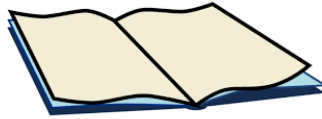


Session 2 Activity Book



Welcome!

Welcome to the Healthy Helpings (HH), session 2 activity book.

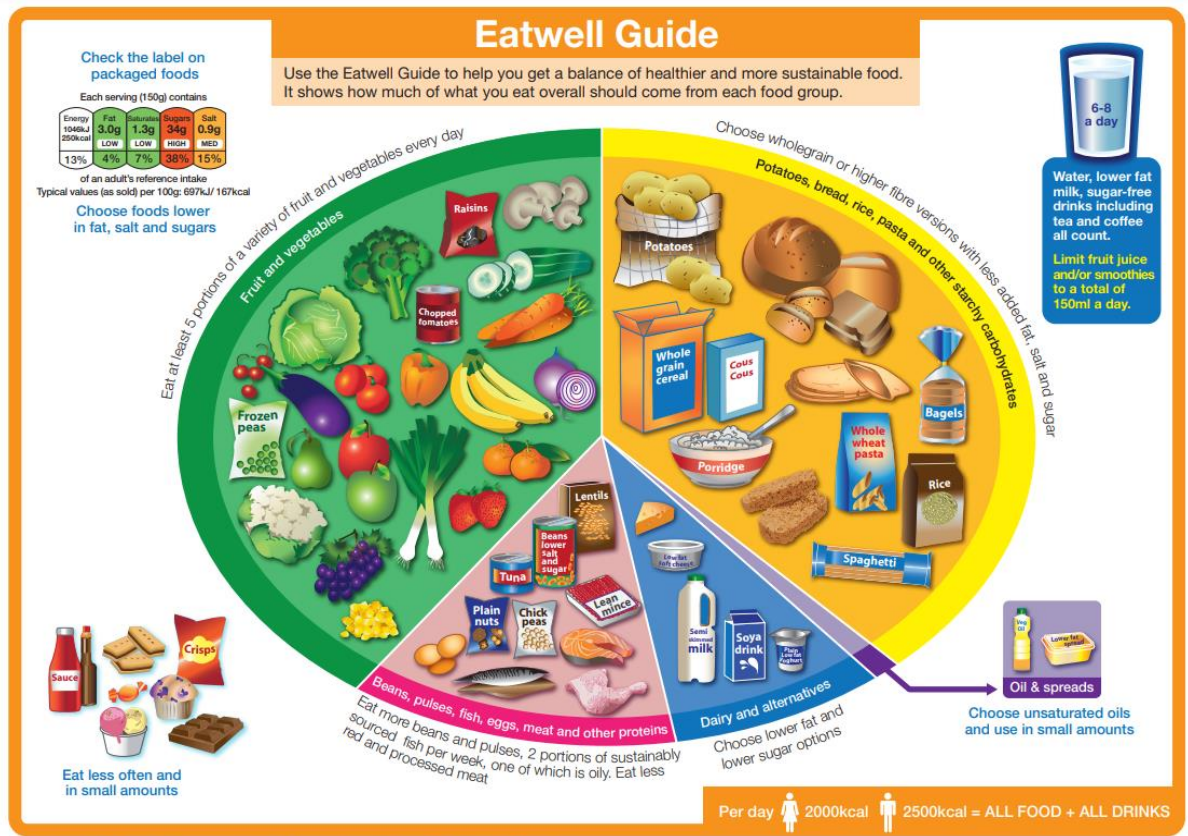
If you are reading this activity book online, you can click on any links ([shown in blue](#)) to be taken directly to the information. Otherwise, please find all links on the relevant [HH session webpage](#).

Session 2


In session 2 we look at:

- The Eatwell Guide
- Fluid intake
- Activity services
- Setting a goal

The Eatwell Guide



The Eatwell guide shows us how much we should eat of each food group for a healthy diet. Looking at the guide, can you identify any food groups you would like to include more of, to provide a balanced diet? Use your [Food, Drink and Activity Diary](#) to help you.



Watch What You Drink!

Make sure you drink enough.

Each day most adults should aim to drink about:

- **2 to 3 pints** or **1½ to 2 litres**

This is approximately:

- **5 to 7 mugs** or **8 to 10 cups** or **6 to 8 glasses**



Choose a variety of healthier drinks.

Good choices include:

- Water
- Well-diluted diluting juice
- Tea and coffee also count

If drinks contain caffeine, try to space these out over the day, and drink no more than 4 or 5 cups.


To help you be aware of your fluid intake, we have included a water or fluid tracker in your [Food, Drink and Activity Diary](#). Tick or circle the number of drinks you have in a day.



If you want to know more about healthier drinks options, have a look at our information sheet [Watch What You Drink!](#)

Read the questions below and note down your thoughts on your drink choices, including any changes you would like to make.

- Do you think you are making the right choices with drinks?
- Are you drinking enough? Do these drinks add any extra calories?



Activity Services

To find out about physical activity services within your local area, have a look at the local authority links within the [Session 2 HH webpage](#).

These web links provide information on physical activities, exercise videos, and the availability of classes and activities within your area.

Small Changes Can Make A Big Difference

Only 150 calories **more than you need** every day can lead to a **weight gain** of 12 pounds (6kg) in a year.

Only 150 calories **less than you need** every day can lead to a **weight loss** of 12 pounds (6kg) in a year.

So what does 150 calories look like?



A Whole-Milk Latte



2 Digestive Biscuits



A can of Fizzy Juice



150 Kcal

Making small changes to your diet, can help you achieve your weight loss goal. Note down any thoughts and ideas of small changes you can make.



Planning A Clear Goal

Planning and writing down your goals will make it **easier** for you to make the changes you wish to make.

Think about the following steps when writing out your goal for the next few days. This will increase the chances of you carrying this out and gaining that **sense of achievement** for meeting your goal!

- 1 What are you aiming to do?
- 2 How do you plan to do it?
- 3 Who or what can help you?
- 4 What might get in your way and what can you do about it?
- 5 How and when will you reward yourself?

Example Of A Goal

Date: 01/05/2021

What do I want to do?

Eat more vegetables

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

I'll have vegetables with my evening meal, 3 days this week - Monday, Wednesday, and Thursday

Who or what can help me?

I'll write a note and put it on the fridge to remind me to eat vegetables with my evening meal

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

I might run out of vegetables so I'll add frozen vegetables to my shopping list 'just in case'.

How and when will I reward myself?

If I eat vegetables with my evening meal on Monday, Wednesday, and Thursday, I'll watch a movie of my choice on Sunday night.

Session 2 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 Two

Now you have finished session two, 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?

