



See inside to find out youth workers tips and ideas ...

Have fun!

Ask young people what they want and get them involved in planning it. Make sure everyone is on board (staff as well as young people).

Key ingredients

Where to go next

Make sure you provide accurate information about a healthy balanced diet. The 'eatwell plate' is available in the National Archives section of www.eatwell.gov.uk (the eatwell website is in the process of being moved).

We have some useful publications on developing cookery skills or healthy eating for young people on our website:

- Beyond Smoothies: developing cooking and healthy eating activities for young people
- TV dinners: adapting popular TV formats to promote healthy eating and cookery skills
- A taste of independence: using food to develop skills for life
- The 'North Glasgow Youth Food Guidelines and Healthy Eating Toolkit'

Thanks to everyone who gave their ideas at the Beyond Smoothies event.



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literacy; business skills; developing self-esteem and confidence; *social skills*; developing practical skills; health and safety awareness; learning about new foods and tastes; learning to cook for friends and family; building trust between staff and young people; making new friends; NUMERACY; food shopping and budgeting skills; developing staff skills; food hygiene awareness; motor skills; improving mental wellbeing; team building skills; EMPLOYABILITY SKILLS; IT skills, time management skills; peer education skills; working towards Duke of Edinburgh Awards; Food Hygiene and the RHHS Elementary Food and Health qualifications; and having fun...

Aside from the health benefits gained from eating a healthier diet, healthy eating games, cookery, gardening, or running a healthier tuck shop can benefit both young people and organisations in other ways. They can help with...

Why develop healthy eating activities?

www.communityfoodandhealth.org.uk



community food and health (scotland)

How to get beyond smoothies

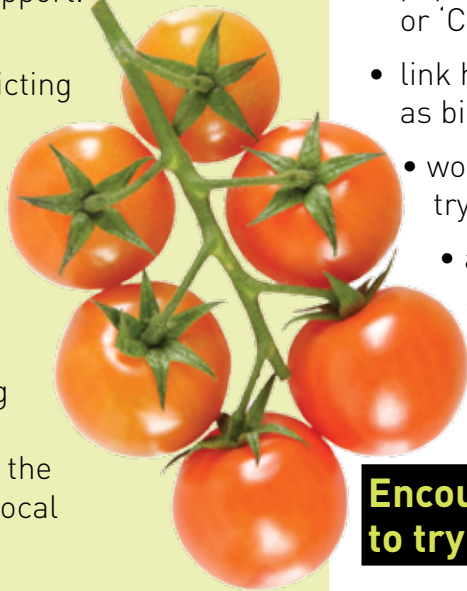
Top tips and ideas for healthy eating activities with young people

These ideas were gathered from a Community Food and Health (Scotland) youth, food and health networking event that focused on work with a range of young people, including those experiencing homelessness, young parents, young carers, as well as youth clubs open to all.



Before you start, make sure you:

- have adequate **facilities and equipment**, particularly for practical activities such as cookery or gardening. Some groups use portable gas stoves for cookery if they lack kitchen space.
- carry out **risk assessments** and address any **health and safety** concerns.
- **consider all your food activities**, such as providing or selling less healthy snacks. Is this something you are able to change?
- **seek support from others**. The local NHS Health improvement team, community health project, or community food workers, if available, might be able to help with advice and resources, staff training (eg. nutrition and food hygiene), or other support.
- have considered **outside influences**, such as conflicting messages about healthy eating within the media, what food is available locally, and the influence of friends and family. These can be used as topics for discussions or as activities such as using healthier recipes from TV chefs, or finding out what the healthiest options are at local take-aways.



Make it interesting

Young people might not be keen on learning about the long-term benefits of eating a healthy balanced diet, so focus on shorter-term benefits and find out what they want to learn. Some groups deliver healthy taster or cookery sessions but don't discuss healthy eating until young people are ready. Games and quizzes are a fun way to get messages across and find out what young people have learnt. **Hands-on cookery sessions are a popular way of promoting healthy eating.**



Here are some tips for successful hands-on cookery sessions:

- focus on meals that young people might like, eg. pizza (add lots of veg), homemade burgers (use lean mince), or potato wedges
- use food that is locally available and affordable
- consider having a shared meal after cookery - although some youth workers were concerned that young people might not feel confident about eating 'properly' at a table with others
- use ideas or formats from TV shows that are popular or fun such as 'Ready steady cook!' or 'Come Dine with Me'
- link healthy cookery to other activities - such as big sporting events
- work in pairs or teams - young people might try new foods if their friend has made it
- ask young people if they want to go shopping for ingredients (good for learning about food marketing, labelling and budgeting)

Encourage young people to try new foods

Here are some tips:

- run mini taster sessions
- offer meals or tasters when young people are more likely to be hungry
- consider using incentives or rewards
- play games, such as blindfold tasting (an individual or a team guess what the food is after it has been described) - do this only if you work with a group that trusts you and each other
- explore texture and smell, with no pressure to taste food
- run weekly challenges to try something new or unusual
- use a taste questionnaire - describe taste, texture and smell

But don't make a fuss if they won't try new foods, wait until they're ready.

