

## Session 3 Activity Book



### Welcome!

**Welcome to the Healthy Helpings (HH), session 3 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 web-page](#).

### Session 3

In session 3 we look at:

- Fruits and vegetables
- Moderate activity
- Mindful eating
- Goal setting

# Fruits and Vegetables



Fruits and vegetables are an **important** part of our diets. They are packed with vitamins, minerals and fibre.

Most of us are aware that we should aim to eat 'at least 5 a day', but do we manage this?

Have a look at your most recent [Food, Drink and Activity Diary](#) and answer the following questions:

- How many **portions** of fruit and vegetables are you eating daily?
- Could you **increase** your daily intake of fruit and vegetables?
- What **reminders** or **prompts** can you use to help increase your fruit and vegetable intake?

Write down your thoughts below:

A large, empty, rounded rectangular box with a green border, intended for writing thoughts. A small blue pen icon is located in the bottom right corner of the box.

For further information and ideas please click here: [NHS 5-a-Day Tips](#)

## Moderate Activity

It's important to keep active throughout your week. Aim to raise your heart rate for 30 minutes a day. This will have a positive impact on your physical health and mental wellbeing.

Moderate activity raises your heart rate, and makes you breathe faster and feel warmer. One way to tell if you're working at a moderate intensity level is if: **you can still talk..... but aren't able to sing!**

Here are some examples of moderate activity:

Brisk walking  
for 30 minutes

Dancing for 15  
minutes and cycle  
to work


Play with the  
children outside for  
30 minutes

Hoovering for 15  
minutes and changing  
the bed sheets

Have a look on the [Healthy Helpings Session Three web-page](#) for other ideas on how to increase your activity.

Have a look at your recent [Food, Drink and Activity Diary](#) and think about ways that you could include some form of moderate level activity in your day.

Use the box below to write down one form of moderate activity you can do this week:



# Mindful Eating

Mindful Eating is when you **focus fully** on the meal or snack in front of you.



Consider the following:

- What **colour** is the food?
- Does it feel **hot** or **cold** in your mouth?
- Is it **soft** or **crunchy**?
- What does its **taste** like?
- Is it **sweet**, **savoury** or **salty**?

Noticing these things will allow your body to recognise it has had a meal or snack, and will help to reduce the likelihood of overeating.

Try the steps above with your next meal or snack and write down your thoughts below:

## Session 3 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 Three

Now you have finished session three, 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?*

