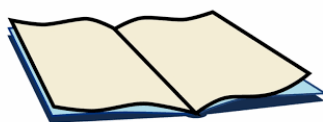


Session 9 Activity Book



Welcome!

Welcome to the Healthy Helpings (HH), session 9 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 9

In session 9 we look at:

- Label reading
- Activity
- Paying attention to how you eat


Label Reading



Reading food labels can help us making healthier choices.

Let's go through an example... Look at the packaging of a food product you have eaten recently (e.g. breakfast cereal, tinned soup, crisps, or yoghurt) and complete the activity below.


What are the top 3 items in the ingredient list?



Now look at the 'front of pack' label, write down the suggested serving size and the nutrition information below (row 1), then tick the corresponding traffic light label of red, amber or green (row 2).

	1 serving (grams) contains:				
1	Energy (kcal)	Fat (g)	Saturates (g)	Sugar (g)	Salt (g)
2	GREEN	GREEN	GREEN	GREEN	GREEN
	AMBER	AMBER	AMBER	AMBER	AMBER
	RED	RED	RED	RED	RED

Are there any 'label statements' on the packaging? For example: high in fibre, low fat, no added sugar.



Hopefully this exercise gave you some confidence in reading labels and you can use this skill now when shopping or meal planning.

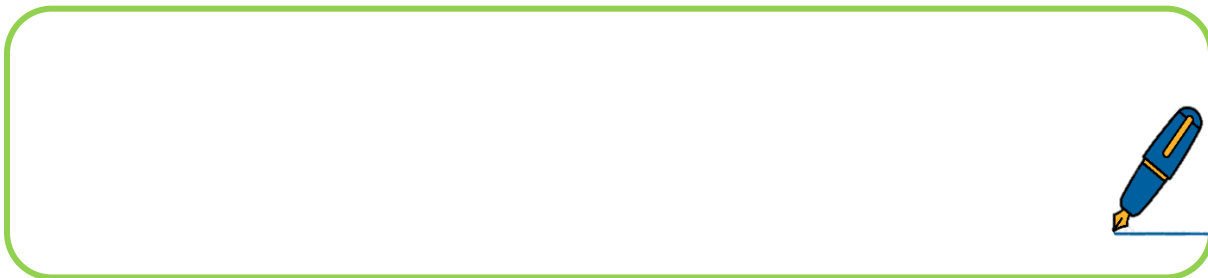
How Are You Eating?

It is important to think about not just *what* we are eating and drinking, but *how* we are eating and drinking. This can make a real difference when trying to change eating habits and manage weight.

Look back at the latest meal in your [Food, Drink and Activity Diary](#), and answer the following questions:

- How fast were you eating?
- Did you properly chew every mouthful?
- Were there distractions e.g. TV?
- Were you really feeling hungry?

Write down your thoughts below.



The following link may be helpful: [Hunger Scale video](#).

Session 9 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 Nine

Now you have finished session nine, 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?

