



Grow well choices level 1 Story Book



Meet our SUPERheroes



Lana

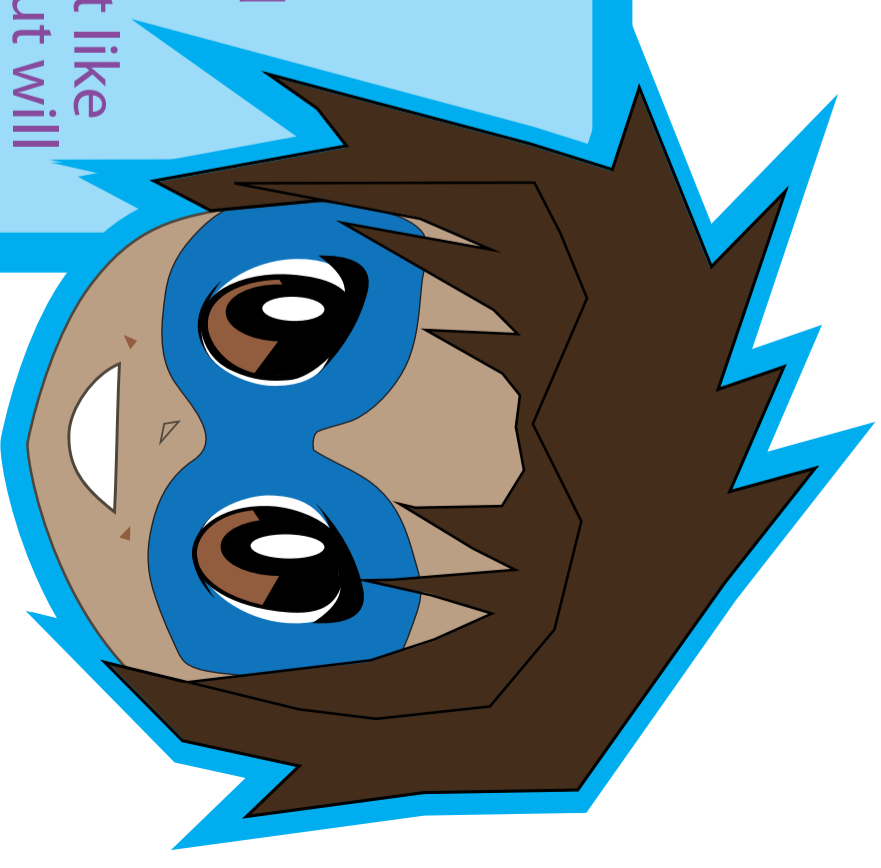
Favourite colour Purple and orange

Favourite sport Football

Favourite snack Crisps and chocolate

Favourite activity Building

Pet Rabbit called Shadow



Emil

Favourite colour Blue and yellow

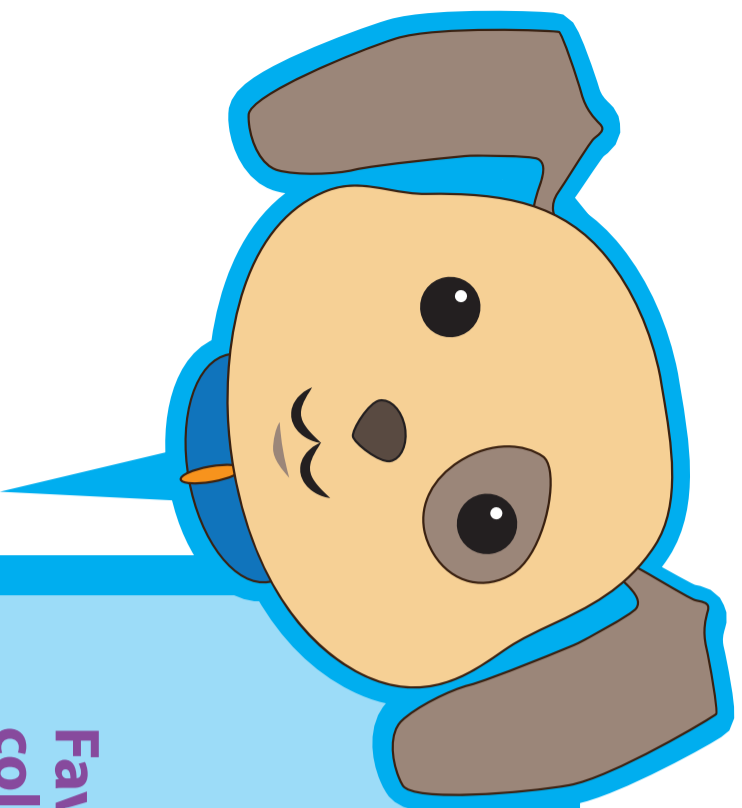
Favourite sport Does not like sports but will play video games

Favourite snack Apples and plain yoghurt

Favourite activity Watching T.V.

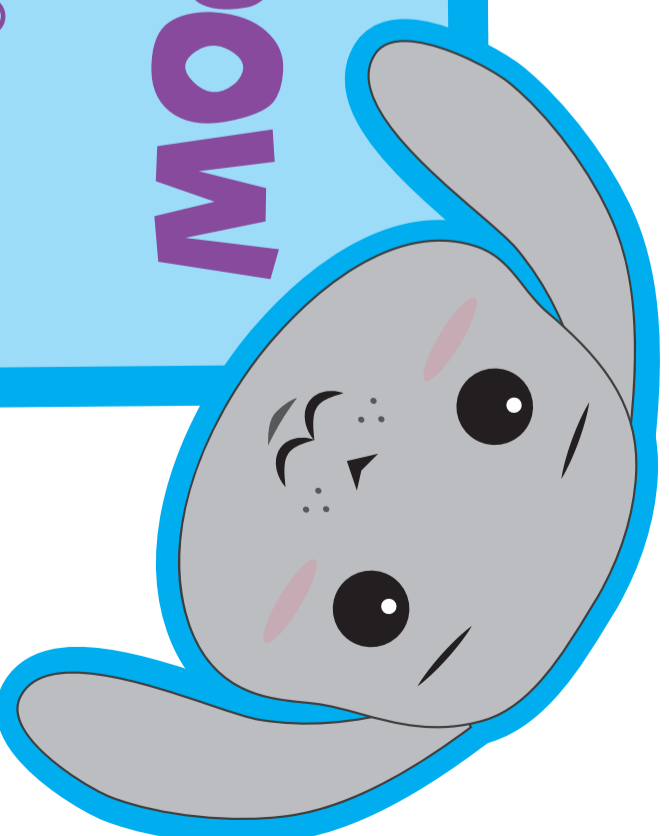
Pet Dog called Tess

Meet our Superheroes Pets



Tess

Favourite colour	Blue
Favourite sport	Fetch
Favourite snack	Boiled eggs
Favourite activity	Playing in puddles
Best friend	Emil



Shadow

Favourite colour	Orange
Favourite sport	Jumping
Favourite snack	Carrots
Favourite activity	Climbing
Best friend	Lana

Session 1 Being active

Prompt questions for discussion

What does it mean to be active?

Increase your heart rate, using your muscles by moving your body in different ways and intensities

What do you like to do to be active?

What kind of activities can Emil do to be more active?

Walk his dog, walk to school, play a sport, help tidy the house, cycle to his friends etc.

What happens to our body when we are active?

We get hot and sweaty, we become out of breath, we can become thirsty and tired, our heart beats faster etc.

How many minutes should we be active each day?

At least 60 minutes a day (1 hour)

What should we do after being active?

Drink water to rehydrate

Session 1 Being active

Today Emil and Lana are hanging out at Emil's house. Emil is feeling tired and bored and does not want to do anything. Lana tells him that being more active will make him feel better. He does not like to do sports but cannot think of anything else to do. What can Emil do to be active? Lana suggests that he could take his dog, Tess, for a walk, or walk to the shops, or play games at break time during school. Emil is going to try to help his mum walk their dog more often. He will ask his mum to go with him. He will also play tag games at school with his friends.

After a couple of weeks Lana notices Emil has more energy and is happier. Lana asks Emil, "How do you feel now? You seem more active." Emil replies with a big grin on his face, "Fantastic! I've made new friends at school and I don't feel as tired during the day. Thank you for helping me Lana!"



Session 2 Eatwell Guide

Prompt questions for discussion

Has anyone tried dragon fruit before? What does dragon fruit look like?

Pink and scaly on the outside and white with black seeds on the inside. It tastes very sweet.

What other fruits have you tried?

Has anyone tried carrots before? What other vegetables have you tried?

Eatwell guide questions

Can you name one item of food from every segment of the eatwell guide that you would like to have?

What kind of meals do you think are healthy meals to have?

What other foods do you think Lana could try? What other foods do you think you could try?



Session 2 Eatwell Guide

Today Emil and Lana are visiting the local fayre where there are lots of stalls for everyone to try different foods. Emil loves fruit and tries some dragon fruit at a stall. Lana does not try it. Emil loves vegetables and tries some carrots and likes it. Lana does not try it. Emil asks Lana, “Why do you not want to try any of the foods?”

“Because I already know I won’t like them.” Emil reminds Lana that you don’t know until you try and hands Lana a carrot stick. Lana tries it and loves it! “Mmm it tastes so sweet, now I know why my rabbit Shadow loves his carrots.” Emil explains that eating a variety of foods can help us have a balanced diet, providing us with the nutrients, vitamins and minerals our bodies need to be healthy. What other foods could Lana try?

Session 3 Smile

Prompt questions for discussion

Who here thinks they have healthy teeth?

Who here likes to go to the dentist? Do you know how many times a year you should visit the dentist?

Twice a year (every 6 months)

What do you do to keep your teeth healthy?

- Brush them twice a day for two minutes
- Use a pea sized amount of fluoride toothpaste
- Spit toothpaste out after brushing
- Don't rinse
- Use a straw when drinking sugary drinks and try to keep sugary drinks / foods to a minimum
- Visit the dentist every 6 months

What can we do to make sure our teeth stay nice and healthy?

See examples in Teaching Guide

Session 3 Smile

Today Emil and Lana are taking a trip to the dentist. Emil is nervous about visiting as he is unsure if he has been looking after his teeth properly. The dentist comes in: “Hello Emil, I just want to start by asking you a few questions on what you do to keep your teeth healthy. How many times a day do you brush your teeth and how long for?”

“I brush my teeth twice a day for two minutes.”

“Great! And if you have a sugary drink, what do you use with it?”

“A straw.”

“Perfect, well done Emil.” Can anyone think of any other useful tips to keep your teeth healthy?

After a quick check-up, the dentist is happy with Emil’s teeth. “Well done Emil, keep up the good work!”

Lana says, “Your teeth look nice and healthy, just like Shadow the rabbit!” Emil didn’t know what he was worried about; he also got a sticker!



Session 4 Fats

Prompt questions for discussion

What different ways can we cook?

BBQ, grill, fry, oven cook, microwave, boil.

What ways of cooking are healthier?

Grill, boil, microwave, bake, BBQ.

Why is some fat good for our bodies?

Fat contains essential nutrients, provides energy and helps us grow

How can too much fat be harmful for our bodies?

Although we need some fat, it is important not to eat too much, especially if it is animal fats, as this can be linked with health problems such as heart disease. Over time arteries can get clogged up and this means that the heart has to work harder.

What could you do to make a healthier choice around snacks?

- Healthy swaps: fried crisps for baked crisps, high fat yoghurt to low fat yoghurt.
- Cooking methods: grilling instead of frying
- Food preparation: cut off the fat around bacon before cooking
- Type of fat: oils from vegetables e.g. olive and sunflower are better fats

Session 4 Fats

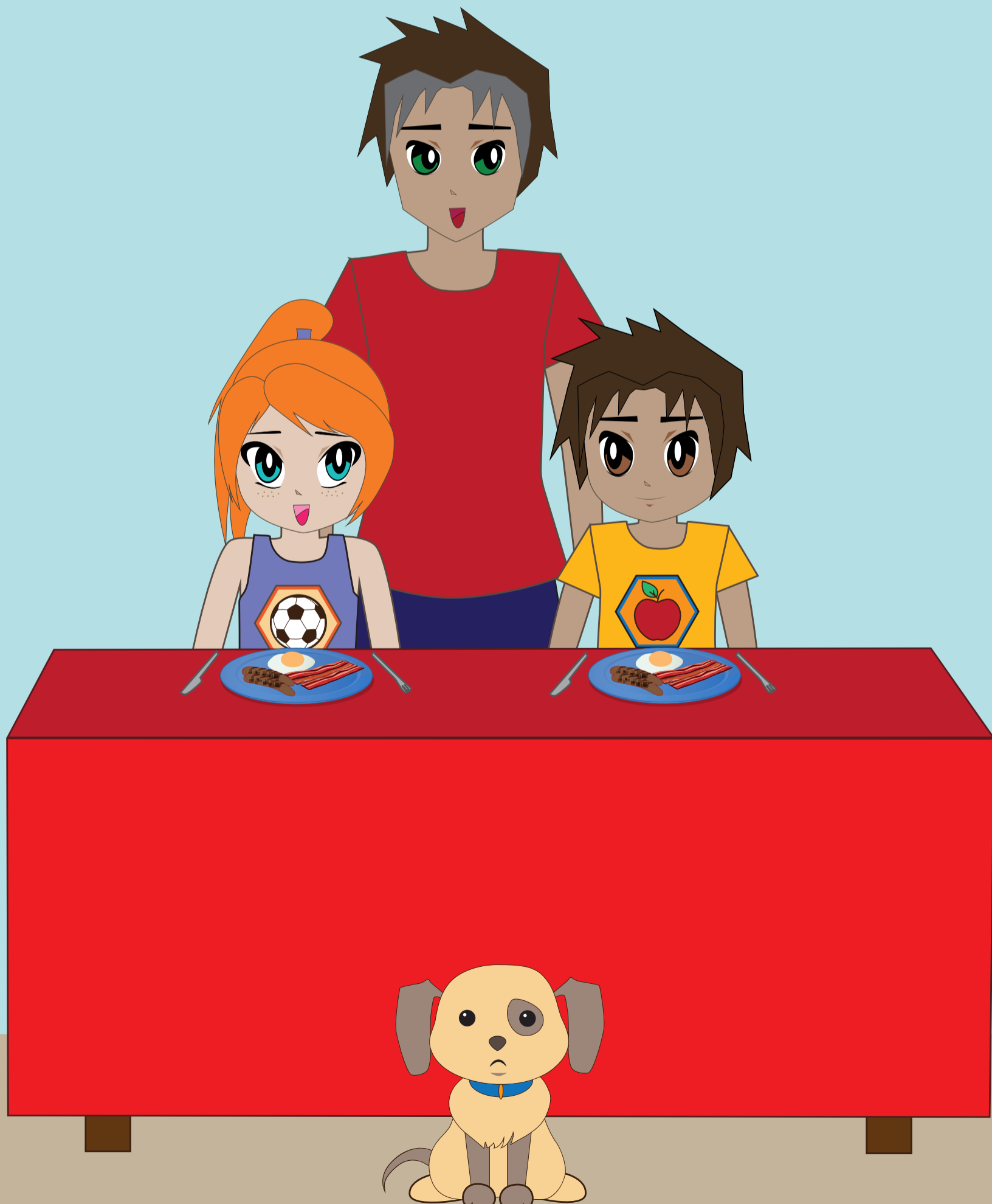
Today Emil and Lana are having breakfast cooked for them by Emil's dad. Lana asks, "How do you cook sausages?"

Emil's dad replies, "The healthiest way to cook sausages and bacon is to grill or BBQ them. Frying only adds fat which, over time, and in large amounts, can damage our bodies. It is important to look after our bodies to help us feel well and happy."

Lana then asks, "What about eggs? I thought you could only fry eggs?"

"No you can also poach or boil eggs. Poached eggs are my favourite. I'll make some for you for breakfast." They all sit down and enjoy their breakfast. Emil and Lana love the poached eggs and thank Emil's dad for a yummy breakfast.

"Sorry Tess, this breakfast is too good for me to share!" Lana says to Emil's dog and they all laugh.



Session 5 Snacks

Prompt questions for discussion

What do you like to have as a snack?

When do you think is the best time to have a snack?

In between meals e.g. 10 o'clock and 3 o'clock (3+2)

Do you think your favourite snack is healthy? Why?

Name a snack you think would be a healthy snack?

Any 'super snack'

Name a snack you think we should stop and think about?

Any 'only so often snack'

What could you do to make a healthier choice around snacks?

Reduce the amount of snacks we have in a day (so stop grazing), reduce the size of snack or make healthy snack swaps

Session 5 Snacks

Today Emil and Lana are comparing their break time snacks at school. Emil has an apple for his snack and Lana has a packet of crisps. Which one do you think is the healthier snack?

Before lunch, Lana is unable to concentrate on her school work.

Emil says, “Lana, you should try to have a snack that will give you some energy until your next meal. Fruit, toast and yoghurt are great snacks to have as well as Shadow’s favourite, vegetable sticks such as carrot, cucumber or peppers. These snacks can keep you going for longer than some other foods such as crisps and chocolate.”

The next day Lana decides to try a super snack. She also plays hop scotch during break time and feels that she has much more energy to last her until lunchtime. We all know superheroes need a lot of energy!



Session 6 Fastfood, takeaways and eating out

Prompt questions for discussion

Where do you like to go out and eat?

Any takeaway, restaurant or fast food restaurant

Why do you like going there?

The toys, it's quick and easy, parents do not have to wash-up or cook, its on the way to where we are going, too far away from home to cook, special occasion

What healthier choices could we make in these places?

Smaller portions, healthier swaps and eat out less often

What healthier choices are you going to make?



Session 6 Fastfood, takeaways and eating out

Today Emil and Lana visit a pizza restaurant with their families. Lana is curious to know what pizza toppings are the healthiest. She thinks that pepperoni is healthy and also very yummy! “Is this a healthy choice Emil?”

“Chicken would be a better meat to choose along with some fruit or vegetables such as pineapple or mushrooms. It’s also good to think about how often you eat out and the size of portions you have.” Thinking about making healthier choices and swaps, Emil and Lana both choose a small pizza each and both had room for a small slice of cake.

Session 7 Healthy Balance

Prompt questions for discussion

What races do you like to do at sports day?

What meal is very important to have to make sure we have energy to start our day?
Breakfast

What else can we do to make sure we have energy for the day?

- Go to bed early to get a good night's sleep
- Have a snack inbetween the main meals instead of grazing (snacking) all day

How do we feel when we have a good night's sleep and have a healthy breakfast?
Full of energy, able to concentrate and healthy

Name a snack you think would be a healthy snack?

Any 'super snack'



Session 7 Healthy Balance

Today Emil and Lana are competing in their school sports day. They are both very excited to compete in the races, especially the three-legged race.

“For us superheroes, we need to make sure we have a healthy balance so we have enough energy today to do our best.”

“What does a healthy balance mean Emil?”

“It means that if we eat healthily, are physically active and get enough sleep we will have the energy to last us the full day and, most important, we will feel well.”

Emil and Lana stay active by walking Tess the dog. They also make sure that they have an early night and have a good breakfast in the morning.

“Yay Emil, we won!!” cries Lana. “I love being a healthy, happy superhero!”

Session 8 Superhero Celebration

Prompt questions for discussion

What have Emil and Lana learned about making healthy choices?

Go through all the sessions key messages

What do you think Emil was good at?

Good at becoming more active, good at keeping his teeth clean

What do you think Lana was good at?

Good at being active and drinking plenty of water. She is also good at going to bed early to get a good night's sleep.

What have you changed to be healthier?



Session 8 Superhero Celebration

Today Emil and Lana are thinking about all the changes they have made recently. Emil says, “I am so happy that I have begun to be more active. Sometimes I still like to play my video games though, but I limit the time I play. I now have started to walk my dog Tess everyday. I feel great! Lana, what super changes have you made to become healthier?”

“I’ve tried to think what foods I need to give me more energy and all the nutrients and vitamins I need. I’ve tried new foods, such as carrots, which is now mine and Shadow’s favourite snack! I feel great too!”

Emil and Lana cheer and play a game called Superheroes! With all the energy they have they pretend they can fly and run around the garden waving their capes in the air. “WOOOOOOO! Superheroes GOOOOOO!”

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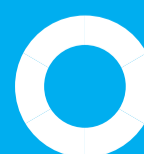
This toolkit was developed in partnership between Aberdeenshire education and public health staff, children and parents

Website Address: www.nhsgrampian.org/growwellchoices

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