

# Trull School Healthy Eating Workshop

Dr Julia Thomas

## The Eatwell Plate

- [www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/](http://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/)
- See attached children's portion guide

## Developing a healthy food culture

- Don't label foods as good or bad. Try 'everyday' or 'growing' foods versus 'sometimes' or 'fun' foods.
- Try to eat together as a family as a routine. As adults role model healthy eating.
- Encourage new foods. Involve children, eg try a different fruit or vegetable or pasta shape each week. Notice the appearance and perhaps draw. Note smell, texture as well as taste. Make the experience fun.
- Involve children in preparing food. Consider growing food.
- Try not to use food to manage sadness, boredom, distress. Instead offer your time to connect with cuddles, story, game, walk etc.
- Don't force children to finish food. Let their tummy tell them when they're full. Similarly, don't make food conditional, eg only being able to have a pudding if they've finished their main course.
- Try to keep a regular eating routine. Use snacks appropriately eg after busy school day, after sport or as an occasional reward eg for success at school, being kind, trying hard.
- Enjoy celebrations that involve food, birthdays, weddings, Christmas, Easter etc.
- Don't threaten to deprive a child of food eg If you don't tidy up your toys you won't be having tea. Much better to say 'when you've tidied up your toys, then we can have tea together'
- See [kidseatincolor.com](http://kidseatincolor.com) for lots of great (and reassuring resources) about a healthy relationship with food. <https://kidseatincolor.com/>

## Fussy eaters

- [www.nhs.uk/condition/baby/weaning-and-feeding/fussy-eaters](http://www.nhs.uk/condition/baby/weaning-and-feeding/fussy-eaters)
- <https://patientwebinars.co.uk/condition/fussy-eating-in-children/webinars>
- <https://kidseatincolor.com>

## Weight

- For support for adults
  - [www.nhs.uk/condition/weight-management/webinars/](http://www.nhs.uk/condition/weight-management/webinars/)
  - Somerset health coaches
  - Talk to your GP or nurse
  - If you are struggling with your mental health, get help: Somerset Talking Therapies or GP, <https://www.somersetft.nhs.uk/somerset-talking-therapies/>
  - Read Why We Eat Too Much by Andrew Jenkinson and The Diet Myth by Tim Spectre
- For support for children:
  - Speak to your GP, practice nurse or health visitor (pre-school children)
  - [www.nhs.uk/healthier-families/](http://www.nhs.uk/healthier-families/)
  - <https://healthysomerset.co.uk/>
  - <https://kidseatincolor.com>
  - See attached handouts on talking about weight with children and discussing body diversity
  - Increase activity:
    - Somerset Activity and Sports Partnership, [www.sasp.co.uk](http://www.sasp.co.uk)
    - <https://www.nhs.uk/healthier-families/activities/10-minute-shake-up/>
    - [www.flamingochicks.org](http://www.flamingochicks.org) - dance classes adapted for different levels of ability, Makaton signed
    - [www.youtube.com/user/glennhigginsfitness](http://www.youtube.com/user/glennhigginsfitness) - themed fitness videos: Harry Potter, DC comics, Star Wars etc.
    - [www.thisgirlcan.co.uk/activities/disney-workouts/](http://www.thisgirlcan.co.uk/activities/disney-workouts/)

## Eating disorders

- [www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)
- [www.swedauk.org](http://www.swedauk.org)
- <https://www.youngminds.org.uk/young-person/my-feelings/eating-problems/>
- <https://anorexiafamily.com/>
- Read Anorexia and other eating disorders by Eva Musby

## Gut microbiome (tummy pets)

- Zoe podcasts
- How to increase the diversity of your gut microbiome:
  1. Eat 30 different plants a week
  2. Eat the rainbow to increase your polyphenols e.g. kale, tomatoes, carrots, peppers, purple cabbage
  3. Increase fibre intake – whole grains, add beans or lentils
  4. Fermented foods – plain live yoghurt, kefir, sauerkraut, kimchi, cheeses
  5. Limit ultra processed foods

### **Ultra processed foods – reduce rather than eliminate**

- Read labels – do I have this ingredient in my kitchen
- NOVA group 4 [www.world.openfoodfacts.org](http://www.world.openfoodfacts.org)
- Read Ultra Processed People by Chris van Tulleken

### **Eating healthily on a budget**

- [www.justonenorfolk.nhs.uk/healthy-lifestyles/eat-better/eating-on-a-budget/](http://www.justonenorfolk.nhs.uk/healthy-lifestyles/eat-better/eating-on-a-budget/)
- St George's community fridge, Wilton – watch Facebook for details of what is available
- Taunton Foodbank – vouchers issued from Citizen's advice centres, children's centres etc.

### **Conclusion**

- There is no such thing as a perfect diet!
- Children are different and families are different – work out what suits you
- The 80/20 rule – you don't have to do something all the time to get benefit
- Encourage a good relationship with food
- Encourage a good relationship with our bodies
- Add in, rather than take out – diversity is the key
- See the food we eat in the context of whole person health: sleep, good mental health, activity, fun, rest are all part of the same story
- Create a positive family food culture involving cooking and eating together; consider growing food as a family; give older children opportunities to lead the way producing food they love