

## Session 6 Activity Book



### Welcome!

**Welcome to the Healthy Helpings (HH), session 6 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 6

In session 6 we look at:

- Beans, pulses, fish, eggs, meat and other proteins
- Dairy foods
- Activity

# Protein and Dairy Foods



Beans, Pulses, Fish, Eggs, Meat and Other Proteins, are required as part of a balanced diet. We need **smaller amounts** of these foods than we do of the Fruit and Vegetables and Starchy Carbohydrates food groups.


Dairy Foods (or alternatives) are also needed in **smaller amounts** and **proportions**, but are still required to be eaten every day.

When choosing protein and dairy foods think about any healthier choices you can make when shopping and cooking.

Have a look at your most recent food and activity diary and think about:

- What types of protein or dairy foods have you eaten recently?
- How did you prepare or cook any meat, fish, eggs, or beans?
- Is your current red meat intake within the recommendations?
- What healthier choices could you make when shopping or cooking?

Write down your thoughts below:



## Activity

Let's have a think about activity.

Have a look at your recent [Food, Drink and Activity Diary](#) and think about what activity you are managing at the moment or how you could include more activity in your week.

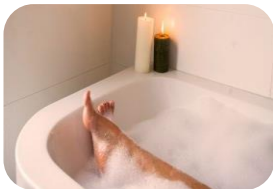
Note down (below) things which help you reach your activities goals, and things which make it more difficult to reach your activity goals:

Things that are helping	Things that aren't helping
<i>For example: Going for a walk with friends</i>	<i>For example: tired after work</i>

## Rewards

Something else to think about is how you will reward yourself for reaching your goal. Ideally it should not include food or drink, or necessarily cost you a lot of money.

Here are some examples below.



Bubble bath



New book



Favourite movie



Lie in

Have a think about how you can reward yourself and write this in your goal plan.

# Session 6 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 Six

Now you have finished session six, 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?*

