

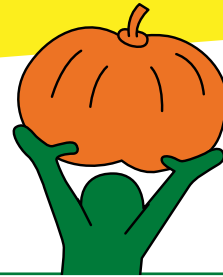


Healthy



Steps

Guidance for schools



Delivering this topic

This resource has been designed to support schools in promoting healthy eating and nutrition to pupils and families.

The main resource could be used in whole-school assemblies or individual classes. It is designed for flexible use across KS1 and KS2, with games, images and key words to support pupils who need additional support alongside suggestions to stretch pupils with higher ability.

The three key areas covered are:



High Five – encouraging pupils and families to eat at least five portions of fruit and vegetables a day.



Plan Ahead – encouraging pupils and families to plan meals in advance, helping them make healthier food choices and reduce food waste.



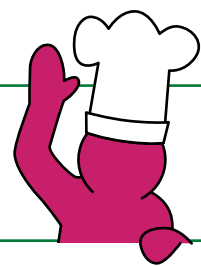
Snack Smart – encouraging pupils and families to make healthier swaps to snacks that are lower in sugar, saturated fat and salt, by checking product labels or using the NHS Food Scanner app.

The resource is accompanied by three quests for children to complete at home or in school. Pupils could be encouraged to pick which quest they would like to start on, or a whole class, year group or the whole school could pick one quest per fortnight and work together to complete the activities for that quest. It is recommended they complete the first two shorter activities in the first week and then they aim to complete the daily activity in the second week. However, some pupils may be able to complete them all in one week.

The quests can be printed or shared digitally with families.

Addressing cost-of-living challenges

While delivering the resource, consider how pupils and families with limited access to fruit and vegetables may be able to complete the challenges, for example, having a good range of healthy snacks, fruit and vegetables available as school meals, bringing in empty packaging to scan for nutrition information as a class. Direct families to your local authority's website for a range of help and advice to those most in need of support with the cost of living.



A whole-school approach to healthy eating

A whole-school approach to health and nutrition is one that embeds opportunities for learning and conversations about healthy eating throughout the wider school community.

Ideas to help support this approach in your school could include:

- Role-modelling from staff about the healthy steps they are taking
- Looking at different healthy meals from different cultures
- Reviewing access to healthy food within the school and school meals
- Having a 'bring and share' coffee morning for families including healthy snacks, allowing opportunities for skill sharing around healthy cooking
- Asking the school council to lead a school project on healthy eating
- Promoting healthy eating in school newsletters, for example, including recipes from the [Better Health website](#) or inviting families and pupils to contribute their own healthy recipes, ensuring representation from a wide range of cultures
- Using the [Better Health School Zone](#) to provide a range of other resources that can support teaching pupils about healthy eating.



Supporting families with healthy eating

Having conversations to encourage families to eat more healthily can be an important part of positive change. Use these top tips:

- Approach conversations with warmth, curiosity and a non-judgmental approach.
- Focus on the positives of good nutrition – healthy choices can help us feel good and give us energy!
- Encourage curiosity and exploration of colour, shape and smell, making engaging with healthy eating fun.
- 'Eat the rainbow' can be a helpful way to encourage families to eat a variety of fruit and vegetables to ensure balance and provide a wide range of

nutrients. This means eating as many different-coloured fruit and vegetables as possible.

- Encourage choice: where possible, give pupils a choice of different fruit or vegetables to help them feel in control.
- Let families know that frozen and tinned fruit and vegetables are of comparable nutritional value to fresh fruit and vegetables.
- Try using vegetables in new ways, such as grated carrot or chunks of radish.

Encourage families to join in the Healthy Steps quests and signpost them to sign up for [Healthy Steps emails](#).

The Quests: Further ideas for classroom activities

If you wish to explore some of the quests in further detail with your class to consolidate and extend learning, try using the ideas below. In addition, pupils could be invited to bring in photos, artwork, videos or reports about how their quests are going. This could then be collated into a school display to further promote healthy eating across the school.



Quest 1 – High Five

- Have a fruit and vegetable exploration day where pupils could look at, touch, smell and taste lots of different types of fruit and vegetables, including ones from other cultures that they may not have encountered before.
- With KS2, carry out a project on the costs and seasonality of different fruit and vegetables to make recommendations to families on the best-value seasonal produce.



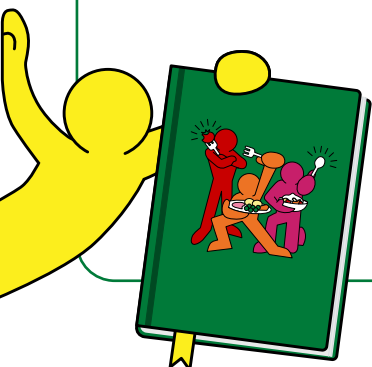
Quest 2 – Plan Ahead

- In groups, list all the different ways to cook particular vegetables and try them out. Each group could rate the different ways to prepare the vegetables on appearance, smell and taste.
- Bring in or show an image of some leftovers. As a class, make a menu plan to use them in a different meal.



Quest 3 – Snack Smart

- Put different snacks in a sack, ask pupils to pull out two different snacks and decide as a class which is the healthier snack and why.
- Bring in different snacks and get pupils to use the [NHS Food Scanner app](#) on a school tablet to find out which ones are healthier.
- Present pupils with a less-healthy snack and challenge them to write a list of as many healthier snacks as they can.





Further resources

The Better Health School Zone has a wide range of additional lessons to help pupils learn about nutrition and healthy eating. The resources below could be used to build on the Healthy Steps resource and create opportunities for cross-curricular learning. They could be incorporated into an existing scheme of work around health and wellbeing, or used as a healthy focus once a week or once a term to consolidate and embed learning.

5 A Day

- Food Detectives Fruit & Veg Snoops – pupils become food detectives and find out all about sugar, fruit and vegetables
 - [PowerPoint presentation](#)

Planned cooking

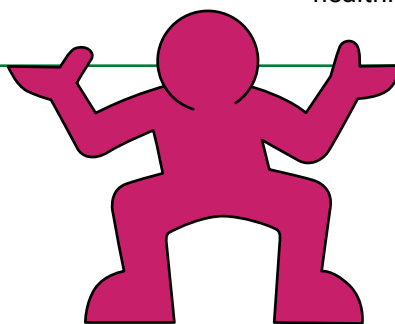
- Be Food Smart resources – teach pupils about what's in their food and making healthier swaps
 - [KS1 toolkit](#)
 - [KS2 toolkit](#)
 - [Pupil campaign pack](#)
 - [Assembly presentation](#)
- Food Detectives resources – helping you teach about 5 A Day and sugar
 - [KS1 toolkit](#)
 - [KS2 toolkit](#)
- [Recipe idea printouts](#) – inspire your pupils by getting them to make these healthier recipes from around the world
- [Classroom cooking toolkit](#) – full of great ideas to help you teach cooking, including FAQs and essential safety tips
- [Healthy eating and cooking toolkit](#) – fun ideas for ways to make healthier snacks

Sugar and snacking

- Scan, Swipe, Swap resources – interactive curriculum-linked ideas to teach pupils about healthy eating and the NHS Food Scanner app
 - [Assembly](#)
 - [Activity toolkit](#)
- Sugar Smart World resources – including English and maths lessons
 - [English lesson PowerPoints](#)
 - [English worksheets](#)
 - [Maths lesson PowerPoints](#)
 - [Maths worksheets](#)
 - [Early years lesson PowerPoint](#)
 - [Parent pack](#)
- The Healthier Snacking Show resources – interactive game-show-style presentations
 - [Reception PowerPoint](#)
 - [KS1 PowerPoint](#)
 - [Lower KS2 PowerPoint](#)
 - [Upper KS2 PowerPoint](#)

Advice and guidance on teaching about healthy eating

- [Healthy eating checklist](#) – whole-school ideas for headteachers
- [Food groups and portion sizes](#) – advice, guidance and top tips
- [Eatwell guide](#) – guidance on how to teach the food groups
- [Sugar facts leaflet](#) – useful information for parents or a school newsletter
- [Family snack challenge leaflet](#) – take-home leaflet to inspire families to make healthier snacking choices
- [Healthy snacks toolkit](#) – guidance for teaching healthier food choices





Signposting

Disordered eating/body image issues

When using these resources, if any concerns arise around pupils showing signs of poor body image or disordered eating (for example, under-eating, overeating, phobia of certain foods), make sure that any concerns are shared and discussed with families and the school safeguarding lead. If there are ongoing concerns around eating at home or in school, it is recommended that advice is sought from local mental health support services to access support, as early intervention is key when treating disordered eating.

It is important to note that some pupils with SEND may have particular fixations or sensory needs; as a result they may have a limited diet, which is different to disordered eating.

Food poverty

If your school does not already have links to local food banks or services, consider what signposting is available within your local area to any families who might be experiencing food poverty.

Direct families to your local authority's website for a range of help and advice to those most in need of support with the cost of living.



Healthy Steps quiz for parents and carers

Better Health Let's do this NHS

Healthy Steps

Ready, steady, cook together

Invite parents and carers to sign up to and complete the Healthy Steps programme using the following link: www.healthysteps.uk

Healthy Steps is a new 8-week programme from the Department of Health and Social Care (DHSC) to help families with children aged 5-11 to eat better and move more.

Parents/carers can sign up at any time by completing a quiz about their current habits, which will match them to the theme that best meets their family's needs – reducing sugar intake, eating 5 a day, or taking a more planned approach to cooking.

They'll receive 8 free weekly emails with budget conscious, easy and practical ideas. Families are set goals to complete, such as swapping out sugary fizzy drinks for a week. Regular feedback points help families to celebrate successes or get further tips from Better Health on making changes that they've found harder. There's even advice on dealing with fussy eaters.

You may want to launch this at a parents' evening, send out termly reminders or run celebration events for families who take part.