

Background information for course leader

Fats are an important part of our diet. They provide us with energy and some important vitamins (A&D). Vitamin D makes sure you absorb enough calcium for your bones and teeth and helps you have a healthy immune system to fight disease. Vitamin A helps us have healthy eyes. There are few other nutrients in fat.

Eating too much fat is unhealthy. Fat has the most calories per gram than all the other foods.

Fat = 9 calories (kcal) per gram

Alcohol = 7 calories (kcal) per gram

Sugar = 4 calories (kcal) per gram

So cutting down on the amount of fat we eat will help our health and our waistlines.

Saturated fat is converted into cholesterol in the body. Cholesterol is a fatty substance that can build up in the blood stream and settle on blood vessel walls. These cholesterol deposits can get thicker and thicker over time and eventually cause the blood vessel to block. As the cholesterol builds up, it puts a great strain on the heart because it is difficult to get blood pumped through a smaller and smaller opening. If a complete blockage occurs, this will result in a heart attack or stroke.

Being overweight increases our chances of developing health conditions:

- Heart disease
- Type 2 Diabetes
- Joint problems
- Some cancers

Types of fat:

- Saturated – Less healthy because they raise our cholesterol levels and increase our risk of heart disease
- Monounsaturated – Better for us as they help reduce cholesterol levels
- Polyunsaturated – Better for us as they do not raise cholesterol levels
- Omega 3 Fats – Essential fatty acids which we need to eat to prevent the blood from clotting, help regulate the heart rhythm
- Trans Fats – Hydrogenated vegetable oils have been processed to make them hard, found in processed foods, they raise our cholesterol levels

We should limit or avoid Saturated fat which are hard fats from animal sources such as:

- Butter
- Hard Cheese
- Visible fat on meats
- Processed meat
- Biscuits
- Cakes
- Cream
- Pastries
- Deep fried food
- Take away food
- Ice cream

We should include unsaturated fats in our diet. These are usually liquid fats from animal sources and include:

- Olive oil
- Rapeseed oil
- Sunflower oil
- Nuts and seeds
- Some margarines
- Oily fish – herring, mackerel, sardines, salmon, trout, fresh tuna

Number of teaspoons of fat in each food item:

Food	Kcal	Grams of fat	Number of teaspoons of fat
Portion of chip-shop chips (400g)	956	50g	10
Portion of oven chips	212	25g	5
Fried rice (200g)	336	12.5g	2 ½
Boiled rice (200g)	258	0.56	Less than 1
1 packet of crisps (35g)	184	11 ½	2 ½
1 packet of low fat crisps (28g)	131	6	1
Cheddar cheese (60g/2oz)	226	18.6	4
Low fat cheddar cheese	96	4g	1
An individual fruit pie	286	14g	3
A fruit scone	139	4g	Less than 1
Custard cream	63	3	Less than 1
Jaffa cake	45	1	Less than 1
Pepperoni pizza 14 inch	2884	121g	24
Ham & pineapple pizza	1632	82g	16

Guideline Daily Amounts (GDA):

Needed by average adults of normal weight and average activity levels

Each day	women	men
Calories (Kcal)	2000	2500
Fat (g)	70	95

GDAs are discussed more fully in the food labelling session.

How to reduce intake of bad fats:

- Avoid burgers, pies, pastries, some pizzas & deep fried foods e.g. 'suppers'
- Don't eat skin from chicken
- Choose leaner meat and don't eat any visible fat
- Avoid processed meats such as chopped pork, salami & pepperoni where you can see the grease/fat – choose leaner cold meats such as turkey breast/lean ham/chicken slices
- Choose a lower fat cheese type
- Cut down on puddings and cream – have fresh fruit or low fat yogurt instead
- Cut down on cakes & biscuits
- Choose a small chocolate bar or a dark chocolate bar
- Choose lower fat crisps
- Choose a healthier carry out

Session 1: Fat and Health

Learning Outcomes:

At the end of the session the group should:

- Know that you should only eat small amounts of foods high in fat
- Know which foods are high in fat
- Be aware of the health benefits of not eating too much fat
- Know how to reduce fat when cooking
- Have fun tasting low fat foods
- Have taken part in physical activity

Activities and resources:

Activity	Preparation	Resources
Questions assessing knowledge about fat	<ul style="list-style-type: none"> • Photocopy or print off “Have fun with less fat” quiz 	<ul style="list-style-type: none"> • “Have fun with less fat quiz” (page 164-167) • Pens
Fat is bad for you	<ul style="list-style-type: none"> • Photocopy or print off overweight man picture • Run through the “Foods with fat” presentation to familiarize yourself with content 	<ul style="list-style-type: none"> • Overweight man picture (page 169) • “Foods with fat” PowerPoint (requires PowerPoint 2003) • Laptop • Projector

Activity	Preparation	Resources
Eatwell mat	<ul style="list-style-type: none"> • Familiarise yourself with the sections of the Eatwell mat • Collect foods and food packaging high in fat and lower fat alternatives • Alternatively print off food photographs from the food photographs disc 	<ul style="list-style-type: none"> • Eatwell mat • A collection of food and labels of food high in fat and lower fat alternatives: <ul style="list-style-type: none"> • Chocolate bar • Sweets • Crisps, high fat and low fat • Cakes • Milk tops, red, purple, orange, green and blue • Full fat yogurts and low fat yogurts • Pies • Full fat cheddar cheese, low fat cottage cheese • Bacon with fat on and off and/or mince and lean mince packaging

Activity	Preparation	Resources
Taste and Try	<ul style="list-style-type: none"> • Check risk assessments for food allergies/preferences • Make up tasters into disposable cups • Label foods and drinks, for example crisps A and crisps B and make sure you know which is which (high and low in fat) • Store in a fridge until required • Print off taste and try activity sheets. Prepare flip chart for exercise 	<ul style="list-style-type: none"> • Taste and try worksheet (172-173) • Taste and try activity sheets • Tablecloth • Disposable cups • Disposable spoons • Labels • Jug • Tray • Flip chart • Taste and try activity sheets • Low fat crisps • Full fat crisps • Semi skimmed milk • Full fat milk • Butter • Margarine • Crackers • Full fat cheddar cheese • Low fat cottage cheese
Physical activity	<ul style="list-style-type: none"> • Check the risk assessment sheets to make sure that groups can do the exercise that is suggested • View the Keeping fit and active DVD to familiarise yourself with the content and suggested exercise. Or plan out a walk to do with the group. 	<ul style="list-style-type: none"> • Keeping Fit and Active DVD, NHS Greater Glasgow • You can do it DVD (SCLD) or download it from http://vimeo.com/21292481

Session 1: Fat and health

Questions – assessing knowledge about fat

The purpose of this exercise is to:

- Find out the group's existing knowledge about fat

Hand out the quiz “Have fun with less fat” (page 164-167) and a pen to each group member

- Ask the group one question at a time
- Ask the group to tick beside the picture/s they think are the answers
- Collect in their answer sheets, to be used again at the end of the fat topic to find out if they have learned from the sessions

Fat is bad for you

The purpose of this exercise is to:

- Be aware of the health benefits of not eating too much fat

Ask the group:

What happens if we eat too much fat?

- You can put on weight or get fatter
- Your might develop heart disease

Show overweight man picture and ask what happens if we put on weight or get fatter

- You can find moving around difficult
- You can get breathless
- You increase your risk of heart disease, diabetes, joint problems and some cancers

Foods with fat presentation

Have the PowerPoint presentation “Foods with fat” ready.

Suggestion: During the presentation learners may like to go and point to individual foods. You may also use this presentation to review and revisit learning points for the fat section at a later date.

1. Left click twice or press return 2 times on the keyboard and a healthy heart appears on the man. Ask the group?

- What do you see?
- Explain to the group that because the heart is beating regularly it is healthy and the man is smiling and happy
- Show the group how to take their pulse on their wrist

2. Left click or press return on the keyboard and a picture of a real heart is shown. Explain to the group that this is what the heart looks like

3. Left click or press return on the keyboard a biscuit will appear. Ask the group?

- What do you see?
- Do you think they have lots of fat in them?

Biscuits have lots of fat in them

4. Left click or press return on the keyboard and some crisps appear. Ask the group?

- What do you see?
- Do you think they have lots of fat in them?

Crisps have lots of fat in them

5. Left click or press return on the keyboard and some bacon will appear. Ask the group?

- What do you see?
- Do you think they have lots of fat in them?

Some meats have lots of fat in them

6. Left click or press return on the keyboard and a healthy heart will appear. Ask the group?

- What do you see?

7. Left click or press return on the keyboard and the heart begins to beat. Left click or press return 14 times and fatty yellow deposits build up in the artery until it is completely blocked. Some people might know that the fatty deposits are caused by cholesterol. Ask the group?

- What do you see?
- Do you think the foods with fat in them which he ate caused this?

8. Left click or press return on the keyboard and you will see Mr Heart with a sad face. Ask the group?

- What do you see?
- Why do you think Mr Heart is sad?
- Can you see the heart has become yellow?
- Why do you think his heart has changed?

His heart has become yellow due to all of the fatty deposits building up because of the foods high in fat he has eaten

9. Left click or press return on the keyboard and a selection of fruit and vegetables will appear. Ask the group?

- What do you see?
- Do you think they have lots of fat in them

Fruit and raw vegetables are healthier alternatives to crisps for a snack

10. Left click or press return on the keyboard and bacon will appear with the fat being trimmed off. Ask the group?

- What do you see?
- Do you think it has lots of fat in it?

Trimming the fat from bacon and other meats means we are eating less fat. The group might also suggest that grilling meat instead of frying cuts down on the amount of fat

11. Left click or press return on the keyboard and salmon will appear. Ask the group?

- What do you see?
- Do you think it has lots of fat in it?

Salmon and other fish are low in fat and a healthy alternative to meat.

12. Left click twice or press return on the keyboard twice and a heart will appear, beating regularly. Ask the group:

- What do you see?
- Why do you think the heart is now red and beating regularly?

If you cut down the amount of fat in your food and choose to eat healthier alternatives, your heart will be healthier and the risk of heart disease will be reduced

- Why do you think Mr Heart is now smiling

Having a healthy heart makes us feel good

Floor mat game – fatty foods

The purpose of this exercise is to:

- Know that you should only eat small amounts of foods high in fat
- Know which foods are high in fat

Lay out the Eatwell mat and hand out packaging, or real food stuff, or food photographs to each member of the group.

Examples of packaging, food stuffs or photographs:

- Chocolate bar
- Sweets
- Crisps, high fat and low fat
- Cakes
- Milk tops, red, green and blue
- Full fat yogurts and low fat yogurts
- Pies
- Full fat cheddar cheese, low fat cottage cheese
- Bacon with fat on and off and/or mince and lean mince packaging

Ask each group member one at a time to have a look at the food/packaging in their hand and to place it on the eatwell mat. If they are not sure, ask the rest of the group to help.

Most of the foods should go into the purple section, foods and drinks high in fat and/or sugar.

Meat and fish should go into the pink section, with the eggs and beans

Milk, cheese and yogurt should go into the blue section, with the milk and dairy

Ask the group:

- Why have you placed the food in that section?
- If it is a high fat meat or dairy food, should it go into the purple section?

Explain that all meats go into the pink section and all dairy products go into the blue section, but we should always choose the lower fat options. Green lid milk is lower in fat than blue and that red is the lowest fat choice.

Most foods have a lower fat alternative, even crisps and chocolate and we should always choose the lower fat option. This will be discussed and explained further in the labelling section.

Ask the group:

- What do you notice about the size of the purple section?
- Why do you think this section is smaller than the rest?

This is because we should eat a lot less of the foods in this section than all the other sections. Remind the group that these foods can make us put on weight and this can lead to heart disease.

Ask the group:

What else are these foods are high in.

Remind them that these foods can also be high in sugar.

Taste and Try

The purpose of this exercise is to:

- Be able to list foods that are high in fat
- Have fun tasting foods that are low in fat

Explain to the group that we are going to have fun tasting foods which are either low or high in fat.

Split into discussion groups of 3-4 people. Encourage the groups to decide on a name for their group.



When you have chosen a name give the following instructions:

- You will all be taste testing a variety of different foods and drinks
- Each food type you taste will have 2 versions, one with fat and one with less fat
- When you have tasted each version, have a chat in your groups and decide which one is low in fat and which one is high in fat
- Give out taste and try activity sheet (page 172-173). Explain once you have decided whether it is high or low in fat you can draw, write or put the cup on either the high in fat page or low in fat page
- When you have tasted everything and decided on your answers we will come back together as a large group and discuss what everyone thought

Bring out the foods to be tasted. We suggest the following, but you could add your own:

High fat crisps	- serve in disposable cups
Low fat crisps	- serve in disposable cups
Semi skimmed milk	- serve in disposable cups
Full fat milk	- serve in disposable cups
Butter on cracker	- serve as soldiers in disposable cups
Margarine on cracker	- serve as soldiers in disposable cups
High fat cheddar cheese	- serve in cubes in disposable cups or on crackers
Low fat cottage cheese	- serve with a spoon in disposable cups or on crackers

Prepare flip chart like this:

	Foods low in fat
	Foods High in fat

- Tear the flip chart off and place on table or floor where all in the group can see
- Go through the foods and drinks tasted and discuss whether the groups thought they were high in fat or low in fat
- Reveal the answers to the group and use the bottles, cartons and containers left from the tasting exercise and put them on the flip chart in the correct place (high or low in fat) to demonstrate the answers

Things to talk about when going through the answers:

- There are low fat crisp alternatives, for example baked crisps. Think about healthier options for a snack rather than crisps, for example fruit or yogurt
- There are now a few low fat milk choices. It is an idea if you usually drink full fat milk to change to skimmed milk, the one with the red top or semi skinned milk, the one with the green top
- Discuss that when using any spread, to spread it as thinly as possible. Low fat spreadable cheese or cottage cheese can also be a good alternative to butter/margarine and cheese
- Grating cheese reduces the amount you use; try this method instead of slicing. If you are using cheddar on top of a lasagne or in a cheese sauce, use a mature option because less is needed to taste

Physical Activity

The purpose of this exercise is to:

- Have taken part in physical activity

Encourage the group do some exercise. You could:

- Go for a walk
- Follow the exercises suggested in the “Keeping Fit and Active” DVD (NHS Greater Glasgow)
- Do some simple exercises recommended by a registered physiotherapist

Suggestion:

Why not ask the group what they would like to do for next time? If you have time you could watch the “You can do it” DVD (SCLD) to get some ideas.

Session 2: Fat and shopping

Learning Outcomes:

At the end of the session the group should:

- Know where to buy foods low in fat
- Be able to choose ingredients for one recipe
- Have tasted low fat foods

Activities and resources

Activity	Preparation	Resources
Supermarket visit	<ul style="list-style-type: none"> • Contact supermarket manager for permission to take photographs • Arrange transport • Visit supermarket to be aware of where to find ingredients • Consider high and low fat alternatives and where to find them • Consider cost 	<ul style="list-style-type: none"> • Pictorial shopping list for low fat fruity bacon (page 147) and or fish and chips (page 148) • Petty cash for food tasters
Tasting	<ul style="list-style-type: none"> • Identify preparation area and hand washing facilities • Check risk assessment for food allergies / preferences 	<ul style="list-style-type: none"> • Plates or cups depending on what low fat foods you buy to taste

Session 2: Fat and shopping

Supermarket visit

The purpose of this exercise is to:

- Know where to buy low fat foods
- Buy low fat foods for the tasting session
- Be able to choose ingredients for low fat fruity bacon and or fish and chips

At the visit with the group:

<p>1. Find foods that exist in two forms - low fat or high in fat.</p> <p>For example: full fat milk (blue label) and low fat milk (green or red label)</p>
<p>2. Ask the group which food they should choose and why</p> <p>Answer: Low fat foods because they are better for your heart and do not make you fat.</p> <p>Repeat the activity with other products.</p> <p>For example:</p> <ul style="list-style-type: none"> • Butter and low fat margarine • Full fat cheese and cottage cheese • Chocolate pudding and yogurt <p>You can choose other items that are low fat to look at and / or buy too.</p>
<p>3. Visit the butcher or meat section and see meat with fat and without fat. Explain to the group that if they want they can ask the butcher to cut the fat from the meat they want to buy. This is called lean meat</p> <p>For example:</p> <ul style="list-style-type: none"> • Chicken with the skin removed • Bacon with the fat cut off • Lean mince

- | |
|--|
| 4. Visit the fish section and remind the group that fish is good for us because it has less fat than meat. Even oily fish like tuna and salmon are good for us. |
| 5. Visit the snack section. Look for fruity crisps and potato crisps. Check to see if they have any baked crisps. |
| 6. Ask the group to choose some low fat foods they haven't tried before for tasting later. |
| 7. Buy the foods that you will use for the cooking session next week. You will need to decide if you are going to cook the fruity bacon or fish and chips. (There is an option as some learners may not eat bacon) |

Tasting what we bought

The purpose of this exercise is to:

- Have tasted alternative low fat foods to high-fat foods

When you return to the learning base prepare for the tasting exercise.

Make sure the group wash their hands and then taste the things that you bought at the supermarket.

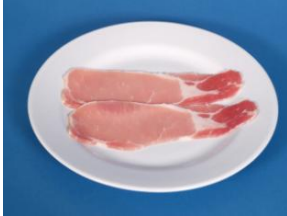
Discuss:

- How things taste
- Which unhealthy foods you could replace with these healthier alternatives
- Your experience at the supermarket

Try to reinforce messages discussed in previous sessions such as:

- Why fat is bad for us
- The benefits of foods those are low in fat
- Alternative foods to try

Shopping List for fruity bacon



Bacon



Bread Rolls



Tinned or fresh pineapple (optional)



Banana



Tomatoes

Shopping List for fish and chips



2 large baking potatoes



Juice and zest of 1 lemon



Small bunch of parsley



40g of fresh breadcrumbs



2 white fish fillets



Rapeseed or olive oil for drizzling

Session 3: Fat and cooking

Learning outcomes:

At the end of the session the group should:

- Be aware of basic food safety guidelines
- Have increased their practical cooking skills
- Have experienced the process of raw foods to cooked foods
- Be able to follow a task sequence
- Have experienced tasting the foods they cooked

Activities and resources

Activity	Preparation	Resources
Poached egg versus fried egg	<ul style="list-style-type: none"> • Know how to poach and fry an egg 	<ul style="list-style-type: none"> • Eggs • Cooking and serving utensils
Preparation for cooking	<ul style="list-style-type: none"> • Buy aprons and hats (if using), disposable ones are available • Print off or photocopy cooks rules in colour if possible <p>It is best to laminate these so they can be used again. Matt laminate is recommended</p>	<ul style="list-style-type: none"> • Aprons • Hats (optional) • Cook's rules (page 174-175)
Cooking	<ul style="list-style-type: none"> • Check risk assessment to help you choose group leaders • Print off or photocopy recipe (you may choose to laminate these) 	<ul style="list-style-type: none"> • Recipe sheets (page 153-158) • Ingredients • Cooking and serving utensils
Tasting	<ul style="list-style-type: none"> • Identify preparation area and hand washing facilities • Check risk assessment for food allergies / preferences 	<ul style="list-style-type: none"> • Plates or cups depending on what you buy to taste

Session 3: Fat and cooking

Poached eggs versus Fried eggs

The purpose of this part of the session is:

- Be aware of healthier cooking methods

Fried eggs:

Make sure the group is not too close to the pan. Fry an egg using any type of oil. When the egg is ready, put on a plate with kitchen paper underneath to show the amount of oil or fat that is absorbed.

Poached eggs:

Poach an egg using boiled water and a very small amount of vinegar

Show the process to the group and explain to them that you haven't used any oil or fat for the cooking.

Tasting

The purpose of this part of the session is:

- To experience tasting healthier foods

Let the group taste the poached eggs and the fried eggs. Explain to the group that poaching an egg is a healthier method than frying.

Preparation for cooking

The purpose of this part of the session is:

- Be aware of basic food safety guidelines

Today you will cook fruity bacon or fish and chips

Hand out and read through, explaining as you go the cook's rules (page 174-175). Ask everyone to wash their hands and put on their aprons and hats (if using).

Cooking

The purpose of this part of the session is:

- To increase their practical cooking skills
- To experience the process of raw foods to cooked foods
- Be able to follow a task sequence
- Be aware of healthier cooking methods
- To experience tasting the foods they cooked

Lay out the ingredients for the fruity bacon or fish and chips recipe on the table along with the equipment that is required.

You should have previously identified group leaders. Encourage them to perform the cooking tasks and those who may be less able can perform simple and safe activities such as:

- Putting the ingredients into bowls
- Mixing the ingredients

(If following the fruity bacon recipe)

Question:

Show the fat around the bacon and ask the group if this is good or bad for us?

Answer:

Fat is bad for us. Show the group that by using a pair of scissors you can cut off the fat from the bacon.

Say to the group that we can cook bacon by frying or by grilling. Explain that we have already shown that frying is bad because we use fat. If we grill the bacon then we do not use fat. We can take the fat off the bacon and grill the bacon.

Show the group the process of grilling bacon.

Split the group into smaller teams with at least one group leader in each.

Hand out the recipe cards. Depending on your group you may decide to go through the recipe step by step as one big group or leave the small teams to work their way through the recipe. Make sure you keep checking in with each group to ensure they are on track and know what they are doing.

Important Notice: Please follow the cooking rules to avoid problems with food safety. Everything used has to be clean and safe.

Tasting

The purpose of this part of the session is:

- To experience the process of raw foods to cooked foods
- To experience tasting the foods they cooked

Make sure that everyone has washed their hands, sit down and enjoy your fruity bacon or fish and chips!

Ask the group:

- Do you like them?
- What unhealthy foods could you replace in your diet with this meal?
- Would you make them at home?
- Who could help you?

You might want to give the cook's rules, shopping list and recipe cards as handouts so that members of the group can take them home and make them again.

Fruity bacon

What I need:



1 rasher of bacon



1 banana



1 slice of pineapple

You can use fresh or tinned

(This is optional)



1 tomato



1 bread roll

What do I do?



Turn the grill on



Cut the tomato in half



Cut the banana in long slices

Cut the pineapple to about the same size



Cut the fat off the bacon



Cut the roll in half



Toast the roll



Grill tomato, banana, pineapple and bacon for 5 minutes



Put the banana, pineapple, tomato and bacon in the roll.

Enjoy!

Fish and Chips

What I need:



2 Large baking potatoes



Juice and zest of 1 lemon



Small bunch of parsley



40g of fresh breadcrumbs



2 white fish fillets

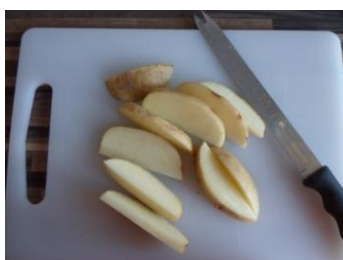


Rapeseed or olive oil for drizzling

What do I do?



Pre heat oven to 210c



Slice potatoes into chips



Put chips onto a baking tray and drizzle with oil

Place tray in the oven on the middle shelf for 40 minutes.

Turn the chips over after 20 minutes



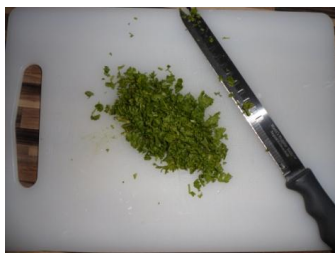
Prepare breadcrumbs by grating a stale loaf around 4 days old

Or you could buy breadcrumbs from the shop



Grate the zest (the yellow part of the peel) of the lemon

Cut lemon in half and squeeze out the juice



Chop up the parsley



Mix the breadcrumbs, lemon zest, lemon juice and parsley in a bowl

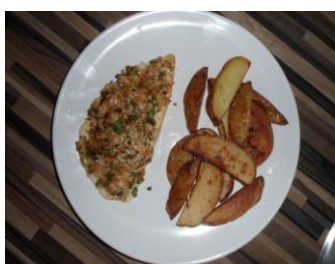
Add a little salt and plenty of pepper to taste



Take the chips out of the oven after 30 minutes and place the white fish on the baking tray beside the chips

Spoon the breadcrumb mixture over the fish

Place the tray back in the oven for 10 minutes



Enjoy!!

You could serve with peas or a side salad

Session 4: Fat recap

Learning outcomes:

At the end of the session the group should:

- Have an awareness of low fat foods
- Be able to recall the main messages from the previous sessions
- Have taken part in physical activity

Activities and resources

Activity	Preparation	Resources
Recap (Use fat is bad for you and Eatwell mat exercises from day 1)	<ul style="list-style-type: none"> • Photocopy or print off heart in pain and healthy heart • Buy items high in fat or collect wrappers and containers to use on the mat • Alternatively print off food photographs from the food photographs disk. 	<ul style="list-style-type: none"> • Heart in pain picture (page 171) • Healthy heart picture (page 170) • Eat well floor mat • Foods high in fat e.g. chips, bacon with fat, full fat milk, butter, cheese, crisps, bacon with no fat, steak with no fat, fish, semi skimmed milk, cottage cheese, yogurt.

Activity	Preparation	Resources
Fat during the day	<ul style="list-style-type: none"> • Prepare flip chart with printed colour pictures 	<ul style="list-style-type: none"> • Flip chart and pen • You can use photos of food or photocopies. <ul style="list-style-type: none"> – Poached egg – Boiled egg – Fried egg – Tomatoes – Mushrooms – Chocolate pudding – Yogurt – Bacon with fat – Bacon without fat – Blue labelled milk – Green labelled milk – Chicken with skin on – Chicken without skin – Cheese – Cottage cheese – Fish – Meat without fat
Learning check	<ul style="list-style-type: none"> • You might want to look out the quiz answers from session 1 to review increases in knowledge around fibre 	<ul style="list-style-type: none"> • Have fun with fat quiz sheets (164-167)
Physical activity	<ul style="list-style-type: none"> • Check the risk assessment sheets to make sure that groups can do the exercise that is suggested • View the “Keeping fit and active” DVD to familiarise yourself with the content and suggested exercise. Or plan out a walk to do with the group. 	<ul style="list-style-type: none"> • Keeping Fit and Active DVD, NHS Greater Glasgow • You can do it DVD (SCLD) or download it from http://vimeo.com/21292481

Session 4: Fat Recap

Recap

The purpose of this part of the session is:

- To be able to recall the main messages from the previous sessions

Ask the group:

- Why should we eat less fat?

We should eat less fat as it is bad for your heart

Show picture of heart in pain (page 170) and a healthy heart (page 171). Hold a discussion around the heart.

Lay out the foods (or wrappers / containers / photographs) high in fat on a table.

For example:

- chips
- full fat milk
- butter
- cheese
- crisps
- bacon
- bacon with no fat
- chicken with skin
- chicken with no skin
- fish
- semi skimmed milk
- cottage cheese
- yogurt

Invite each learner to choose a food and place it on the eatwell mat. Ask them to think about which section of the mat it should go on to. If they are not sure ask the rest of the group to help them.

The foods that should go into the purple section are foods and drinks high in fat and/or sugar. Explain that people should only have small amounts of these foods since they belong to the smallest section on the mat.

Fat during the day:

The purpose of this exercise is to:

- Have an awareness of low fat foods
- Be able to recall the main messages from the previous sessions

1. Put a picture of eggs as a breakfast on the flipchart

Ask the group:

- How they should cook the egg
Poach them or boil them
Add other pictures for the breakfast to make it complete
e.g. slices of toast, tomatoes and mushrooms

2. Show a picture of some yogurt and a picture of a chocolate pudding

Ask the group:

- Which food they could have as a snack after breakfast A chocolate pudding or yogurt

Yogurt

3. Put a picture of a bacon sandwich as a lunch on the flipchart

Ask the group:

- What should they do with the bacon regarding the fat and cooking

Cut the fat and grill the bacon. Add other photographs to complete the meal in a healthy way such as salad and fruit

4. Show a picture of semi skimmed milk and a picture of full fat milk

Ask the group:

- Which drink they should have as a snack after lunch.
Green labelled or blue labelled milk

Green labelled milk

5. Show a picture of a chicken breast with the skin

Ask the group:

- If you have chicken for dinner what should you do?
Remove the skin. Add other pictures to complete the meal in a healthy way such as carrots, broccoli and potatoes

6. Show a picture of a normal full fat cheese and cottage cheese

Ask the group:

- If you wanted to have cheese for a snack what should you have: full fat cheese or cottage cheese

Cottage cheese - or cheese, a chunk about the size of your thumb or a matchbox. You could add pictures of plain biscuits and apples, grapes or tomatoes to complete the snack

Ask the group:

- What other foods are good for meals that are low in fat?

Fish, any meat with the fat removed

Accept and support suggestions from the group members such as adding fruit in the yogurt or having them as a snack and having a salad with our meals.

Learning check

The purpose of this exercise is to:

- Be able to recall the main messages from the previous sessions

Using the “Have fun with fat” quiz sheets completed in session 1 do the quiz (page 164-167) a second time and ask the group members if they would still tick the same answers.

Physical Activity

The purpose of this exercise is to:

- Have taken part in physical activity

Encourage the group do some exercise. You could:

- Go for a walk
- Follow the exercises suggested in the “Keeping Fit and Active” DVD (NHS Greater Glasgow)
- Do some simple exercises recommended by a registered physiotherapist

Suggestion:

Why not ask the group what they would like to do for next time? If you have time you could watch the “You can do it” DVD (SCLD) to get some ideas.

Have fun with less fat quiz

1) Is fat in foods good or bad for you?



Good

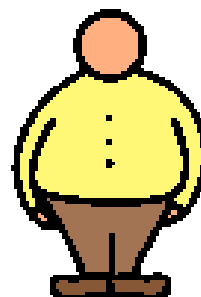


Bad

2) Too much fat in food makes us



Thin



Fat



Have Heart problems

3) Tick the foods that we should eat more often



Lean Meat



Meat



Full fat milk



Low fat milk



Chips



Jacket Potato



Butter



Low fat Margarine



Thin Spread



Thick Spread

4) Choose the snacks that are healthier for you



Crisps



Apple



Dried Fruit



Chocolate bar



Low fat Yoghurt



Chocolate Cake

5) What are the healthy ways to cook eggs?



Fried egg



Boiled egg

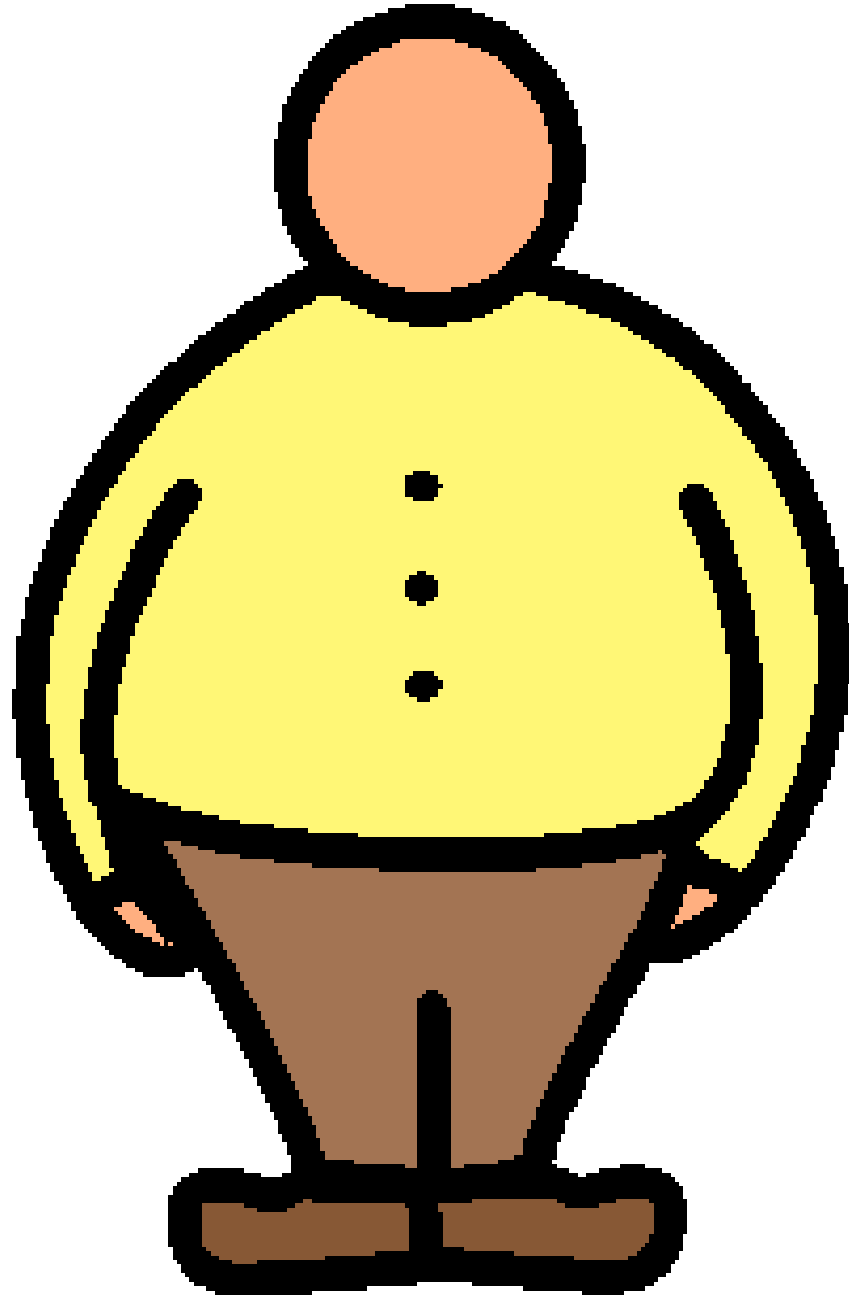


Poached Egg

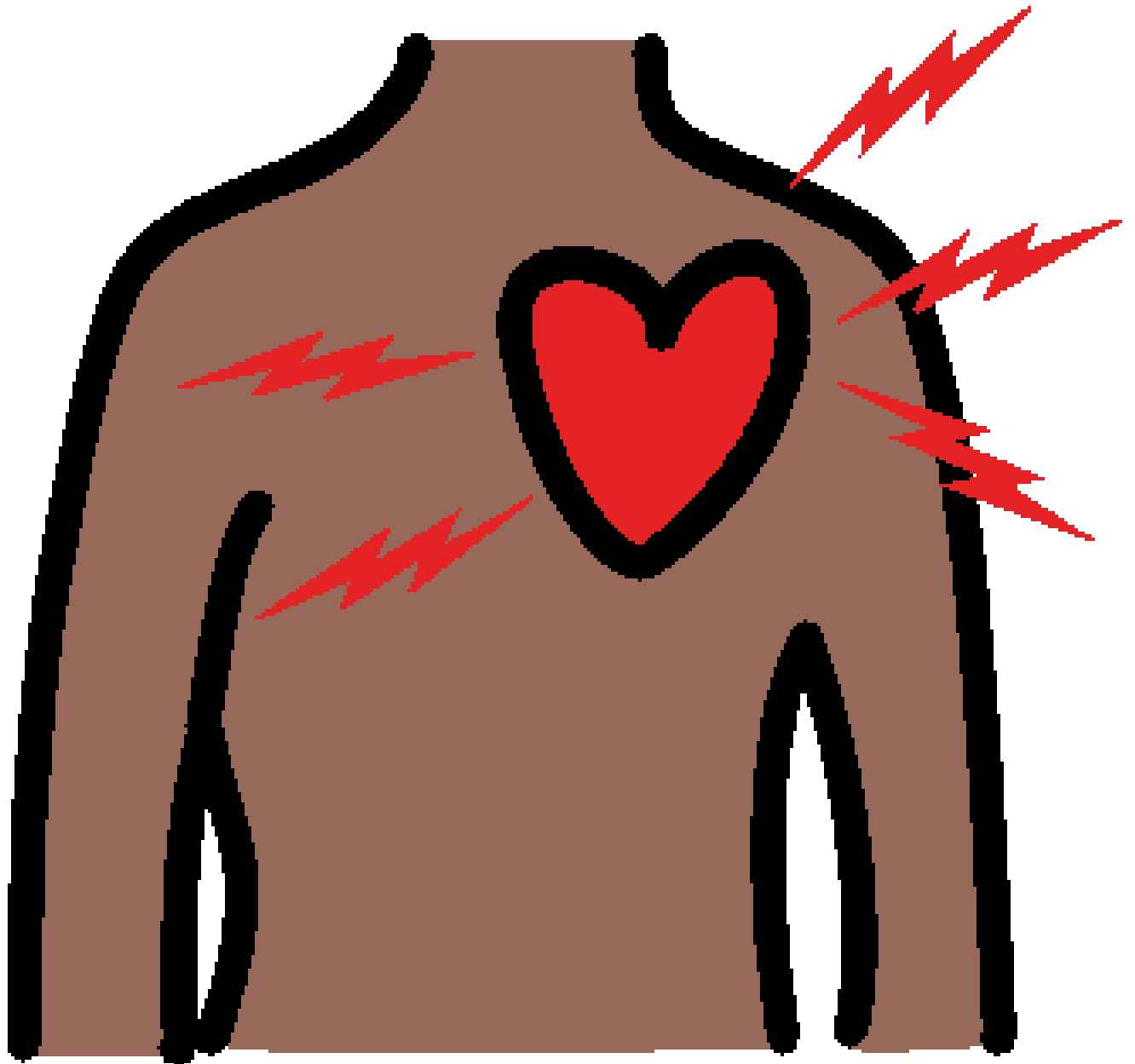
Answers

1. Some fats are needed to keep us healthy. Too much fat is bad for us.
2. Eating too many fatty foods can make us put on weight and get fat. It is not good for our heart either.
3. We should try to eat lean (not fatty) meats, drink green or red top milk which is lower in fat (but contains the same amount of calcium). Try not to eat too many chips instead eat jacket potatoes, boiled or mashed potatoes. Low fat margarine contains less fat than butter, remember to spread it thinly.
4. Healthy snacks to choose are apple, dried fruit and low fat yoghurt.
5. The healthier ways to cook eggs are to boil or poach them.

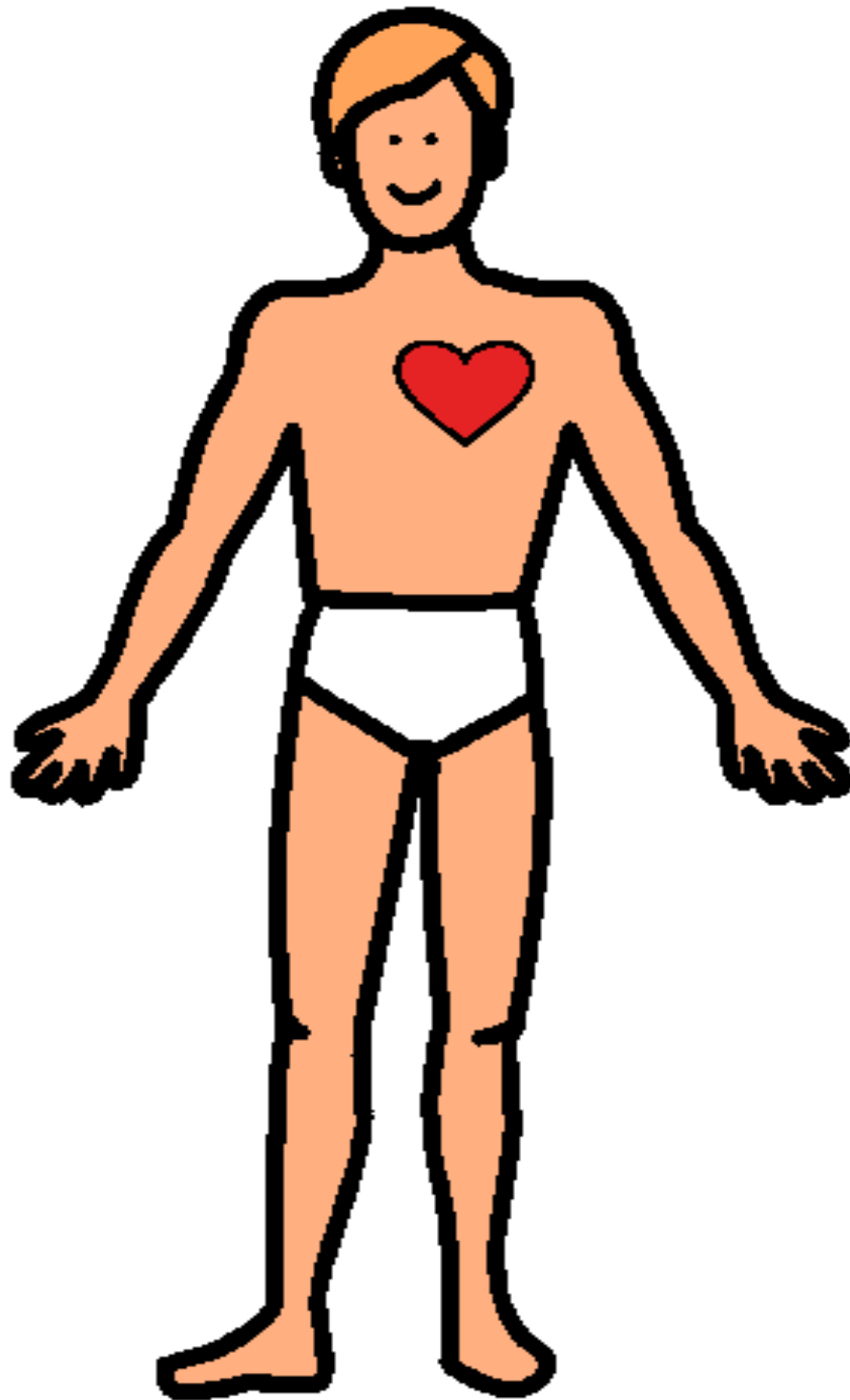
overweight

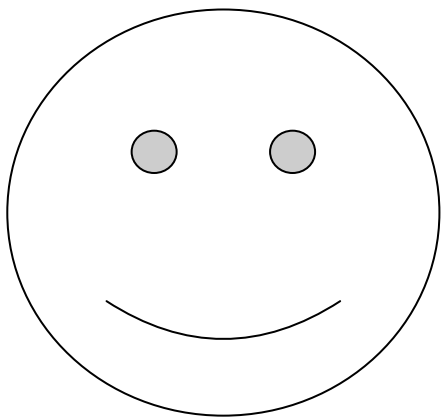


Heart in pain

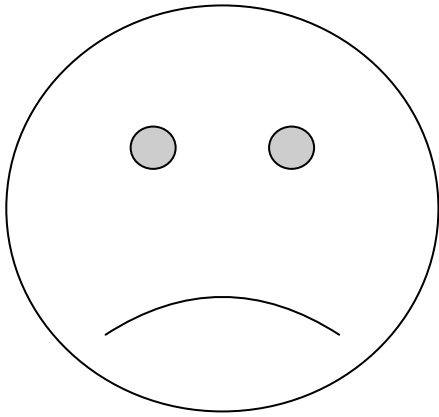


healthy heart





Foods low in fat



Foods high in fat

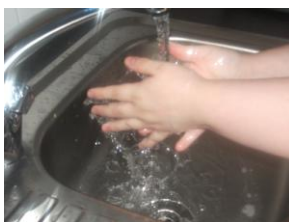
Cook's rules



Tie your hair back



Wear an apron



Wash your hands with soap and dry them before you start



Get everything out that you will need before you start



Keep milk, meat, cheese and yogurt in the fridge until you are ready to use them



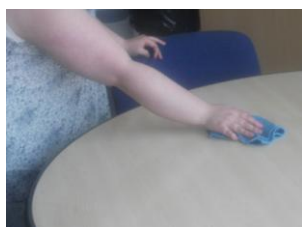
If you need help putting things in and taking things out of the oven, ask your support worker



Remember to switch off the oven when you are finished



Wash up using hot soapy water



Wipe worktops with a clean cloth and hot soapy water

Enjoy your food!