure that you offer snacks at appropriate times and not too close to meal times. Appropriate portion sizes are important too; sufficient to keep your child going between meals but not so much that they don't eat their dinner.

What about packaged snacks?

Whilst the best kind of snacks are home-made and based on the four main food groups, it may not always be possible to provide this for our children. We all lead busy lives, and sometimes whilst we are out and about, we might have to reach for packaged or shop-bought snacks.

Packaged snacks vary greatly in their calorie content. The best way to ensure that we're making healthier choices is to choose packaged snacks below 100 calories per portion, and to restrict packaged snacks to no more than 2 a day.

100 calorie snacks - 2 a day max!

Some products have traffic light labelling and these can also be used to make healthier choices. Try and choose packaged snacks that have mainly green or amber labels and less red. Red means that the snack is high in fat, sugar or salt and are best kept as an occasional treat, not an everyday snack.

Further information:

- www.nhs.uk/change4life/food-facts/healthier-snacks-for-kids
- www.phunkyfoods.co.uk/parents/
- For more healthy snack ideas and recipes visit www.phunkyfoods.co.uk/recipes



Snack attack!

Make snacks count! Create healthier snacks based on the Eatwell Guide food groups, including wholegrains, dairy, protein, fruits and vegetables.

At home

- DIY snacks are healthier and can also be cheaper than pre-packaged snacks too.



- DIY snacks can be more satisfying and keep children fuller for longer; meaning they don't continually graze!

- DIY snacks are a great way to get kids involved in the kitchen, and improve their food prep skills.



Choose healthier options in the shops by checking the labels - choose snacks with less than 100kcal per snack.

Each breadstick contains				
Energy	Fat	Saturates	Sugars	Salt
98kJ 22kcal	<0.5g	<0.1g	<0.5g	0.10g
1%	<1%	<1%	<1%	2%



Choose snacks with more green and amber traffic lights, and less reds

Out and about

Need to rely on packaged snacks? Remember: 2 snacks max./day

	LOW A healthier choice	MEDIUM OK most of the time	HIGH Just occasionally
Fat	3g or less	Between 3g - 17.5g	More than 17.5g
Saturates	1.5g or less	Between 1.5g - 5g	More than 5g
Sugars	5g or less	Between 5g - 22.5g	More than 22.5g
Salt	0.3g or less	Between 0.3g - 1.5g	More than 1.5g

Plan ahead with grab & go snack ideas!



Remember! Offer the right snacks at the right time - not too close to meal times | Plan ahead for snacks on the go | Don't forget to offer a drink - water is best!