



OMEGA

Olfactory, Mindful Eating and Gardening Activities
GROW, EAT, ENJOY AND BE HEALTHY




Sunderland
City Council

together for
children
SUNDERLAND



All of your **energy** comes from food.



Your **body** is made of stuff you get from food



You really **are** what you **eat**.

Since your body runs on food, the choices you make every day about what foods to put in your body are important.



The science of how your body uses food is called **nutrition.**

Nutrition: Macronutrients

Nutrients are the valuable things that your body gets from your food. Some you need a lot of:

Carbohydrates (for energy)

Proteins (for muscles and growth)

Fats (in moderation)



Nutrition: **Micronutrients**

Vitamins and **minerals** are essential nutrients that you need in much smaller amounts. You cannot stay healthy without these nutrients, most of which come from fruits and vegetables (like the ones growing in our garden).



Foods that are rich in nutrients are described as **nutritious**.

Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturated fat	Sugar	Salt
1040kJ 250kcal	3.0g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Eat at least 5 portions of a variety of fruit and vegetables every day

Fruit and vegetables



Choose wholegrain or higher fibre versions with less added fat, salt and sugar

Potatoes, bread, rice, pasta and other starchy carbohydrates



Beans, pulses, fish, eggs, meat and other proteins

Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat



Dairy and alternatives

Choose lower fat and lower sugar options



Choose unsaturated oils and use in small amounts



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Here's a nutrition guide from Public Health England. What do you notice about **what** it suggests that you eat, and **how much** of each kind of food you should eat? How well does this plate match the foods that **you and your family** eat on a typical day?

Fresh vs Processed Food

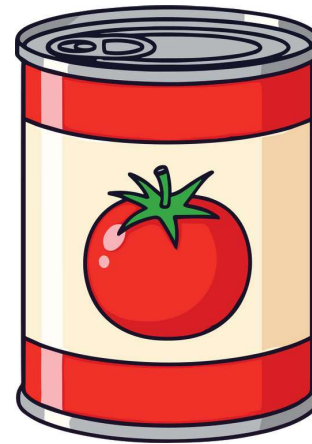
Anything you do to a fresh food can be described as **processing** it.



Fresh



Sliced



Canned



Cooked

What **other ways** of processing food can you think of?

Processed vs Ultra-Processed Foods

Some foods that we eat are **much more** processed than others. These **ultra-processed** foods can't usually be made at home. They contain ingredients that you probably don't have in your kitchen, like:

HYDROLYSED
PROTEINS

EMULSIFIERS

MODIFIED STARCHES

COLOURANTS

PRESERVATIVES

ARTIFICIAL FLAVOURINGS

BULKING
AGENTS

ARTIFICIAL
SWEETENERS

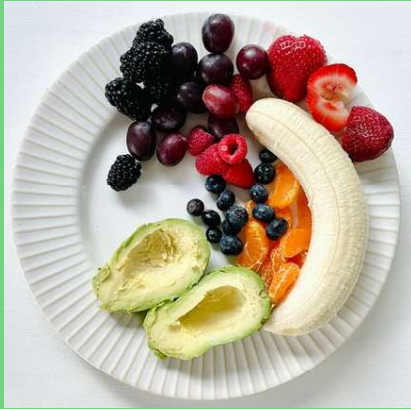
THICKENERS

HUMECTANTS

HYDROGENATED OILS

Do these sound
yummy?

Natural



Processed



Ultra-Processed



Supermarket Tour

Ultra-processed foods are designed in science labs, made in factories and sold to us in shops. See if you can recognise some of these foods from their ingredient lists.



INGREDIENTS: Dehydrated potatoes, sunflower oil, **wheat** flour, corn flour, rice flour, prawn cocktail seasoning (sugar, acidity regulator {sodium diacetate}, flavour enhancer {monosodium glutamate}, potassium chloride, tomato powder, modified maize starch, spices, sunflower oil, dextrose, flavourings, acid {citric acid}, **barley** malt vinegar, skimmed **milk** powder, yeast extract, glucose syrup, salt, **milk** proteins, colour {paprika extract}), maltodextrin, emulsifier (E471), salt, colour (annatto norbixin). Best before: see bottom. Packaged in a protective atmosphere. Store in a cool, dry place. (DE) (CH) (AT) KNABBERGEBÄCK MIT KRABBECKTAL-GEWÜRZEN, KARTOFFELNÜSSPULVER.

INGREDIENTS

WHEAT Flour, Water, Mozzarella Cheese (**MILK**) (15%), Smoked Pepperoni (8%) (Pork, Pork Fat, Salt, Dextrose, Smoked Salt (Salt, Smoked Salt), Antioxidants: Sodium Ascorbate, Extracts Of Rosemary; Paprika, Paprika Extract, Coriander, Oregano, Garlic, Pepper Extract, Preservative: Sodium Nitrite), Sliced Red & Green Peppers (6%), Tomato Purée, Yeast, Rapeseed Oil, Cornflour, Sugar, Dextrose, Salt, Garlic Oil (Rapeseed Oil, Garlic Purée, Palm Oil, Salt, Parsley), Rice Flour, Paprika, Yeast Extract, Onion Powder, Cayenne Pepper, White Pepper, Black Pepper, Garlic Powder, Ginger, Oregano, Paprika Extract, Black Pepper Extract, Basil, Flour Treatment Agent: Ascorbic Acid.



Food Processing Cart Sort

Talk to your group. Think about what has been done to these foods. What has been added or removed? How much have they been processed?



Task A: Sort the cards into three groups: unprocessed, processed and ultra-processed.

Task B: Rank the cards from the least processed to the most processed.

Homemade vs Ultra-processed

Processed foods that used to be made mostly at home, like soups, bread or cakes, are now available in ultra-processed form for convenience, but are these foods as healthy and nutritious?



V
S



Diets Out of Balance

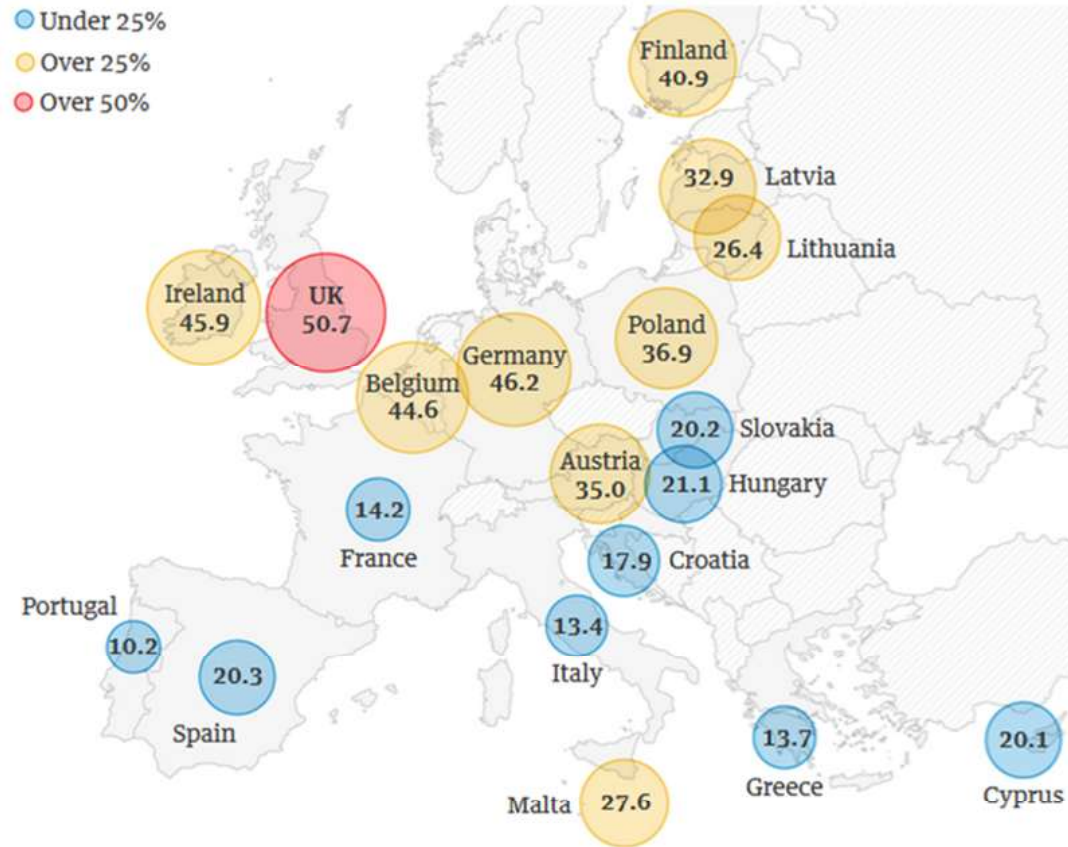
Some ultra-processed foods may be fun and tasty, but these foods shouldn't be what we eat all the time.

Unfortunately, every year people are eating more and more of these ultra-processed foods, especially young people, and especially in the UK.

**Why do you think this is?
Discuss.**

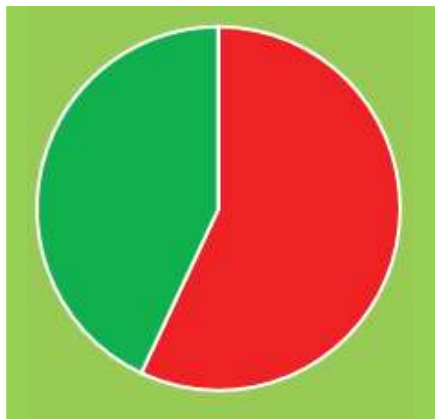
Ultra-processed food as a % of household purchases

- Under 25%
- Over 25%
- Over 50%



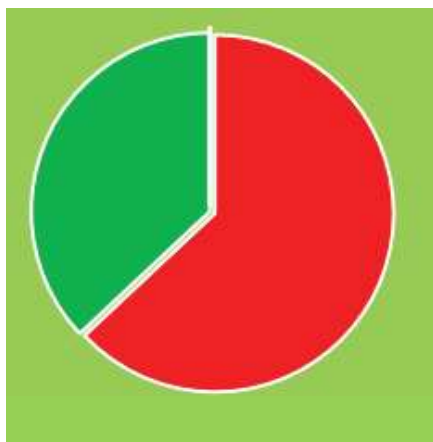
Guardian graphic. Source: Public Health Nutrition

How much ultra-processed food do we eat?

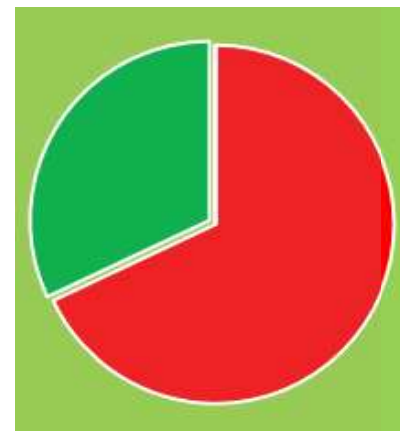


On average, in the UK,
57% of the calories we eat
come from **ultra-processed foods**.

For
children, it's
63%



And for
teenagers,
it's 68%



Ultra-processing and Nutrition

One problem is, as a general rule, the more food is processed, the fewer nutrients it has. For example,



100 g
orange juice

50 mg
Vitamin C



100 g
orange
Lucozade

0 mg
Vitamin C



100 g
strawberries

153 mg
potassium

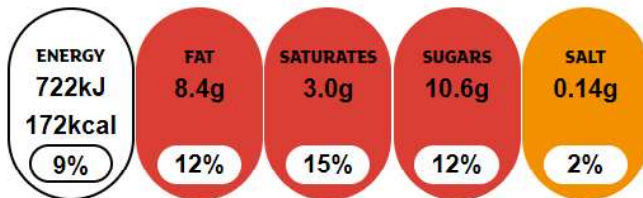


100 g
strawberry cheesecake

<10 mg
potassium

Ultra-processing and Health

Another problem is, since ultra-processing destroys natural flavours, manufacturers add extra **salt**, **sugar** and **fats** to their foods to make them tastier. Eating too much of these things is unhealthy.



100 g baked potato
95 calories
0.1 g fat
181 mg salt



100 g potato crisps
545 calories
34 g fat
527 mg salt

Ultra-processing and Obesity.

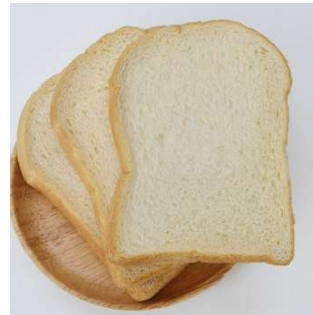
Plant foods contain **fibre**. Fibre fills you up. Since ultra-processing destroys the fibre in foods, while packing them with tasty sugar, salt and fat, people often eat too much of these foods and gain weight.



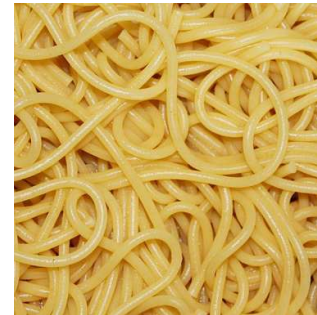
100 g
wheat seeds
12 g fibre



100 g
whole meal
bread
6 g fibre



100 g
white bread
2 g fibre



100 g
spaghetti
1.5 g fibre

Obesity is increasing in the UK. Nutrition scientists suspect that this is related to people eating more and more ultra-processed foods.

Ultra-processing and Health

Sometimes food makers will even add **chemicals** to their foods:



artificial **flavourings** or sweeteners to make their food taste better



colouring to make their food look tastier



preservatives to make the foods taste fresh for longer.

INGREDIENTS:

Whole grain **oat** flour, sugar, corn* syrup, **wheat** starch, salt, acidity regulator: calcium carbonate (E170), trisodium phosphate (E339iii); ferric orthophosphate (iron), niacinamide (vit. B3), zinc oxide, thiamin mononitrate (vit.B1), calcium pantothenate (vit.B5), pyridoxine hydrochloride (vit.B6), folic acid. Marshmallows 19% : sugar, modified corn*starch, corn* syrup, dextrose, gelatin, stabiliser: sodium hexameta-phosphate (E452), artificial flavouring, colours: allura red (E129)** brilliant blue (E133).

INGREDIENTS:

Sugar, water, fortified **WHEAT** flour (contains niacin, iron, thiamin, riboflavin, folic acid), glucose-fructose syrup*, hydrogenated vegetable oil (palm), emulsifiers (E471, E435, E481, **SOYA** lecithin*), dextrose, **EGG**, modified corn starch*, whey (**MILK**), glycerine, salt, raising agents (E450c, E500, E341a), preservatives (E200, E201), stabilisers (E466, E415), flavourings, colours (E129, E102)

For allergens, including cereals containing gluten, see ingredients in **BOLD**

Warning. E129 and E102 may have an adverse effect on activity and attention in children.

*Derived from a Genetically Modified Source.

Some of these chemicals really don't belong in your body.

How Processed is Your Diet?

Think about all of the food that you have eaten today and yesterday.

Make a list of everything you ate.

Look down the list and code each food as

U = unprocessed

P = processed

UP = ultra-processed

Are you eating mostly processed foods, unprocessed foods, or ultra-processed foods?

Toast with jam	P
Banana	U
Milk	U
Frozen Pizza	UP
Carrot sticks	P
Apple juice	P
Crisps	UP
Coke	UP
Roast chicken	P
Salad	U

Food Processing Taste Test

Too much processing is a problem, but a little bit of processing can really enhance the taste of a simple plant food. Compare the tastes of fresh cucumber slices unprocessed and with three processing techniques. Vote for your favourite below:

Raw cucumber

Peeled cucumber

Salted cucumber

Pickled cucumber

Taste Testing *'Golden Rule'*



No one has to like the food
or even taste it!



from Taste Education