

HaPpy programme

FOOD &
MOOD

EDUCATION



Presented by **LAUREN MORLEY**



www.foodmoodeducation.com



WHO IS FOOD AND MOOD EDUCATION?

“Educating young people on the effects of food on their mental and physical health”.

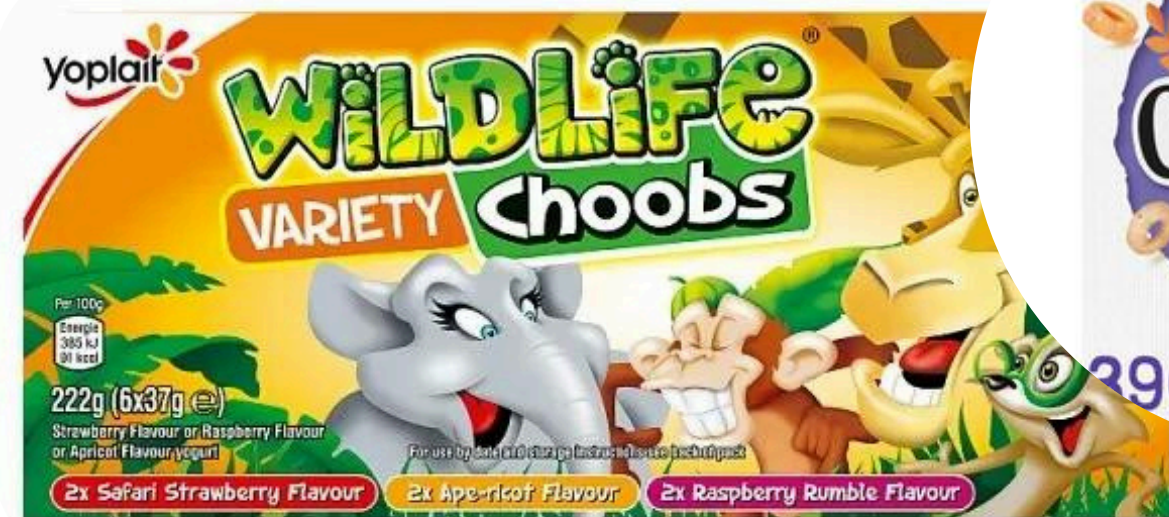
Understand how ultra-processed foods impact children's emotional and behavioral health, and discover engaging ways to educate children about healthy eating.



Our Children, Our Future
A parents' manifesto for healthy children's food



ULTRA PROCESSED FOOD



Ultra-processed foods (UPFs) are substances and chemicals that have been put together in a factory to make a “food like substance.”

High in sugars, sweeteners, chemicals, refined carbs, unhealthy fats, and do not contain any essential nutrients.

How to spot them- More than 5 ingredients, ingredients you wouldn't find in your kitchen, generally have a health claim.



EFFECTS OF UPF ON CHILDRENS MOOD

High sugar and refined carbs in UPFs cause rapid spikes and drops in blood sugar, leading to-

Mood swings

Irritability,

Inability to concentrate

Energy crashes

Inability to focus

Inability to regulate emotions or behaviour

Increased Risk of Anxiety, Depression and all major diseases.

Overwhelming evidence to suggest diets high in ultra-processed foods are linked to increased risk of mood disorders in children, including anxiety and depression, and our most common diseases.

**1 IN 4 CHILDREN
LEAVE PRIMARY
SCHOOL OBSESE.**



THE IMPORTANCE OF A BALANCED DIET

Gut-Brain Connection

A healthy gut microbiome, is made by whole foods. This plays a significant role not only immediately on a child but also keeping a child mentally and physically well for the rest of their lives.

Whole Foods- Healthy brain and body

A diet needs to be rich in whole foods like fruits, vegetables, protein, whole grains, and healthy fats provides the nutrients children need for optimal brain and body health.

Stabilize Blood Sugar

Foods that are high in fiber and protein, help stabilize blood sugar, preventing mood swings and energy crashes.



70% of our immune system is in our gut.

Top tips-
Put food on your carbs
Eat your food in order



ADVICE FOR PARENTS

Parents and caregivers modelling healthy eating behaviours, talk to your child about how food makes you feel.

Make healthy foods fun- Use colorful fruits and vegetables in creative ways, like “rainbow” salads or fruit kebabs, to make meals exciting.

Plan ahead- Prepare healthy snacks (e.g., hummus and veggie sticks, fruit slices) so that ultra-processed foods are not the only option.

Limit UPF food- While it's okay to have treats occasionally, set clear boundaries on the amount of ultra-processed foods children can have and why.



SPORTS GAMES FOR TEACHING HEALTHY EATING

Food Group Scavenger Hunt

How to Play: Scatter pictures of different foods around the playing area. Include foods from all the food groups: fruits, vegetables, proteins, grains, dairy, and select unhealthy foods like sugary yoghurts, orange juice. Assign each child a food group- find three fruits, or find an UPF dairy product.)

Children must search for food pictures from their assigned group and bring them back to their team.

Once all the food pictures are collected, discuss the importance of each food group, and how they can spot an UPF.

Healthy vs. Junk Food Toss

How to Play:

Set up two large buckets or bins: one labeled "Healthy" (with pictures of fruits, veggies, whole grains) and the other labeled "Junk" (with images of unhealthy foods like fast food, fizzy drinks, and sweets).

Have a set of soft balls or bean bags. Children take turns trying to toss the balls into the correct bin.

Each time a child tosses a ball in the "Healthy" bucket, they earn points for their team. If they toss it in the "Junk" bucket, they have to do a small activity (like hopping in place 5 times).

After several rounds, discuss with the children why healthy foods help their bodies grow strong.

Healthy Food vs Junk Relay Race

How to Play: Set up a relay race where kids need to collect healthy foods and UPF at one end of the course and bring them back to their team. Each food could be a picture or toy representing different foods.



ULTRA PROCESSED PARROT
PETE



HENRY THE HEALTHY HEN



CONTACT US



For more information
about our services please
contact us:

 foodmoodeducation@gmail.com

 www.foodmoodeducation.com

