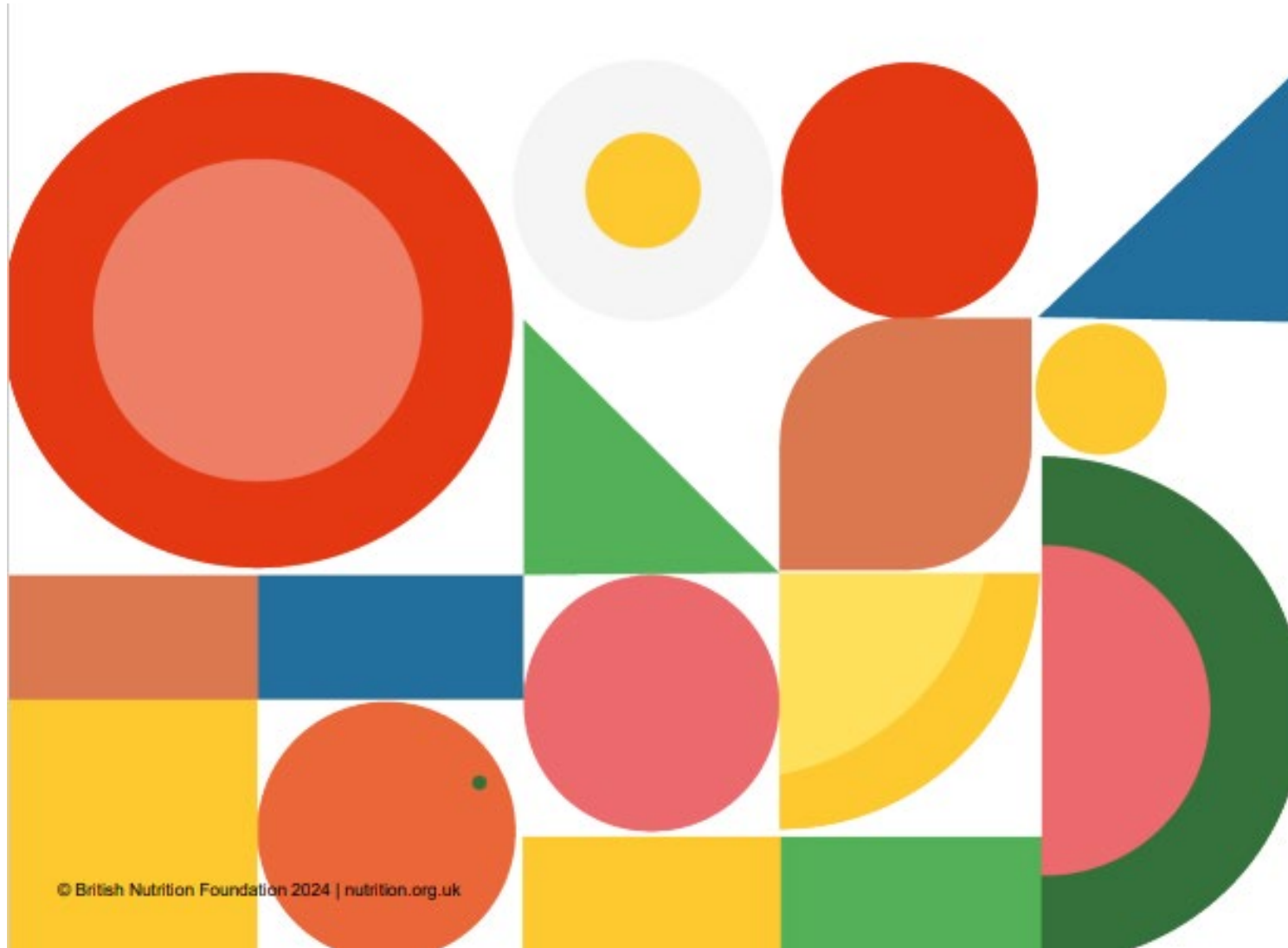
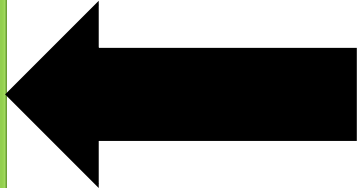


# Healthy Eating



British Values	Hall Park Value	At Hall Park, we believe...
Democracy	Democracy	everybody has a role to play and people should be able to voice their opinions about the issues that matter to them in a <b>DEMOCRATIC</b> way.
The rule of law	Responsibility	laws and rules are there to keep us safe. Everyone needs to respect them and take <b>RESPONSIBILITY</b> for their actions.
Individual liberty	Independence	in the importance of individuals developing the self-esteem, confidence and initiative necessary to think <b>INDEPENDENTLY</b> .
Tolerance of those of different faiths and beliefs	Value	everyone's beliefs, religious or otherwise, should be <b>VALUED</b> and respected unless they encourage hatred or harm towards others.
Equality	Equality	people should be treated <b>EQUALLY</b> regardless of their race, gender, sexuality, religion or background.

Which of the **DRIVE** Values would Healthy Eating come under?



Independence

# Hall Park Learner

- **H**ard-working
- **A**mbitious
- **L**earners
- **L**eaders
- **P**articipants
- **A**mbassadors
- **R**esilient
- **K**ind

How does HPL link to today's assembly?



# 5 a day

Did you know that teenagers aged 11-18 years have less than 3 portions of their 5 A DAY?\*

Fruit and vegetables provide a range of essential vitamins, minerals, and fibre. Diets high in fruit and vegetables are also associated with a lower risk of diseases such as heart disease, stroke, and some cancers



1 medium sized piece of fruit



3 heaped tablespoons (15ml spoons) of vegetables



1 glass (150ml) of juice



3 heaped tablespoons (15ml spoons) of beans or pulses



1 heaped tablespoon (15ml spoons) of dried fruit



Fresh, frozen, dried and canned all count.

# Stay hydrated

Most teenagers do not drink enough water – leaving them dehydrated

Drink plenty



Have regularly



Can have once a day



Occasionally



Avoid



Healthy Eating Week | Nutrition

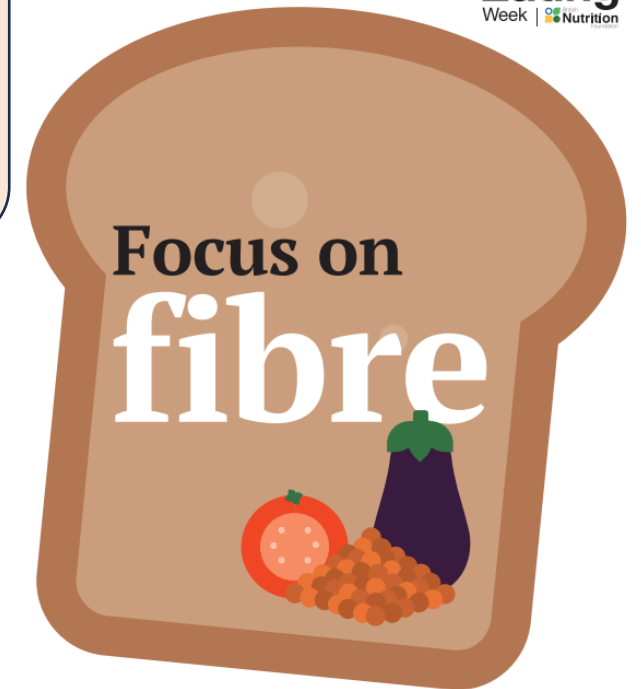
Have about 6-8 drinks a day.

# Focus on fibre

In the UK, teenagers aged 11-16 years are recommended to have 25g of fibre each day. However, they are currently only eating, on average, 16g a day.

Eating plenty of fibre as part of a healthy, balanced diet is linked to:

- a lower risk of heart disease, stroke, type 2 diabetes, and bowel cancer
- help us to feel fuller for longer, which can help support weight management
- help prevent constipation



Have wholegrains, fruit, veg and pulses.

# Move more

## Teenagers:

- should engage in moderate-to-vigorous intensity physical activity for an average of at least 60 minutes per day
- should engage in a variety of types and intensities of physical activity across the week to develop movement skills, muscular fitness, and bone strength.
- should aim to minimise the amount of time spent being inactive (sedentary)



### Physical health

- Cardiovascular fitness
- Healthy weight
- Strength
- Co-ordination
- Energy levels



### Mental health

- Happiness
- Resilience
- Equipped to tackle anxiety and stress
- Improved mood through release of 'feel good' endorphins



### Social wellbeing

- Less lonely
- More trusting
- Improved communication and teamwork skills



### Brain function

Evidence shows **being physically active** impacts on progress and achievement.

It **improves the brain** by stimulating growth of the part responsible for **learning** and **memory**.

Young people's **ability to concentrate** also improves after physical activity.



Be more active every day.