

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 guide (or activity 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 SCLD website. 	<ul style="list-style-type: none"> • Heart in pain picture (page 190) • Healthy heart picture (page 191) • eatwell guide (or activity 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 fat 	<ul style="list-style-type: none"> • Have fun with fat quiz sheets (184-187)
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 • Plan a walk to do with the group. 	<p>'You can do it' from http://vimeo.com/21292481. Find out if your local authority has activities or facilities that you can access.</p>

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 190) and a healthy heart (page 191). 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 guide (or activity mat). Ask them to think about which section of the mat or guide it should go on to. If they are not sure ask the rest of the group to help them.

The foods that should go outside the guide (or into the purple section if you are using the older 'plate' version of the activity mat) are foods and drinks high in fat and/or sugar. Explain that people should only have small amounts of these foods since they are outside the guide or 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.
Answer: 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. Answer: 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 2 dice. 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 184-187) 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

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" SCLD video (<http://vimeo.com/21292481>) to get some ideas or talk to your local authority to find out if they run accessible physical activities.