

Holiday Activities and Food Programme

School Food Standards & Nutritional Education



Quiz



- 1) There should be a portion of five different food groups in every meal prepared to School Food standards, what's the fifth food group?
- a) Fruits
 - b) Vegetables
 - c) Protein
 - d) Starchy food
 - e) ?

Quiz



2) Which of the following do the School Food Standards apply to?

- a) Snacks
- b) Main meal
- c) Drinks
- d) Breakfast
- e) Dessert
- f) Treats and rewards

Quiz



3) Which of the following can we offer at a HAF club?

- a. Chocolate
- b. Crackers
- c. Breadsticks
- d. Chocolate biscuits
- e. Sweets
- f. Fruit and vegetables
- g. Nuts/seeds

Quiz



4) What is the volume of a daily portion of lower fat milk mandatory under the School Food Standards?

- a. 150-200mls
- b. 200-250mls
- c. 250-300mls

Quiz



5) In a five day week at a HAF club, how many different starchy foods should the children have in their meals?

- a. 5 – a different one every day
- b. At least 3
- c. At least 2

Quiz



6) In a five day week at a HAF club, how many different fruits and vegetables should the children have in their meals?

- a. 5 – a different one every day
- b. At least 3
- c. At least 2

Quiz



7) How many different wholewheat starchy foods can you name? Bonus point: In a five day week, how many times should the starchy food in a meal be wholewheat?

Quiz



8) What food must be available for the children to snack on if they want it every day?



Quiz

9) Which of the following drinks are permitted?

- a) Water
- b) Milk
- c) Fruit Juice
- d) Squash
- e) Hot Chocolate

Quiz



10) Is a menu compliant with School Food Standards if it is vegetarian or vegan?

What's required?



Food Group	Food included in group
A. Starchy food (sub-divided as shown)	A1: All types of bread, pasta, noodles, rice, potatoes, sweet potatoes, yams, millet and cornmeal. A2: All types of bread with no added fat or oil.
B. Fruit and vegetables (sub-divided as shown)	B1: Fruit of all types, whether fresh, frozen or dried. Fruit canned in water or juice. Fruit-based desserts (with a content of at least 50% fruit measured by the weight of the raw ingredients). B2: Vegetables of all types, whether fresh, frozen or dried. Vegetables canned in water or juice.
C. Meat, fish, eggs, beans and other non-dairy sources of protein	Meat and fish (in each case whether fresh, frozen, canned or dried), eggs, nuts, pulses and beans, other than green beans. Other non-dairy sources of protein. Any food containing meat together with food from groups A, B or D.
D. Milk and dairy (sub-divided as shown)	D1: Lower fat milk and lactose reduced milk. D2: Cheese, yoghurt (including frozen), fromage frais and custard.
E. Drinks (sub-divided as shown)	E1: Plain drinks: Plain water (still or carbonated). Lower fat milk or lactose reduced milk. Fruit juice or vegetable juice of no more than 150mls per portion. Plain soya, rice or oat drinks enriched with calcium. Plain fermented milk drinks. E2: Combination drinks of no more than 330mls per portion: Combinations of fruit juice or vegetable juice with— (a) plain water, in which case the fruit juice or vegetable juice must be at least 45% by volume, but no more than 150mls, and may contain vitamins and minerals; (b) lower fat milk, lactose reduced milk or plain fermented milk drinks (in each case with or without plain water) in which case the milk or fermented milk drink must be at least 50% by volume and may contain vitamins, minerals and less than 5% added sugars or honey; (c) plain soya, rice or oat drink (in each case with or without plain water) in which case the soya, rice or oat drink must be at least 50% by volume and may contain vitamins, minerals and less than 5% added sugars or honey. Combinations of lower fat milk, lactose reduced milk, plain fermented milk drinks or plain soya, rice or oat drinks (in each case with or without plain water) with cocoa, in which case the lower fat milk, lactose reduced milk, fermented milk drink, soya, rice or oat drink must be at least 50% by volume and may contain vitamins, minerals and less than 5% added sugars or honey. Flavoured lower fat milk, flavoured lactose reduced milk or flavoured soya, rice or oat drinks, in which case the lower fat milk, lactose reduced milk, soya, rice or oat drink must be at least 90% by volume and may contain vitamins, minerals and less than 5% added sugars or honey. Tea and coffee. Hot chocolate which may contain vitamins, minerals and less than 5% added sugars or honey.



What's required?

SCHEDULE 2 SCHOOL LUNCH REQUIREMENTS

Regulation 3

Link to the legislation
online:

<https://www.legislation.gov.uk/ukxi/2014/1603/contents/made>

Starchy food

1. One or more portions of food from sub-group A1 must be provided every day.
2. A type of bread from sub-group A2 must be available every day.
3. Three or more different foods from sub-group A1 must be provided every week, but this requirement will not be met if the different foods are provided in a single portion.
4. One or more of the portions of food from sub-group A1 that is provided every week must be wholegrain.

Fruit and vegetables

5. One or more portions of food from sub-group B2 (vegetables) must be provided every day.
6. One or more portions of food from sub-group B1 (fruit) must be provided every day.
7. A fruit-based dessert with a content of at least 50% fruit measured by volume of raw ingredients must be provided two or more times every week.
8. Three or more different foods from sub-group B1 (fruit) must be provided every week, but this requirement will not be met if the different foods are provided in a single portion.
9. At least three different foods from sub-group B2 (vegetables) must be provided every week, but this requirement will not be met if the different foods are provided in a single portion.

Meat, fish, eggs, beans and other non-dairy sources of protein

10. A portion of food from group C must be provided every day.
11. A portion of meat or poultry must be provided on three or more days every week.
12. Oily fish must be provided once or more every three weeks.
13. A portion of non-dairy sources of protein must be provided on three or more days every week.

Milk and dairy

14. A portion of food in sub-group D2 must be provided every day.

Foods high in fat, sugar and salt

15. Savoury crackers or breadsticks which are served with food groups B or D may be provided as part of a school lunch.

Food Group
A. Starchy food (sub-divided as shown)
B. Fruit and vegetables (sub-divided as shown)
C. Meat, fish, eggs, beans and other non-dairy sources of protein
D. Milk and dairy (sub-divided as shown)
E. Drinks (sub-divided as shown)



What's missing from this menu?

	Monday	Tuesday	Wednesday	Thursday
Week One	Sausages with mashed potatoes Vegetarian sausages with mashed potatoes	Pasta Bolognese Vegetarian Bolognese	Mild chicken curry with rice Macaroni cheese	Roast chicken with mashed potatoes Vegetable and potato hotpot
	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables
	Dairy ice cream and fruit coulis	Pineapple upside down pudding with custard	Apple crumble and custard	Chocolate beetroot brownie (using cocoa powder) with fresh fruit and milk



What's missing from this menu?

Week Two	Mild lentil and vegetable curry with rice	Spaghetti Bolognese	Roast beef with mashed potatoes	Salmon and broccoli pasta bake
	Jacket potato (with cheese, coleslaw, tuna sweetcorn mayo or chicken mayo)	Vegetarian Spaghetti Bolognese	Roast Quorn fillet with mashed potatoes (no Yorkshire pudding)	Tomato and basil pasta bake
	Salad	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables or fresh mixed salad
	Fresh fruit salad with cream (tinned fruit in juice with fresh fruit added)	Bananas in custard	Peach sponge and custard	Fruit in jelly with dairy ice cream

Discussion



What meals work well in your club?



Teaching: eating in moderation

What can I eat as much as I want of? – GO! (Applause)

What should I eat sometimes but not always? – SLOW! (Thumbs up)

What should I only eat on special occasions? – WOA! (Surprised face)

Resource available at (I changed the order of the pages):

<https://www.nhlbi.nih.gov/health/educational/wecan/downloads/gswflashcards.pdf>

Teaching: avoiding ultra-processed foods



What different ways is food processed?
How many can we think of?

Teaching: avoiding ultra-processed foods



Group 1
Unprocessed or Minimally Processed Foods

Fresh, dry, or frozen vegetables or fruit, grains, legumes, meat, fish, eggs, nuts and seeds.

Processing includes removal of inedible/unwanted parts. Does not add substances to the original food.

Group 2
Processed Culinary Ingredients

Plant oils (e.g., olive oil, coconut oil), animal fats (e.g., cream, butter, lard), maple syrup, sugar, honey, and salt.

Substances derived from Group 1 foods or from nature by processes including pressing, refining, grinding, milling, and drying.

Group 3
Processed Foods

Canned/pickled vegetables, meat, fish, or fruit, artisanal bread, cheese, salted meats, wine, beer, and cider.

Processing of foods from Group 1 or 2 with the addition of oil, salt, or sugar by means of canning, pickling, smoking, curing, or fermentation.

Group 4
Ultra-Processed Foods

Sugar sweetened beverages, sweet and savory packaged snacks, reconstituted meat products, pre-prepared frozen dishes, canned/instant soups, chicken nuggets, ice cream.

Formulations made from a series of processes including extraction and chemical modification. Includes very little intact Group 1 foods.

Teaching: avoiding ultra-processed foods



As a rule of thumb, avoid foods with more than 10 ingredients on the label



Teaching: avoiding ultra-processed foods



Teaching: eat as many plants as you can



How many different plants did you eat yesterday? Did you eat more than the person sitting next to you?

Teaching: eat as many plants as you can



Teaching: eat as many plants as you can



Teaching: eat as many plants as you can



Teaching: eat as many plants as you can



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