

Downham Nutrition Partnership



The Eatwell Plate

Special Invite!

On the 30th January 2008, Downham Nutrition Partnership will be holding a celebration event.

Details are to be confirmed, but there will be a light meal (cooked by our local cookery club), prize giving, lots of information, and a Smoothie Bike!

You are very welcome to attend! Please contact Laura if you are interested

The Amazing Food Detective

There is a new resource available online

Check out the website;

<http://members.kaiserpermanente.org/redirects/landingpages/afd/>

A fun way to teach children about eating well and staying active!

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



The old "Balance of Good Health" has recently been updated and given a new name "The Eatwell Plate".

Some of the food group names have been altered to make them easier to understand, and the design has been made more contemporary

The Eatwell Plate makes healthy eating easier to understand by showing the

types and proportions of foods we need, to have a healthy and well balanced diet. You don't need to get the balance right at every meal but over a longer period of time such as a whole day or week, these proportions should be met

You may be familiar with the "Food Pyramid". This is a tool used in America, and for consistency, in the UK we should now use the Eatwell Plate

MEND

MEND (Mind, Exercise, Nutrition, Do it!) will be running again from the end of January 2008 in Downham Leisure Centre. It is a programme aimed at overweight children (aged 7-13 years) and their families.

After the successful completion of the first programme

which started in September 2007, it has been decided that there is enough need in the local area to deliver MEND again.

The programme consists of fun education around nutrition, healthy eating and changing habits, alongside activities such as swimming

More information about the Eatwell Plate can be found at www.eatwell.gov.uk

So try to have;

-  Plenty of fruit and veg
-  Plenty of bread, rice, potatoes, pasta and other starchy foods—choose wholegrain varieties wherever you can
-  Some milk and dairy foods
-  Some meat, fish, eggs, beans and other non-dairy sources of protein
-  Just a small amount of foods and drinks high in fat and/or sugar

Leaflets and posters with the eatwell plate can be ordered free of charge from www.food.gov.uk (go to "about us", then "publications")



and group sessions. Families take part in games such as "Who wants to be a healthionnaire?", a supermarket tour and cook healthy recipes. And it's all free!

Referrals can be made via Maya Onyett on 0208 314 8208



Looking good, feeling fine!

DOWNHAM NUTRITION PARTNERSHIP

Downham Way Family Church
20 The Green
Downham Way
Bromley
BR1 5LS

Phone: 0208 697 6424
E-mail:
Laura.dnp@btconnect.com

www.downhamnutrition.org.uk

Ideas and Resources for the new term

- **Active Kids get Cooking**—Every year they set a challenge with prizes and certificates. There's also plenty of resources and activity ideas. Register your school for the challenge at www.activekidsgetcooking.org.uk
- **Farmhouse Breakfast Week**—Organised by the Home-Grown Cereals Authority (HGCA), Farmhouse Breakfast Week will be running from 20-26 January 2008. The week is an ideal opportunity for schools to organise breakfast events to highlight the importance of a healthy breakfast as part of a balanced diet and active lifestyle. A teacher's pack is available to download - which provides a range of fun activities. For further information about how to get involved and to order free promotional materials for your event, go to: www.farmhousebreakfast.com
- **Grow your own potatoes 2008**—Do your children know how potatoes grow? 'Grow your own potatoes,' provides the opportunity for children to find out. This project has been developed for primary schools by the British Potato Council (BPC). It's FREE to take part and registration is simple, schools just need to complete the form on the BPC's dedicated website. The BPC will provide each school with a growing kit, containing two different varieties of potato seeds, planting advice and a £5 garden centre voucher towards the cost of purchasing a container and compost. Register today at: www.potatoesforschools.org.uk
- **Grain Resources**—The Home Grown Cereals Authority (HGCA) and the Flour Advisory Bureau (FAB) have collaborated to produce a new multimedia educational resource called The Grain Chain. It offers children a fun way to learn about the 'field to fork' cycle of how wheat is grown and used to produce breads and cereals plus advice on eating for health and vitality. Developed with input from teachers, this latest learning resource can be used both in the classroom and at home. It offers visual, up-to-date materials including activity sheets, games and quizzes which cover the key topics of arable farming, milling, baking, cooking and nutrition. Teachers are offered the benefits of interactive whiteboard activities as an additional classroom resource plus a dedicated Teachers section including detailed lesson plans and curriculum details www.grainchain.com
- **School Gardening**—The Royal Horticultural Society are running a campaign for School Gardening. Whether you have an established school garden, or are just thinking about sowing a few seeds, they can help you get the most from gardening at your school. You could see benefits right



across the curriculum, throughout the grounds and out into the wider community

www.rhs.org.uk/schoolgardening

