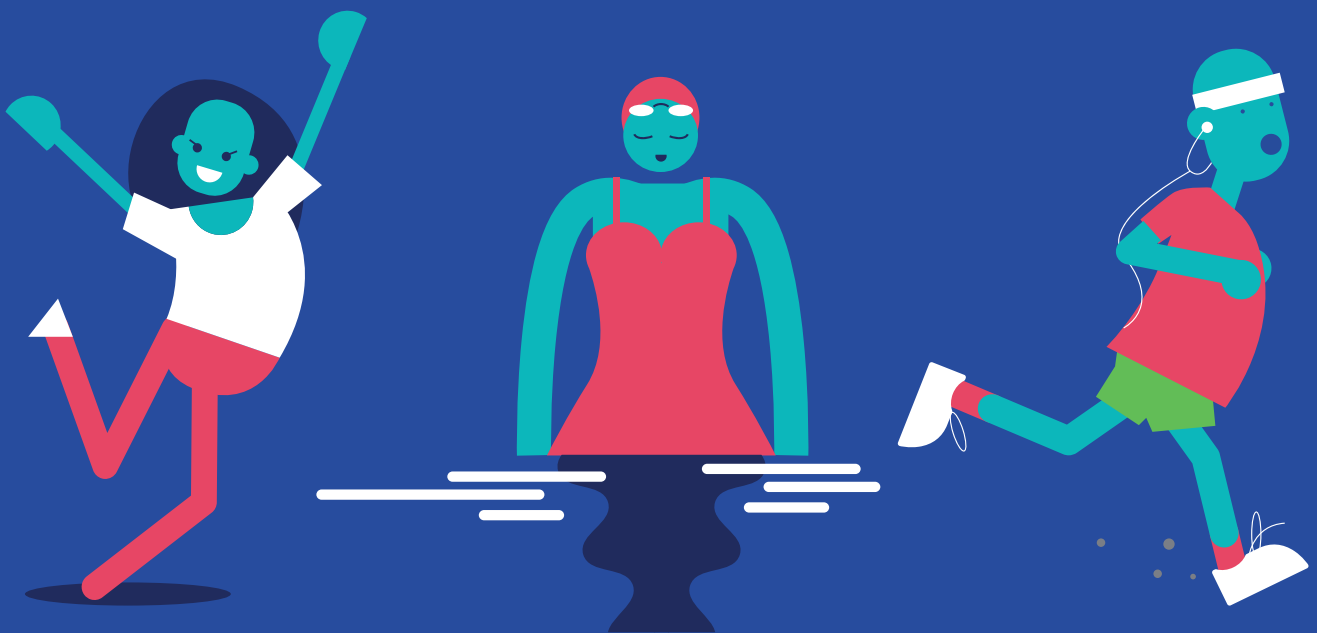
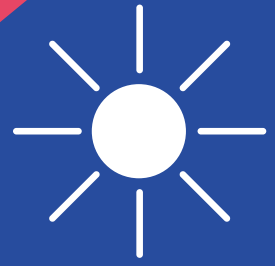


# One Life Suffolk Holiday Club Parent Manual

Name of child:



# Intro...



Welcome to your OneLife parent manual. It contains lots of information and things for you to do, to support your child whilst they are at club and beyond!

OneLife Holiday Clubs exist to help young people feel miles better about themselves. We do this by giving them the time and space to learn about what living healthily actually means, and how they can apply it to their lives.

So what will your child be doing at the summer club?

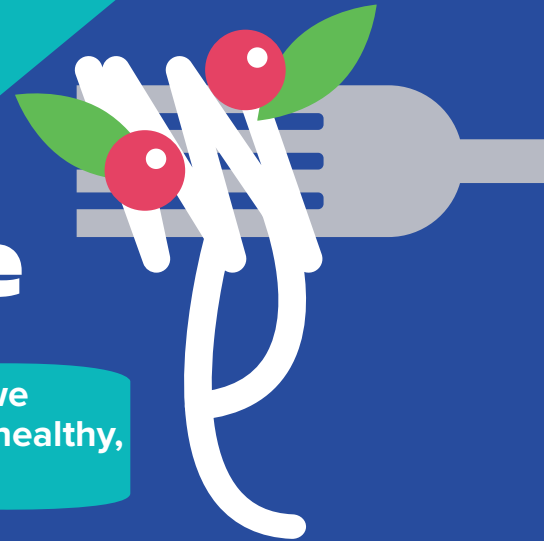
**1** Loads of moving about! Your child will be doing lots of fun physical activities in a friendly and relaxed environment. There will be guest instructors that hold various activity sessions from dance to boxercise. They'll soon see how moving more can have a big impact on their confidence and how they feel. By attending the OneLife holiday club you will be entitled to 8 free weekly physical activity sessions near to you.

**2** Learning about new things. We call these 'lifestyle' sessions. In them we explore things such as: what healthy eating really looks like; what's in the foods we love; and how to make those little changes that make big differences!

This manual will give you a summary of what your child has learnt each day. Please read and sign off each page as the week goes on and discuss the content as a family. Thank you for joining the OneLife family, here's to a healthier future for your family.



# Day 1



## The Eatwell Guide

The Eatwell Guide shows us approximately how much we should eat from the five main food groups. To achieve a healthy, balanced diet we should be:

**Fruit and vegetables**  
Eat at least 5 portions of a variety of fruit and vegetables every day.



**Potatoes, bread, rice, pasta and other starchy carbohydrates**  
Choose wholegrain or higher fibre versions with less added fat, salt and sugar.



**Beans, pulses, fish, eggs, meat and other proteins**  
Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat.



**Oils and spreads**  
Choose unsaturated oils and use in small amounts.



**Dairy and alternatives**  
Choose lower fat and lower sugar options.

**1** Eating plenty of fruit and vegetables, at least five different portions every day

**2** Basing our meals around starchy foods, such as potatoes, bread, pasta and rice (choose wholegrain varieties when possible)

**3** Having some milk and dairy products (choose low-fat options where you can)

**4** Choosing some foods that are good sources of protein, such as meat, fish, eggs, beans and lentils

Note: You don't need to achieve this balance with every meal but try to get the balance right over a day or even a week.

**5** Eating foods high in fat, salt and sugar less often and in smaller amounts.

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# Day 2



## Eating regularly & healthy snacks

Research tells us that regular eating is very important in managing a healthy weight and your child's energy levels. To keep your child's body working properly, and at its best throughout the day, they should

- 1** Eat 3 meals a day (breakfast, lunch and dinner) and enjoy 2 healthy snacks in between.
- 2** Stop skipping meals - skipping, for example breakfast, can make children want to snack on healthier options later on in the day.
- 3** To avoid your child getting over hungry choose healthy snacks for them (see useful links page).
- 4** Aim for 100 calorie snacks. Ideal snacks will fill a hole and make them feel less hungry. Some good ones are pieces of fruit, a palm full of raw vegetable snacks, one low-fat yogurt, a slice of toast, or one small soup.

Getting into a routine of regular eating may take a while, but don't give up!

## Portion control

Research tells us that portion control is one of the key factors when trying to reach or maintain a healthy weight. It's a fact that we tend to eat larger portions if our plate is full, rather than stopping when we are full.

Use these guides to help you and your family eat the right amount of each type of food. Share them with whoever makes the meals so that they know what to dish up.

Be aware, portion sizes can sometimes sneak up a little bit so it's really important to keep checking them.

Top tip: Buy a smaller plate to use at home.



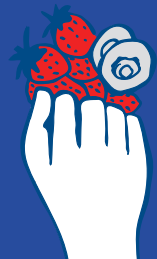
Vegetables  
(cupped hand)



Meat  
(a palm)



150ml fruit  
juice portion



Fruit, rice,  
pasta, potatoes  
(fist full)

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# Day 3

## 5-a-day



Eating fruit and veg is a great way to fill up on low-calorie foods that make us full and help our bodies run efficiently.

The Government recommends we should eat at least 5 portions a day.

You should try to get the majority of your 5 a day from vegetables rather than fruit. because some fruits tend to be high in natural sugars. This means that they can still contain the same amount of calories as the type of sugar you put in tea and coffee.

Only one glass of fruit juice a day will count as one of your 5 a day as this can be high in sugar too.

### Why are they good for you?

- 1** Fruit and veg provide us with natural forms of vitamins, minerals and fibre to help maintain a healthy body.
- 2** They help reduce the risk of diseases, strokes and some cancers.
- 3** They also taste great, there is a large variety to choose from and they don't need to be expensive!

You can incorporate your 5 a day in to your meals – but don't eat it in addition to your 3 meals and 2 snacks. You can look up recipes online for new ideas. See the useful links page at the back of this booklet for some ideas on where to find them.

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# Day 3 cont.



## Influences & triggers

There will be many things that influence what your child chooses to eat such as: what their friends eat, adverts, habits, and even emotions such as stress and boredom.

When you identify specific influences on your child, we call these 'triggers'. For example, you may treat your child to a chocolate bar from the vending machine after swimming. So swimming is the trigger for eating chocolate.

When we have identified our child's triggers we can then come up with ways to overcome them. For example:

What is the trigger?	What is the trigger for?	What could we do instead?
Going to the seaside	Eating fish and chips, candy floss and ice cream.	Asking your child to choose their favourite treat before you go and packing healthier snacks and/or a lunch for the rest of the day.
The cinema	Having popcorn and a sugary drink.	Bringing your own small bag of popcorn and choosing a sugar-free alternative.
Being 'good'	You may reward your child with food for good behaviour.	Find alternatives to food rewards such as stickers or a trip to the park.

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# Day 4

Sugar

Fat

## Food labels

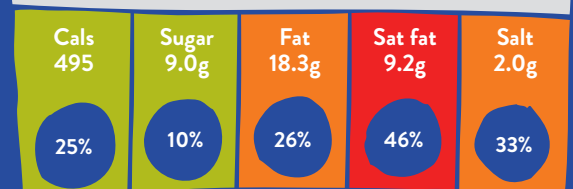
Our aim is to help you and your family eat healthier. To do that it's important for you to know what to look for on food labels and on menus. This will help you to manage your calorie intake.

The table below shows us the UK guidelines for calories for different age groups. Note how different you and your child's requirements are! You can use the information you have learnt about portion control and the Eatwell Guide to ensure that your child's calories are coming from the right sources. For example, not all your calories should come from fat or sugar. It should be the right mixture of carbohydrates, proteins, fats, and dairy.

Calorie guidelines

1-3 yrs	Boys	1230
	Girls	1165
4-6 yrs	Boys	1715
	Girls	1545
7-10 yrs	Boys	1970
	Girls	1740
11-14 yrs	Boys	2220
	Girls	1845
15-18 yrs	Boys	2755
	Girls	2110
Women		2000
Men		2500

Serves 2 - Half pizza provides



of your guideline daily amount

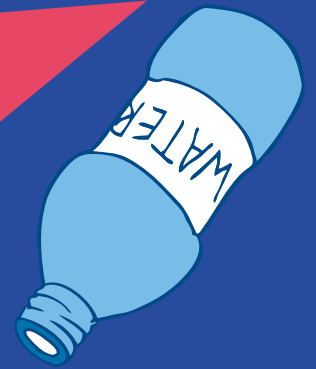
Sometimes nutritional information is helpfully summarised on the front of a food product using the Traffic Light System. Here's out it works:

- 1** Foods with mostly **RED** levels of fat, sugar and calories should only be eaten every now and again
- 2** Mostly **AMBER** indicates foods that can be eaten a little more often
- 3** Mostly **GREEN** indicates that it's a healthy choice.

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# Day 4 cont.



## What's in your drink?

Drinks can easily add to the number of calories and the amount of sugar your child consumes – without you even realising!

This can contribute to weight gain and tooth decay. These drinks also don't tend to contain many other nutrients so have little benefit to your child.

Water is a healthy and cheap choice for keeping your child hydrated. If they don't like the taste of plain water, try sparkling water or add a slice of lemon or lime. You could also add some no-added-sugar squash for flavour.

Remember that even unsweetened fruit juice is sugary, so limit the amount you have to no more than 150ml a day.



**x8.75**



**x5.75**



**x6**



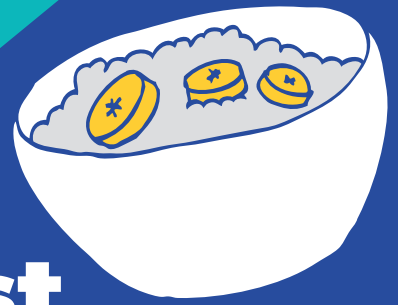
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# Day 5



## Healthy Breakfast

Eating breakfast is a great habit to get your child into. Evidence shows that people who eat breakfast tend to be healthier than those who don't. However, some of us are making breakfast choices that are either too high in sugar or fat, or not having anything at all.

Eating breakfast will help give your child the energy they need until lunchtime and reduce unhealthy snacking throughout the morning.

Healthy breakfast tips:

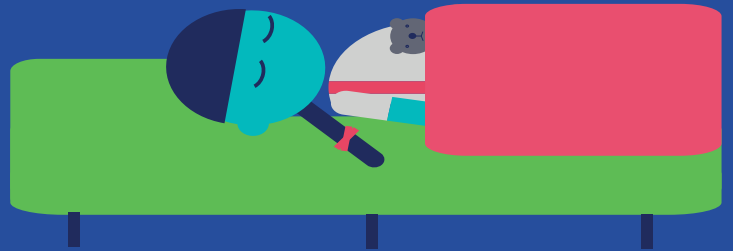
- 1** Instead of having porridge with syrup why not try adding some fresh fruit instead, it can also count towards one of your 5-a-day.
- 2** When having a cooked breakfast why not try grilling instead of frying and swapping to poached or scrambled eggs.
- 3** Try to avoid cereals high in sugar (look at the labels) the best options to go for are cereals such as porridge or wheat biscuits; which are also high in fibre.

Well done! You have now completed the OneLife Holiday Club. You now have all the information you need to help you and your family live healthier ever after. Don't forget you can always look back through your handbooks if you forget anything and take a look at the useful links on the following pages for more support and ideas.

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# Sleep



## Tips on how to get a good night's sleep

- Create a bedtime routine
- A warm, relaxing bath
- Using dim lights encourages your body to produce the sleep hormone, melatonin
- Create a good sleeping environment - ideally a room that is dark, cool, quiet and comfortable
- Read a book
- Listen to soothing music
- Talk through any problems
- At least 30 minutes of screen-free time before going to bed
- Limit screens in the bedroom
- Regular exercise (at least 60 minutes of physical activity every day)
- Try not to have caffeine at least 4 hours before bedtime (found in drinks such as cola, tea and coffee)

## How much sleep do you need?

Age (years)	Time (hours)
4	11 hrs 30 mins
5	11 hrs
6	10 hrs 45 mins
7	10 hrs 30 mins
8	10 hrs 15 mins
9	10 hrs

Age (years)	Time (hours)
10	9 hrs 45 mins
11	9 hrs 30 mins
12 & 13	9 hrs 15 mins
Teenagers	9 hrs
Adults	7 - 9 hrs

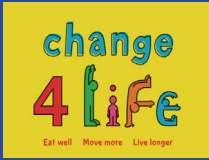
# Useful Websites & Apps

**One  
Life  
Suffolk**

**OneLife Suffolk**

[www.onelifesuffolk.co.uk/](http://www.onelifesuffolk.co.uk/)

Please like our OneLife Suffolk Facebook page & follow our twitter account to keep up-to-date with what's happening in your area.



**Change 4 Life**

[www.nhs.uk/change4life](http://www.nhs.uk/change4life)

Lots of healthy eating tips, recipes & fun ways to exercise. Also try downloading the free apps



**NHS Choices**

[www.nhs.uk](http://www.nhs.uk)

Click on the Live Well tab for free information appropriate for the family



**British Heart Foundation**

[www.bhf.org.uk](http://www.bhf.org.uk)

UK's number one heart charity offering information about heart disease and advice on how you can help prevent it



**Active Suffolk**

[www.activesuffolk.org](http://www.activesuffolk.org)

Your local physical activity and sports partnership

**Inspire Suffolk**

[www.inspiresuffolk.org.uk](http://www.inspiresuffolk.org.uk)

A local charity working to inspire and motivate young people and adults in Suffolk through education, sport and health programmes



**Ipswich Borough Council**

[www.ipswich.gov.uk/services/children-and-young-people](http://www.ipswich.gov.uk/services/children-and-young-people)

Find out about junior activities and children's parties at Ipswich Borough Council's sports centres and pools, or view their school holiday programme.

**Netmums**

[www.netmums.com](http://www.netmums.com)

Netmums is the UK's biggest parenting website offering local info, expert parenting advice, chat, competitions, recipes and friendly support.

**Day out with the kids**

[www.dayoutwiththekids.co.uk](http://www.dayoutwiththekids.co.uk)

Looking for a day out with the kids - turn off the TV, lock up the games console and have a great time with the children.

**parkrun**

[www.parkrun.org.uk](http://www.parkrun.org.uk)

parkrun organise free, weekly, 5km timed runs around the world. They are open to everyone and are safe and easy to take part in.



# Families and Young People

**STOP**  
*Smoking*

'LOSE'  
WEIGHT

**Get Help  
To Get  
ACTIVE**

**Health  
WALKS**

♥ *health  
checks* ♥

**One  
Life  
Suffolk  
CLUB**

***And more...***

**01473 718193**

**info@onelifesuffolk.co.uk**

**www.onelifesuffolk.co.uk**

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