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#BEACTIVE5
EUROPEAN WEEK OF SPORT 



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Healthy Nutrition Toolkit

Helping children consume more
water, fruit and vegetables

Use this toolkit to empower schoolchildren
for a lifetime of healthy eating

EUROPEAN SCHOOL SPORT DAY®: GETTING SCHOOLS ON THE MOVE!

What if every child could #BeActive in school with sport and play?
What if every school took one day to celebrate sport in Europe?
Could it help students kick off a lifetime of health and fitness?

We say YES. And we're doing it with European School Sport Day, also known as 'the Day' or ESSD. And yes, we are doing it again in 2019.



The European School Sport Day is co-funded by the Erasmus+ programme of the European Union.

The European School Sport Day is also supported by the European Commission, and is part of the European Week of Sport's #BeActive campaign.

#BEACTIVE 5 YEARS
EUROPEAN WEEK OF SPORT



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1

CHOOSE HEALTHY



FACT

Overweight and obesity are largely preventable through a healthy diet and regular physical activity.

Healthy diets, physical activity and enough sleep are all necessary for a long and healthy life. Every day children are exposed to cheap and readily available ultra-processed, energy-dense, and nutrient-poor foods.

At the same time, more time is spent on screen-based and sedentary leisure activities while opportunities for physical activity, both in and out of school, are often limited. Being overweight/obesity affects 1 out of 5 European children. Being overweight or obese during childhood and adolescence is associated with adverse health consequences throughout life.

We are currently facing a global health crisis. There are already 124 million children suffering from obesity globally: a more than tenfold increase in four decades. By 2030 almost half of the world's population will be overweight or obese if no action is taken, the World Health Organization has warned. You and your school can do a lot! Get involved with ESSD2019.

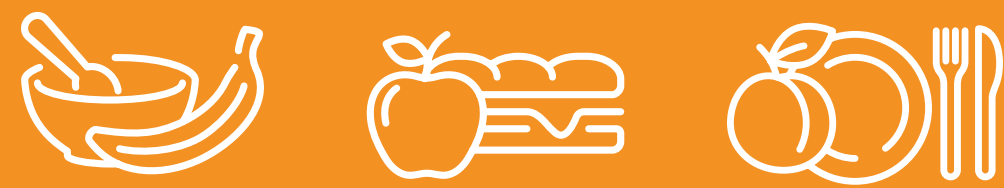
Use this toolkit to empower schoolchildren for a lifetime of healthy eating with a particular focus on hydration and fruit & vegetables consumption.

Schools are the ideal setting to form children's behaviour as they can reach most children during the years when habits are still evolving.

2

3 SIMPLE NUTRITION RULES

1 Eat more vegetables and fruit, ideally with each meal



2 Choose fresh, seasonal and local fruit and vegetables



3 Drink water



A diet rich in fruit and vegetables provides fibre, vitamins and minerals, which are all important for supporting growth and development. They also supply antioxidants for optimal immune function in children. High daily intakes of fruit and vegetables are associated with lower rates of heart disease, stroke, high blood pressure, diabetes, and possibly some types of cancers. Research also suggests that fruit and vegetable consumption can prevent weight gain and sustain weight loss.

Water is the best choice for children to restore fluids their bodies have lost, for example, through sweating. The general recommendation for children is to drink at least 2 litres of safe water a day. If children become 'dehydrated', their bodies cannot function properly. Sugary drinks provide calories children do not need and increase the risk of obesity and dental cavities. Choosing water over sugary drinks significantly reduces children's sugar as well as their calories intake.



3

CREATING A HEALTHY ENVIRONMENT

WHO SHOULD BE INVOLVED?

- *Teachers*
- *School Staff*
- *Parents*
- *Local Community*
- *And ... Children !*

Did you know...?

- Children are more likely to eat fruit and vegetables if they're presented in a fun way
- Children are more likely to eat fruit and vegetables if they can touch, smell or grow them
- Children will eat more fruit and vegetables if they see images and drawings of fruit and vegetables at school
- Children will drink more water if you add fruit or veggies to it

Engaging with the community is important and increases your impact. For example, the local water company, producers or farmers or the local government can be a great partner for events by providing water, fresh fruit and veggies and more for schools.

Plan ahead of the Day if you want a variety of local partners. Some tips:

- Make a quick assessment of potential partners and determine your strategy to involve them.
- Create an ESSD working group in the school, as it is easier to plan and prepare together.
- Include teachers, students, parents, other school staff right from the beginning.
- Map healthy diet related programmes that are already running in the school or in the district/settlement/region/nation and connect with them!
- Check whether there is a school garden in the school or in other schools nearby.
- Check for community gardens in the vicinity where you may be able to organise activities for kids.
- Sponsoring can be gained through healthy non-cash contributions i.e. fresh fruit and vegetables, water tanks and gallons.
- Engage parents and other community members as volunteers for water.

4

ACTIVITY IDEAS

IN ELEMENTARY SCHOOL

1. Drawing contest

Drawing contests are very popular among students in a class, a school or among schools i.e. in a district.

- Use a health topic. Some suggestions:
 - What does it mean to you to eat healthy?
 - Where do your favourite fruit and vegetables come from?
 - How to eat healthy and help the environment at the same time?
- Consider having a contest in at least two age categories e.g. from ages 6-8 and ages 9-11.
- Announce the contest and ESSD in the school at the beginning of September with information about the prizes.
- Set up a jury! Involve parents, teachers, and the community.
- Find motivating prizes for the winners. Stick to the theme of fruit and vegetables, or a sport related activity prize or any other prizes from ethical sponsors.
- Announce the winners in a celebration during ESSD 2019.
- The winning drawings can be displayed in the school canteen or in classrooms after the contest.



2. Create posters

- Ask children to prepare a poster to explain to their parents and family why it is important to drink enough water.
- Ask student groups or classes to prepare posters (demo station) about the negative health effects of sugary drinks.

3. Personalise bottles and cups

Prepare and use personalised water cups and bottles. Reusing cups also helps to build environmental awareness among children and motivate them to drink more water. Kids can prepare their own cups or bottles during class time. Use paper, plastic or glass to be decorated with colouring pens, special paint and stickers. Find a special place for the cups in the classroom where they are easily accessible for the children.

4. Nominate a pupil to be the ‘water champion’ for drinking lots of water and challenge the other children to keep up with them.

5. Other simple challenges

Simple and easy challenges for a day, a week or a month with fun badges or prizes at the end can engage all children! Here are some ideas:

- Encourage children to try a new vegetable or fruit they have never tasted before every week! Ask them to draw or write about their tasting experience.
- Challenge children to eat one apple a day!
- Challenge children to eat a fruit and veggie of the month/season every day! Kids can prepare a monthly schedule using a pre-filled calendar to follow.
- Ask children to learn to prepare a healthy snack each week and show to their classmates!
- Ask children to create a list of all their favourite healthy snacks!
- Try a “No Soda!” challenge for a month.

IN HIGH SCHOOL

1. Replace water labels with sticky labels saying ‘drink me’ to encourage the pupils to drink water.

2. Talent contest

A movie or song contest can be organised within a school, between schools, or in a district.

- Consider choosing more than one topic.
- Announce the contest and ESSD in the school at the beginning of September with information about the prizes.
- Create a jury! Consider involving teachers, parents, students and involve external stakeholder.
- Consider having prizes that are related to a healthy diet and at the same time are motivating for the participants.

3. Set up a monthly/weekly challenge ending on ESSD 2019

Monthly/weekly challenges can cover a variety of topics within having a healthy diet. Here are some ideas:

- Sugar free drinks challenge
- Added sugar free challenge
- Energy drinks free challenge

4. Quiz your students on their knowledge about nutrition

QUIZ

Using free online platforms such as Kahoot or simply asked in classroom, you can create fun and informational quiz on nutrition. Here is a sample.

1. Rank the following fruit and veggies for water content, from least to most:

- (A) Apple
- (B) Strawberries
- (C) Radish
- (D) Cucumber
- (E) Orange

SOLUTION: a) e) b) c) d) apple – 84%, orange – 87%, strawberries – 92%, radish – 95%, cucumber – 96%

2. Which does not contain fibre?

- (A) Broccoli
- (B) Oatmeal
- (C) Steak
- (D) Apple
- (E) Baked beans

SOLUTION: c) steak - fiber, which improves blood sugar control, lowers cholesterol, and helps prevent constipation, is found only in plant foods.

3. How much of your body weight makes up by water?

- (A) 60%
- (B) It depends on age
- (C) 70%
- (D) 30%

SOLUTION: (b) it depends on age – 75-80% for newborns, then it decreases to 60% by the age of 12 months which is the adult value. Later it decreases further and by the age of 60 years, total body water (tbw) has decreased to appr. 50% of total body weight.

4. How much water do you need to drink per day?

- (A) 8 glasses
- (B) It depends on health, activity level and climate
- (C) As much until your urine is colorless or light yellow
- (D) As much as you rarely feel thirsty

SOLUTION: all true - water is essential to good health, yet needs vary by individual.

5. To burn the calories of one small bottle (500 ml) of cola you need to run ... minutes.

- (A) 8
- (B) 18
- (C) 23
- (D) 30

SOLUTIONS: b) the calorie content of 500 ml of cola is 230 kcal. a woman with 55 kg burns appr. 10 calories per minute by running (9.5 km/h). she needs to run 23 minutes.

c) a man with 70 kg burns appr. 12.3 calories per minute by running (9.5 km/h). he needs to run 18 minutes.



SCHOOL GARDENS

Plastic bottle gardens, PVC pipes can be (re)used for a simple garden. Involve children, teachers and parents.

School gardens are an ideal place to be physically active, take on responsibility, and learn to grow fruit and vegetables.

It is fairly easy to start a school garden with few resources—a big green area is not always needed. Small spaces can be enough to grow onions, salads, herbs or even tomatoes.

Tips on how to involve a school garden before and during ESSD 2019 for schools with no school garden but with enough outside space:

- Launch a competition for students, teams or classes to design a school garden – the winner is the most innovative.
- Ask for sponsors to donate materials for the winning school garden and announce it during the ESSD 2019.
- Organise an exhibition of the shortlisted plans where student groups can explain, show and demonstrate how the garden would look, what they would grow, etc.
- The garden can be organised to be cared for by different classes throughout the year to sustain the use of the garden.



5

ON 27 SEPTEMBER, FOR ESSD

- Visit farmer's market or a farm
- Organise a school garden activity
- Organise a joint cooking event
- Organise a costume party with costumes related to fruits and veggies or water, or any other nature topics
- Selfie wave

Ask the students to create a social media selfie wave with the above installations and share to their favourite social media channels with messages that promote water consumption.

- Ban unhealthy drinks in the school snack shop
- Set up a salad and fruit bar
- Set up a water bar

Offer freely available water, possibly with the choice of different flavours. Flavours can be apple, berry, cucumber, lime, lemon or orange. Organise the bar with a relaxed atmosphere to sit down and enjoy some water. You may want to install a counter with a mixer and ice holder. The decoration can be made by empty water bottles and posters promoting the consumption of water. Encourage the kids to prepare a logo for the water bar.

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CONTACT INFORMATION

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