

The background of the entire page is a repeating pattern of light gray line-art icons. These icons represent various food items such as strawberries, burgers, shopping carts, smoothies, pizzas, and fruits. There are also icons for a heart, a question mark, a checkmark, and a smartphone, suggesting themes of health, choice, and technology in nutrition.

**FUTURE WELL™ KIDS**

**MODULE 2 RESOURCE GUIDE FOR PARENTS**

# **NUTRITIOUS EATING**

# MODULE SUMMARY

In this optional self-paced module, *Nutritious Eating*, children ages 10–13 will explore how to make healthy eating choices. In this module, your child will learn about what happens to the body when certain foods are eaten, why eating the right foods is important, and the risks associated with not making the best possible nutritious food choices, such as an increased risk of developing noncommunicable diseases (NCDs) like heart disease and type 2 diabetes. The module begins with your child considering the role that diet plays in his/her current life and the importance he/she places on food choice in general. Your child will learn how our bodies use food and the important role food choices play in maintaining overall physical health. He/she will also learn how making the best possible nutritious food choices can help lower the risk of developing certain noncommunicable diseases. At the end of this module, your child will understand:

- What an NCD is
- How nutrition plays a role in reducing the risk of developing an NCD
- The recommended dietary guidelines for making the healthiest food choices possible

## BACKGROUND

The **EatWell Guide**<sup>1</sup> dietary guidelines provide recommendations for the quantities of vegetables, fruits, grains, proteins, and dairy that a person should eat each day. The dietary guidelines are designed to help people make the most nutritious food choices possible with the food available to them. With an informed understanding of food groups and the ability to read and properly understand nutrition labels on food, people are able to better consider things like **calories**, **fats**, **carbohydrates**, and **salt** when making their food choices. Eating a balanced diet helps reduce the risk of developing noncommunicable diseases (NCDs).

A noncommunicable disease (NCD) is any disease that is not contagious and cannot be spread to others.

Nutritious = Nourishing, effective as food, healthy, provides body with nutrients

<sup>1</sup> [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/528193/Eatwell\\_guide\\_colour.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/528193/Eatwell_guide_colour.pdf)

# MAKING THE MOST OF THE MODULE WITH YOUR CHILD

Your child can go through this module on his/her own in approximately 15–20 minutes. However, if you would like to make the most of the experience as a family, this section provides discussion starters for before, during, and after each module screen. There is a glossary of key terms at the end of the guide to help.

## NUTRITIOUS EATING

### MODULE OVERVIEW

*Your child may already know that eating the right types of food is important to staying healthy, but which types of food are most nutritious? How can he/she make the most nutritious food choices?*

### SETTING THE STAGE

Before your child starts this module, consider discussing one or more of the following questions:

- What is your favourite dinner option? Do you think it’s a nutritious choice?
- What are some examples of nutritious foods? What are some examples of foods that aren’t so nutritious? What makes you think this?
- Do you think it’s important to eat nutritious foods? Why or why not?



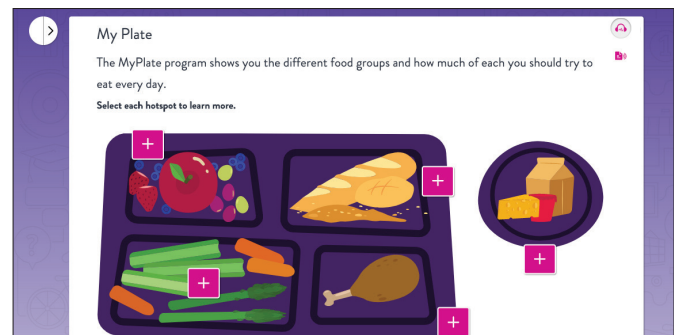
### SCREEN-BY-SCREEN PARENT TIPS

- **Prepare**
  - **Set-up:** This module begins by telling your child that food is important because the nutrients in food are used for energy and helping the body to grow. Making less nutritious food choices can lead to the development of noncommunicable diseases.
    - Consider asking your child if they have ever heard of noncommunicable diseases (if not, that’s okay. They’ll learn more in the module.)
    - The food we eat can be compared to putting petrol in your car—it’s what keeps us going!

- **Making Nutritious Food Choices:** Your child is asked to think about the foods they eat on a regular basis.
  - Consider asking your child to list the nutritious foods he/she ate yesterday and which foods might not be as nutritious.
- **Pre-test:** The pre-test consists of three questions. Your child has one opportunity to answer each question correctly. Feedback is provided for both correct and incorrect answers.
- **Confidence Ranking:** Your child is asked to rank how strongly he/she agrees or disagrees with the following statement: “I know how important nutritious food choices are to my health.”

● **Learn**

- **Nutritious Eating and Your Body:** Your child will be introduced to different nutrients, how they are used by the body, and how they can affect the development of noncommunicable diseases (NCDs).



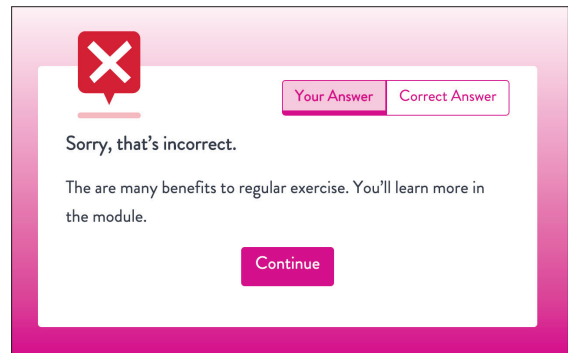
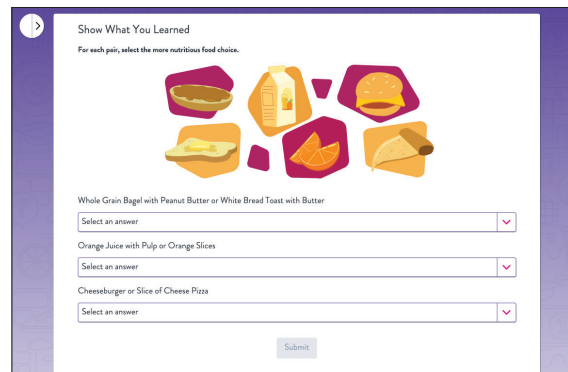
- **Nutritious Food Choices:** Your child will review the food groups found in the EatWell guidelines graphic.
  - Consider engaging your child by drawing an EatWell Guide outline to stick on the fridge and have them make suggestions about what foods to put in each section.
- **Understanding Food Labels:** Your child will learn how to properly read the information found on nutrition food labels.
  - Consider exploring different nutrition labels from the food in your fridge and cupboards.
- **Noncommunicable Diseases:** Your child is introduced to three noncommunicable diseases: type 2 diabetes, high blood pressure, and heart disease. Ask your child if they know anything else about these diseases.
  - Consider asking your child if he/she knows anything else about these diseases. Does anyone in your family live with one of these conditions?
- **Making Nutritious Food Choices:** Your child explores the nutritional values of several common food items.
  - Consider a recent meal your family made to the EatWell Guide with your child and rank how nutritious it was.

## ● Reflect 1

- Your child is asked to rank how strongly they agree or disagree with the following statement: “I know how important nutritious food choices are to my health.”
  - Did your child agree more with the statement after completing the module than before?

## ● Challenge

- There are five post-test questions for this module. Your child is encouraged to review the information in each section (if needed) before beginning the post-test.
- Your child will be presented with a variety of question types including multiple choice, classification, matching, and true/false questions.
- For each question, your child will have two opportunities to answer correctly. Full points are given for correct answers on the first try. Partial points are given if your child is able to correctly answer a portion of a multi-part question or gives the correct answer on a second try.



## ● Reflect 2

- Your child is asked to rank how strongly they agree or disagree with the following statement: After completing this module, I am more likely to make nutritious food choices.
  - Encourage your child to commit to eating more nutritious foods every day.

**EXTENDING THE MODULE WITH YOUR FAMILY**

Once your child has completed the module, consider completing the following extension activity:

Using the below form, encourage your child to use the EatWell Guide to prepare a breakfast, lunch, and dinner menu for one day. What foods would he/she serve during each meal in order to meet the recommended servings of vegetables, fruits, grains, proteins, and dairy products?

MEAL	FOODS SERVED	EATWELL SERVINGS
<b>Breakfast</b>		<input type="checkbox"/> vegetables x ____ <input type="checkbox"/> fruits x ____ <input type="checkbox"/> grains x ____ <input type="checkbox"/> proteins x ____ <input type="checkbox"/> dairy x ____
<b>Lunch</b>		<input type="checkbox"/> vegetables x ____ <input type="checkbox"/> fruits x ____ <input type="checkbox"/> grains x ____ <input type="checkbox"/> proteins x ____ <input type="checkbox"/> dairy x ____
<b>Dinner</b>		<input type="checkbox"/> vegetables x ____ <input type="checkbox"/> fruits x ____ <input type="checkbox"/> grains x ____ <input type="checkbox"/> proteins x ____ <input type="checkbox"/> dairy x ____
<b>Totals:</b>		<input type="checkbox"/> vegetables x ____ <input type="checkbox"/> fruits x ____ <input type="checkbox"/> grains x ____ <input type="checkbox"/> proteins x ____ <input type="checkbox"/> dairy x ____
<b>MEETS THE DAILY EATWELL GUIDE REQUIREMENTS:</b>		<b>YES      NO</b>

# KEY TERMS

## Calorie

unit of energy commonly used to measure the energy content of foods

## Carbohydrate

a type of energy-dense nutrient that provides your body with its main source of energy.<sup>2</sup> Carbohydrates include sugars, starches, and fibre

## Fat

a nutrient that is highly dense in energy. Fats are an important part of your diet as they are an excellent source of energy and are essential for good health<sup>3</sup>

## Heart Disease

usually associated with a build-up of fatty deposits in arteries, increased risk of blood clots, and damage to arteries in vital organs, such as the heart, brain, eyes, and kidneys. Heart Disease is one of the main causes of death and disability in the UK. A healthy lifestyle can help to prevent this disease<sup>4</sup>

## High Blood Pressure

a condition in which the force of blood against the artery walls is high enough that it may cause problems like heart disease. Around a third of adults in the UK suffer from high blood pressure<sup>5</sup>

## Nutrient

a substance that provides the body nourishment in order for it to live and grow

## The Eat Well Guide

a policy tool used to define UK government recommendations on nutrition. It shows how much of what we eat overall should come from each food group in order to maintain a healthy and balanced diet<sup>6</sup>

## Noncommunicable Disease

any disease that is not contagious and cannot be spread to others. It can be due to genetic or behavioural factors. Most cases are linked to modifiable unhealthy habits such as harmful use of tobacco & alcohol, a bad diet and a lack of exercise<sup>7</sup>

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<sup>2</sup> <https://www.bupa.co.uk/health-information/nutrition-diet/carbohydrates>

<sup>3</sup> <https://www.bupa.co.uk/health-information/nutrition-diet/fat>

<sup>4</sup> <https://www.nhs.uk/conditions/cardiovascular-disease>

<sup>5</sup> <https://www.nhs.uk/conditions/high-blood-pressure-hypertension>

<sup>6</sup> <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide>

<sup>7</sup> <https://www.rsph.org.uk/uploads/assets/uploaded/18165127-73a3-4c7a-8e01fd5b791e5b1.pdf>

## Sodium

a nutrient found in some foods or table salt. A high sodium intake can contribute to problems of high blood pressure and therefore increase your risk of suffering from heart disease. Processed foods in particular contain a lot of hidden salt. The UK Government recommends that children of 11 years and over should consume no more than 6g of salt per day<sup>8</sup>

## Type 2 Diabetes

a disease in which the body cannot normally produce insulin and is often linked to being overweight or leading an inactive lifestyle<sup>9</sup>

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<sup>8</sup> <https://www.food.gov.uk/business-guidance/salt>

<sup>9</sup> <https://www.nhs.uk/conditions/type-2-diabetes>