

Focus on Food 2022

HAF Provider Open Forum

Presentation

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Aim of Session

To reflect on what we are **fundamentally** trying to achieve for children and young people who access HAF provision with regards to food and its associated activity.



Setting the Scene with Statistics

- ✓ The Kirklees population is *approximately* 422,000 (2021 Census)
- ✓ 5,900 working age people are unemployed
- ✓ 1 in 3 households are in poverty
- ✓ 1 in 5 children are living in poverty (21.5%)
- ✓ In 2017 the percentage of pupils claiming FSM was 18.9% (higher than the national average)
- ✓ We know that only 20% of 14year-olds eat a healthy diet (and meet the recommended daily level of physical activity)
- ✓ Food Poverty results in: lower intake of fruit & vegetables & can lead to diet related disease/conditions (obesity, cancer, diabetes and heart disease)



Malnutrition

Malnutrition is a serious condition that occurs when a person's (including children) diet does not contain the right amount of nutrients

Under nutrition – when you don't get enough nutrients

Over nutrition – when you get more nutrients than you need

Its quite possible that many children therefore are 'malnourished' and reiterates why school meals are an important provision. Essentially during the school holidays we need to be conscious we are replacing that meal...and that it could be the only hot meal they receive daily



Con't

So...this is why its **really** important that food/menu planning is integral to your provision design and that in addition...food/nutrition education and literacy are also built into your activities to enable good dietary habits to be re-enforced.



Easter 2022 Monitoring

Visit Forms (51 submissions)

Growing

Baking

Healthy Eating Activity

Bread Making &
related activity
including goody
bags to take
home

Jacket Potatoes-
various toppings-
allergen friendly
choice

Making own
Pizza's

Plant Based

Hot meal 'tasters'

Crisps

Application
stated hot
meal but
reality was
cold
sandwiches

HAF Funded & Paying
children having
different food offers

'Carb' heavy-
unbalanced
meals

Tube yoghurt &
cookies



'Deeper Dives'

Were the crisps essential-could something healthier have been provided or a brand under 100 cals a bag?

If you feel more carbs are necessary to 'fill' children up-the meal overall should still be balanced with the inclusion of salad/vegetables/fruit (5 A Day)

Could more thought, budgeting and pre-planning have resulted in a menu both 'funded' and 'paying' children could enjoy-lessening the potential for stigma

Yoghurts-were labels checked for sugar content and was it necessary to also include a cookie?

If application states providing hot meal-mega important this is adhered to-your application may have been given preference over another due to this fact



Food for Thought - Summer 2022

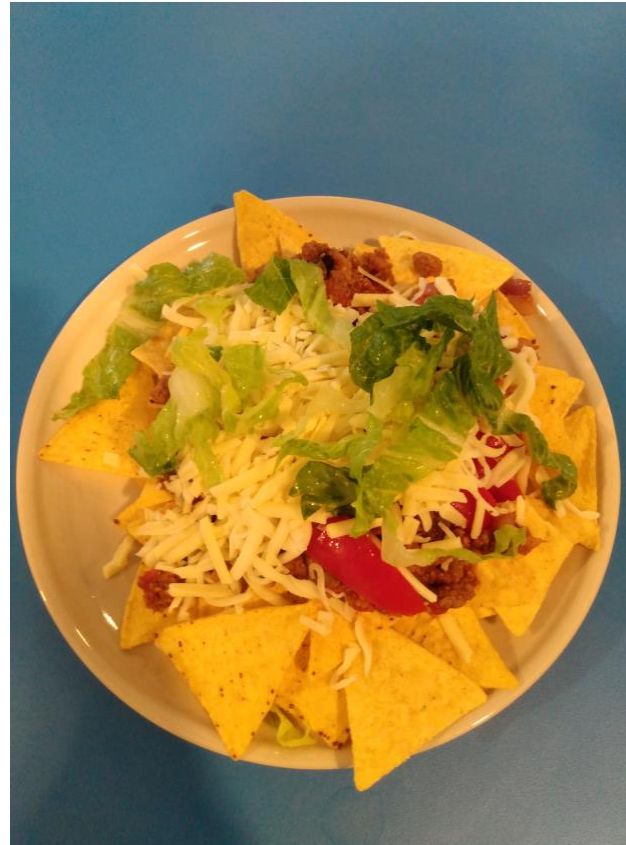
- Will your children/young people have the access to fruit and vegetables which they like and/or are suitable for their diet?
- Is 5 A-day included on your meal offer (preferably at least 2 items that count towards)?
- What food and nutrition education/literacy type activity could you undertake that is suitable for your type of provision (whether Sports/PA, Arts & Crafts etc). With a little pre-planning and imagination it can be achieved...***Please put it on your radar now!***



Example of Good Practice-Easter HAF

The Watershed-Slaithwaite

Core Meal Offer



- Lots of 5 A-Day items
- Rainbow of colours
- Other food groups included:
- Protein source (humus)
- Dairy (Grated cheese)
- Nachos- appeal to children and give texture
- No cook if limited facilities



Good Practice-Continued

The Watershed-Slaithwaite

Enrichment
Activity-**Baking**



- Bread-Making
- Looked at breads from around the world and different cultures-
Inclusion and Diversity
- Crossed over into craft activity-shadow boxes based on bread theme/classroom learning



Good Practice-Continued

The Watershed-Slaithwaite

Family Activity-
beyond the session
Goody Bag-as
suggested in the
FINE Easter e-
brochure resource




- Bag
- Book/Recipes
- Bread Mix/Kit
- Cutter
- Baking Tray
- Small Easter Treat-Bunny Lolly

FINE Support

- Each year we have added guidance and resources to the HAF library/toolkit as well as presenting at open forums such as today
- The aim being to save you as providers having to start from scratch- especially if your food and nutrition knowledge is limited
- We try to design our resources to be creative and fun
- We try to offer suggestions and solutions for those with limited facilities (both for core meal provision and food enrichment)
- We are constantly reflecting and checking back to ensure we are in keeping with the DfE ethos



Some Resources already in the 'Library'



Kirklees Fine Project
Food Initiative & Nutrition
Education Project

'Around the World In 16 Plates'

The recipes in this booklet are designed to suit the food preferences of young people. Nutritional considerations have been accounted for based on the school food standards, all recipe quantities have been calculated against 11-18 year old serving sizes.

The concept was created using the '4 by 4 by 4' HAF model (16 sessions run for a minimum of 4 hours for 4 sessions per week over a duration of 4 weeks). Any of these 16 meals can be selected and cooked for the young people at your session, they are recipes from around the world which can be prepared, cooked and served for each session.

The ethnic make-up of Kirklees is diverse therefore using the 2011 census data, we have ensured some of the recipes reflect the people who make up the place we all share and call home.

The recipes can be adapted to ensure that children will enjoy them and are nutritionally appropriate.

(please note we have used 'creative license' in some instances (e.g. Fishfinger sandwiches from Iceland). If we have got any of the countries/dishes incorrectly stated please forgive us-it was not intentional. Inform us of the correction and we will amend the resource for next time. Finally, we have included more than 16 recipes just to allow for some flexibility in case there are some dishes that may not be suitable.

EGGciting Holidays In Kirklees

School's Out!!!

April 2022

A comprehensive e-resource for those providing council funded holiday clubs during the April School Holidays

This egg-cellent guide is packed full of fun ideas on how to engage children and families in; cooking, food education, physical activity, growing and much more during the UK April School holidays.

This holiday brings a time of celebration for some children & families. With events such as Ramadan and Easter it can be a time focused around breaking fast with indulgent foods and treats as well as easter eggs & chocolate - please be mindful not to overload children and young people with excessive amounts of fat, salt & sugar daily in your HAF program.



Meals and snacks should still be nutritious and balanced.

If at all possible consider inviting families to join in your program of activities. Meals ideally must be consumed on the premises as part of the daily provision however in the event of Ramadan you may wish to send food based activities home for children to cook and eat later with their family.

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Week 1: Recipe 1

Express Pizza

Before you start cooking:


- Check with an adult.
- Wash your hands
- Get out the equipment that you will need
- Get the ingredients together
- Read the recipe

Cook's tools:

- Chopping board and knife for vegetables
- Tin opener
- Oven baking tray
- Grater for cheese
- Knife for spreading
- Tablespoon
- Teaspoon
- Plates or small bowls to put chopped vegetables in

You will need:

- Pizza base- choose your base
 - 6 Pitta Bread
 - Pizza dough mix
 - Prepared pizza base
- Tomato puree
- Dried mixed herbs
- 1 red onion
- 1 yellow pepper
- 1 green pepper
- 1 small tin Sweetcorn
- 3 tomatoes
- Grated cheese



Let's get cooking...

1. Heat your oven to 220c or gas mark 7.
2. Prepare the vegetables, wash the peppers, cut in half and remove the seeds, slice into thin pieces, place in a bowl.
3. Peel and finely chop the onion, place in a bowl
4. Wash and finely chop the tomatoes, place in a bowl
5. Open the sweetcorn, drain and place in a bowl.
6. Grate the cheese onto a plate.

Place the pizza base or pitta bread on a baking tray, spread 1 teaspoon of tomato puree on top of each pita bread, if using a large pizza base use 2 tablespoons of tomato puree.

Arrange the vegetables on top of the pitta bread, sprinkle on the cheese, add a sprinkle of mixed herbs.

Carefully place the baking tray into the oven, cook for 10-15 minutes. Serve



Resources 'Library' Con't



Spell out your favourite food or the last thing you ate and complete the workout for each letter...

A 10 Jumping jacks	N 10 Second skipping
B 5 Push-ups	O 10 Russian twists
C 1 burpee	P 5 Plie squats
D 20 High knees	Q 10 arm circles
E 5 Crunches	R 10 Skaters
F 10 Mountain climbers	S 5 Calf raises
G 5 Squats	T 10 Butt kickers
H 10 Front lunges	U 5 Inch worms
I 10 Side lunges	V 5 Tricep dips
J 10 second wall sit	W 3 Star jumps
K 10 Second jog on the spot	X 5 Bird dogs
L 5 Second plank	Y 10 Leg raises
M 3 Squat jumps	Z 5 Squat jacks

Have a look on YouTube if you are unsure of any of the workouts for your letter.

WHAT'S ON YOUR PLATE?

Using the Eatwell Guide:

1. Copy the food group sections of the guide and draw the
2. Think about your last meal or favourite meal and either pictures from food magazines and collage or write the c on the plate putting the ingredients in to the correct for



Does your plate look balanced with something in every food group?
What if anything would you change to build a more balanced plate?

HIGHER OR LOWER

An activity to explore the quantity of sugar in common drinks that children and young people often choose.

This activity would work well with both families and children to educate the whole family about choosing healthier drink options as well as learning the daily fluid intake guidelines.

What you will need:

- Print the pictures of the drinks below and cut out or collect your own bottles of various types of drinks
- Flip chart paper pinned on a wall
- Flip chart pens
- A4 sheets of paper
- Willing participants :-)

How to play:

Can you remember Bruce Forsyth TV show 'higher or lower' with giant cards? This is a game where you can get your children, young people and even families or carers engaged in some fun and joining in a game where they are learning about healthy drinks choices too. You choose one drink as a baseline drink and then turn over the remaining drinks one by one. Shouting 'higher' or 'lower' as you go. Please use the information sheet at the end of the game to reiterate daily sugar guidelines and share information or other tools around being sugar smart and packet labelling (tip; this activity highlights that water, milk & sugar free fruit juices are the best choices. Did you notice that some drinks looked the same but stated 'sugar free', 'reduced sugar' or 'lighter' diet'. Encourage children to choose these options where possible).

1. Using the printed pictures of the bottles below (without the answers) or using your own physical bottles if you prefer you can either:
 - a. Stick the pictures of the bottles on the wall and cover each picture with an A4 sheet of paper
 - b. Or stand the physical bottles on a table and cover each one with a box or creatively cover them
 - c. Or ask the children and young people to participate and allocate each child a picture of a drink to hold
2. The person facilitating should lead the session by choosing one drink to place as their starting drink and then one by one revealing the next drink asking your participants to simply guess if the drink is 'higher' or 'lower' in sugar than the previous one.
3. The activity should lead to a discussion around which are the healthier drink options and sharing sugar guideline guidance to educate them around healthier drinks.



Now over to you....in the chat/raise virtual hands

- What (if any) further help would you require to achieve the offering of a nutritious meal, drinks and snacks every session?
- Do you feel confident delivering food based enrichment activity with children, parents, carers etc
- Is there anything more you need from FINE leading up to Summer 2022 with regards to support/guidance/tools?

