

## Session 4 Activity Book



### Welcome!

**Welcome to the Healthy Helpings (HH), session 4 activity book.**

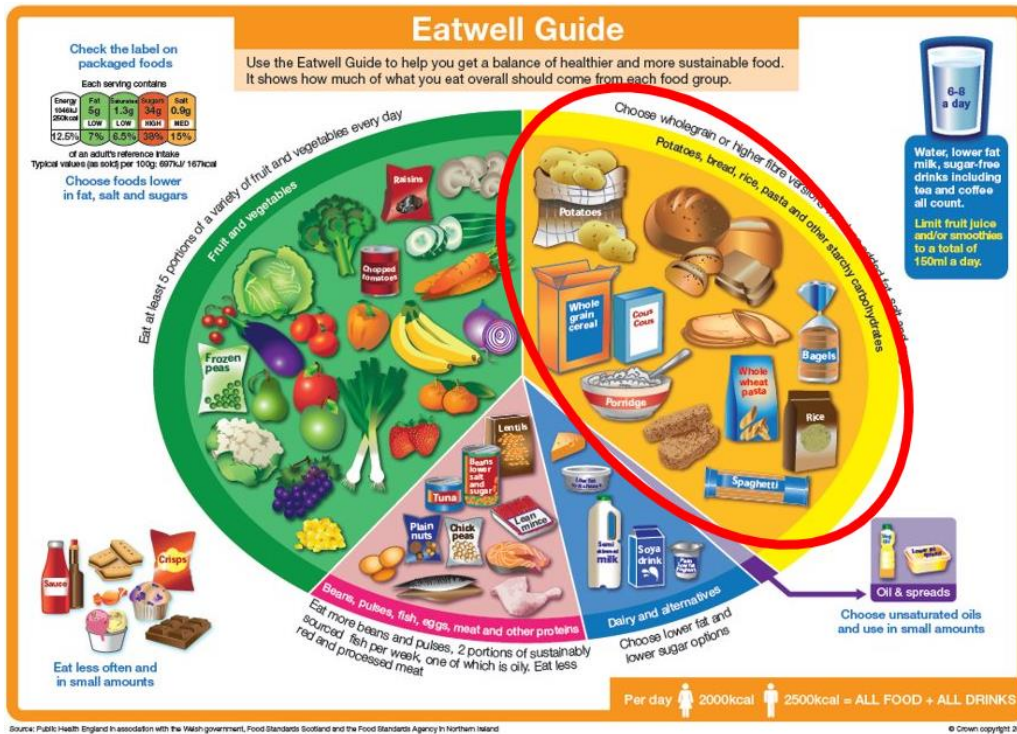
If you are reading this activity book online, you can click on any links ([shown in blue](#)) to be taken directly to the information. Otherwise, please find all links on the relevant [HH session webpage](#).

### Session 4

In session 4 we look at:

- Starchy Carbohydrates Such As Potatoes, Bread, Rice And Pasta
- Portion Sizes
- Current Activity Levels And Signposting To Local Services

# Starchy Carbohydrates




Potatoes, bread, rice and pasta fall into the starchy carbohydrate food group. Choose wholegrain versions of these foods if possible, for example, wholemeal pasta or brown rice, as they will contain more fibre, vitamins and minerals.

These foods provide slow, steady releasing energy, making you feel fuller for longer, and less likely to snack in between meals.

They are also low in fat but be aware that certain methods of cooking or preparation can increase their fat, sugar and calorie content.

Have a look at your [Food, Drink and Activity Diary](#). How do you prepare and cook these foods? Are you choosing wholegrain versions of these foods? Write your thoughts in the box below.



## Starchy Carbohydrates – Portion size

As well as thinking about the different types of starchy carbohydrates foods, you may be wondering, how much should I eat?

The actual amount you need depends on your energy or calorie requirements, which can vary depending on how active you are.

However, as a rough guide, you can use your fist when thinking about a portion.


For example, a fist size of cooked potatoes, pasta or rice.



## Your Activity Levels

Last week we looked more closely at moderate intensity activity.

If you look back at your activity diary did you increase your activity levels from the previous week? Did you go for a fast walk, or ride a bike, mow the lawn, go dancing or play a sport? If not think about what you could do and write your thoughts in the box below.



To find out about physical activity services within your local area, have a look at the web-links within session 4 [HH webpage](#).

# Session 4 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 Four

Now you have finished session four, 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?*

