

Learning outcomes for adults with a learning disability

The Healthy Eating Healthy Living training pack encourages healthy eating as a way of life for adults with a learning disability. In a practical and interactive way, the training pack aims to teach participants the key health messages throughout each section:

Sugar

- Eating too much sugar is bad for you.
- Having too much sugar can cause you to become overweight and have toothache.
- Cutting down on foods which are high in sugar can help you maintain a healthy weight.
- Brushing your teeth twice a day can prevent toothache.

Food labelling

- Front of pack labelling can help us choose between products and brands to make healthier choices.
- Lots of green means they are likely to be a healthy choice, with the exception of fizzy drinks and sugary sweets (these will always be unhealthy).
- Lots of orange means they are somewhere in the middle of an unhealthy and healthy choice. We should only eat these every now and again.
- Lots of red means they are an unhealthy choice.

Fruit and vegetables

- Fruit and vegetables are good for your health.
- We should all be having at least 5 different portions of fruit and vegetables a day.
- A portion is when the fruit or vegetable fills the whole hand.
- Fruit and vegetables keep our heart healthy, help us fight off a cold and help us go to the toilet regularly.

Fat

- Fat is bad for us. It should only be eaten in small amounts.
- Eating too much fat can cause us to become overweight and have heart problems in the future.
- We should reduce the amount of fat we are eating.

Fibre

- Fibre is good for us.
- Fibre helps stop a sore tummy.
- We should eat foods that are high in fibre.
- We should also have 8–10 glasses of fluid per day.

Salt

- Eating too much salt is bad.
- Too much salt can cause high blood pressure, which can lead to heart disease or a stroke.

Healthy bones

- Eating foods high in calcium, such as dairy products, helps keep our bones strong.
- We should eat 3 portions of dairy a day (low-fat options).