

Healthy Eating Activity

During February Half term 6 Youth Health Champions delivered a Healthy Eating activity to a number of Year 5 and 6 young people attending a holiday programme at IntoUniversity Hackney Downs.

They completed an activities focussing on sugar and unhealthy fat. They explained what a balance diet should include by showing them an Eatwell Plate and the Rainbow Food diet. At the end of the activity the children labelled a “body” with the areas that would be affected by unhealthy amounts of sugar and fat.

The YHCs gave out prizes to those children achieving most points in a healthy eating quiz, for the best behaved, the politest and the ones who were most involved and engaged. Each participant was awarded a pencil for being fabulous!!

Each participant was given a Change for Life booklets to help them make better choices when deciding what food and drink to choose.



The feedback we received from IntoUniversity was incredibly positive and they commented that the workshop content was engaging and that their students gained a lot of knowledge about fats and sugar. They praised the YHCs for using both written resources as well as practical hands on objects as this allowed for a variety of learning styles to be catered for. Staff said that the YHCs answered questions in a way which enabled the young people to understand and that they formed good relationships with them. The wide variety of activities was considered to be a fantastic way to keep the younger students focussed and engaged throughout the day. The YHCs know they need to work on explaining the learning objective at the start of the activity and finding a more consistent way of getting the attention of the younger students.



Jack Hall, Secondary FOCUS Coordinator, said ***'It was fantastic to see so many Kelmscott students who were engaged with promoting a healthy lifestyle. It is inspiring to see young***

people wanting to make a difference in their school and community and the students from IntoUniversity responded positively!

This was the first time the YHCs had delivered this activity, and to such a young audience, so the feedback given was encouraging and gave them areas to develop their skills.

Well done to the YHCs who gave up some of their half term break to deliver this activity and for doing it so well.

Andrei Nuta	10S
Geanina Savu	10K
Falaq Bhatti	10S
Teodora Alexe	10S
Zakaria Harchaoui	10S
Sabrina Sellami	10S

Here one of the YHC's was asked to add her comments about the activity.....

My name is Geanina. I am a YHC and Team London Ambassador and I had to deliver a session about Healthy Eating to Year 5 and 6 students. The session was unexpectedly useful as I gained a much better understanding about how to work with young children.

After a nervous start we quickly settled in knowing the information we wanted to share.

The YHC team was very supportive and helped each other to complete the tasks, to build a confident knowledge about healthy eating and understand why it is important in everyday life.

The children were very happy and joyful. They got involved in every activity, expressing themselves through their play.

We did a great job and they really enjoyed it.

