

Session 10 Activity Book



Welcome!

Welcome to the Healthy Helpings (HH), session 10 activity book.

If you're reading this activity book on-line, you can click on any links ([shown in blue](#)) to be taken directly to the information. Otherwise, please find all links on the relevant [HH session webpage](#).

Session 10

In session 10 we look at:

- Planning Meals and Shopping Lists
- Eat Well For Less
- Salt
- Eating Out

Planning Meals and Shopping List

Planning meals and shopping list can be very useful when trying to stick to your goals, as it will allow you to be more organised with meal choices. It can also help to reduce

stress as well as saving money, time and food wastage.

To help you plan your meals and shopping lists, you will find a copy of your [Meal and Shopping Planner](#) within your support material.

Eating Well For Less


A question that is often asked: Can you eat healthily and save money?

Well the short answer is yes! We have collated our best tips for saving money in the box below:

Tips on Eating Healthy for Less

- Freeze leftovers or keep them for the next day.
- Buy frozen vegetables and fruit instead of fresh varieties.
- If buying fresh fruit and vegetables, check loose items as they might be cheaper than the pre packed varieties.
- Try going for cheaper brands.
- Try more pulses, which you can add to meat dishes to reduce the more expensive meat content.
- Batch cooking can allow you to have healthier choices and better control at mealtimes as well as avoiding food waste and saving you some money.
- Remember to check your kitchen cupboards, fridge and freezer before you go as you may find you have enough ingredients to make a meal.

Looking at the list above, are there any tips that you want to try? Write your thoughts in the box below.



If you are struggling to find recipes ideas, remember that there are many resources available. Have a look at the following websites for some meal ideas

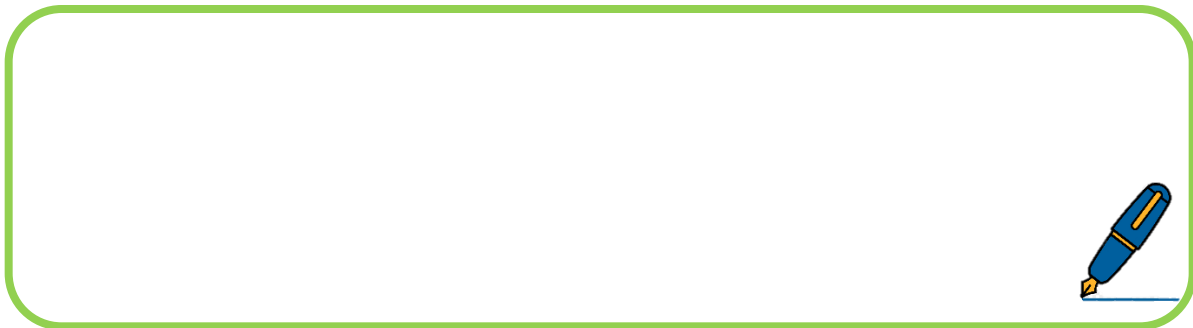
: [Food & Eating](#) | [Parent Club](#) [Confidence 2 Cook](#) [NHS Grampian](#)

Salt

In this week's session we talked about salt and the importance of reducing its intake in our diet. The NHS recommends that you should aim to have less than 6g of salt each day.

Now have a look at your [Food, Drink and Activity Diary](#) from the previous week. Does your salt intake reflect this recommendation? Are you consuming foods particularly high in salt? Are there any changes you can make to improve your salt intake?

Use the box below to write out your answers:



Remember you can visit our website to find [more information](#) on this topic.

Eating Out

Eating out can be expensive, meals are likely to be higher in calories, larger in portion size and overall it can be harder to make healthy choices.

However, eating out is an enjoyable part of life as well as a great way to socialise and therefore does not need to be avoided completely.

Here are our tips for eating out:

- Try to keep to occasions
- Have no more than two courses
- Think about portion sizes and avoid upsizing
- Eat potatoes instead of chips
- Ask for extra salad and vegetables

Session 10 Goal Planner

Now think about a goal you would like to achieve.
Look back at this session and your [Food, Drink and Activity Diary](#) to help you decide your goal. Then complete the planner below:



What do I want to do?

What is my clear goal? (What? Where? When?)

Who or what can help me?

What might get in my way and what can I do about this?

How and when will I reward myself?



Thoughts On Session Ten

Now you have finished session ten, use the space below to write down any thoughts or ideas you might want to take into the next session. We have included some questions which might help you to think about what you learned, and think what progress you want to make in the next few weeks 😊

What did I learn?

Why are these things that I have learnt important?

What am I going to do with the information I learned?

How am I going to put the learning into practice?

