



# HAF Facilitator Guide

Primary and secondary Get Set to Eat Fresh resources specially selected for Holiday Activities and Food Programme facilitators.





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# Introduction and Background



# Information



Get Set to Eat Fresh, a free education programme from Aldi, Team GB and ParalympicsGB, helps young people aged 5–14 develop their understanding and love of fresh, healthy food, the skills they need to cook for themselves and the desire to celebrate good food with friends and family.

## Key questions

- How can we build balanced, healthy meals?
- How can we develop our cooking skills?
- What foods fuel Team GB and ParalympicsGB (and ourselves) to great performances?
- How can we shop mindfully of budget and food waste?

## Key learnings

- Describing the key features of a healthy diet.
- The benefits of exercise and eating a balance of different foods.
- Ways to express likes and dislikes and make informed, healthy decisions about food, exercise and other healthy habits.
- Cooking skills and techniques, including knife skills, can be practised and developed over time.





# Teacher testimonials



“We have witnessed many positive spin offs from the Get Set to Eat Fresh lessons and activities. Pupils took recipes home to try out on their families. Parents talked about what they enjoyed, generating discussions about healthy snacks. Our next lessons will look at turning vegetables into interesting, healthy and tasty snacks.”

**Primary school teacher, on the Get Set to Eat Fresh programme**

“I love these resources! I would definitely be really interested in using them and would recommend them to my colleague. I think that the resources would contribute to effective curriculum coverage.”

**Primary school headteacher, on the ‘Worlds of Food’ resource**

“As a school for students with SEND where we actively teach resilience, the resources would prove very effective. I particularly like the way the resources steer conversation towards the context of the ups and downs of a school day.”

**Secondary school teacher, on the ‘Recipe for resilience’ resource**



# Supporting HAF Programme facilitators



To support Holiday Activities and Food Programme facilitators over the school holidays, we've specially collated a range of our resources which support resilience, character and wellbeing and provide enriching activities to deepen young people's knowledge, nutrition and active lifestyles.

The resources featured in this guide, and on the webpage, include a wide selection of our curriculum-linked activity ideas, games and projects. They cover a full range of topics, including quick quizzes, insights into athlete nutrition, and simple recipes to help young people experiment with flavour and different ways of preparing healthy dishes.

This facilitator guide provides an overview of the materials and how to use them.

The suggested daily session plans show how a variety of resources can be used across a full session to create fun and dynamic learning opportunities.

Further details on the resources are also listed individually. Each resource can be used on its own, either as part of food provision or to learn about food more widely, in line with any existing session plans and adapting for the equipment and facilities you have available.





# Resource types and how to use them



# Resource types and how to use them



## Full activity plans

Get Set to Eat Fresh includes a number of full activity plans, with teaching materials to support 45+ minute activities for young people between the ages of 5–14.

Full activity plans contain:

- An **introductory video**, embedded on the relevant webpage, with suggested questions to spark young people's ideas while watching.
- A **presentation** or **lesson plan** to guide you through delivering the topic to a specific age group. Presentations contain detailed delivery instructions in the notes section.
- **Printable worksheets** for children to track their progress.

Depending on topic complexity, the resources are broken down into different targeted age groups within the 5–14 range, with activity, presentation and worksheet variations as required.

Resources are flexible for you to adapt and deliver in different ways, with 'add support' and 'add challenge' scaffolding to support different groups.





# Resource types and how to use them



## Other Get Set to Eat Fresh resource types

As well as the full activity plans, the programme has a range of other activity suggestions and articles, such as recipes and quick quizzes, to help you arrange an action-packed holiday programme.

Other Get Set to Eat Fresh resource types include:



**Get Cooking** – simple, balanced **recipes** for children of all ages to get actively involved in making their own food. Some require simple cooking equipment and facilities.



**Quick Quizzes** – sets of food and Olympic or Paralympics based **quiz questions** to be used as short brain breaks to test children's knowledge and boost their understanding.



**Athlete and Produce Profiles** – inspiration for **discussions** about fresh, healthy food, centered on current and future Team GB and ParalympicsGB athletes or a particular fruit or vegetable. Produce profiles are a great alternative to Get Cooking resources if food provision is already organised or food preparation equipment is limited.



**Family Fun** - a selection of **teaching resources** that children can work through easily at home with a parent/guardian to help the whole family learn about fresh, healthy food.



# Suggested daily session plans



These daily session plans show how a variety of resources can be used in conjunction to create fun and dynamic learning opportunities.

## One

### Master skills

Time: 1 hour Age: 5–14

Activity plan: Encourage children aged 5-14 to practise their cooking skills.

### Eating fresh in winter

Time: 1 hour Age: 5–14

Cooking activity: Simple, healthy, seasonal dishes to build skills. OR...

### Couscous two ways

Time: 1 hour Age: 7–14

Cooking activity: More simple, customisable dishes to build skills.

### Investigate fresh food

Time: 1 hour Age: 5–14

Activity plan: Inspire children to explore food and conduct simple experiments.

## Two

### Sort your seasons

Time: 30 mins Age: 5–14

Quick Quiz: Start the day with a quiz and discussion about seasonal foods.

### Recipe for resilience

Time: 1 hour Age: 5–14

Activity plan: Explore the 'ingredients' of resilience and build the skills to bounce back.

### Bake 'Bounce Back Flapjacks'

Time: 1 hour Age: 5–14

Cooking activity: Bake a healthy snack.

### Family Fun – Winter Challenges

Time: 1 hour Age: 5–14

Activity plan: Carry out three of these fun Winter Olympics themed activities.

## Three

### Eat well with Team GB

Time: 1 hour Age: 5–14

Activity plan: Learn about the Eatwell Guide, with a Team GB spin.

### Winter Games

Time: 30 mins Age: 9–14

Quick Quiz: Test students knowledge of the Winter Olympic Games and active lifestyles

### Fanzone snacking

Time: 1.5 hours Age: 5–14

Cooking activity: Create a healthy snack to enjoy while watching sport.

### Worlds of Food

Time: 1 hour Age: 5–14

Activity plan: Explore the geography of food and challenge students to create their own country and national dish.

## Four

### Food trends

Time: 1 hour Age: 5–14

Activity plan: Learn about the past, present and future of our food.

### Bready, Set, Bake!

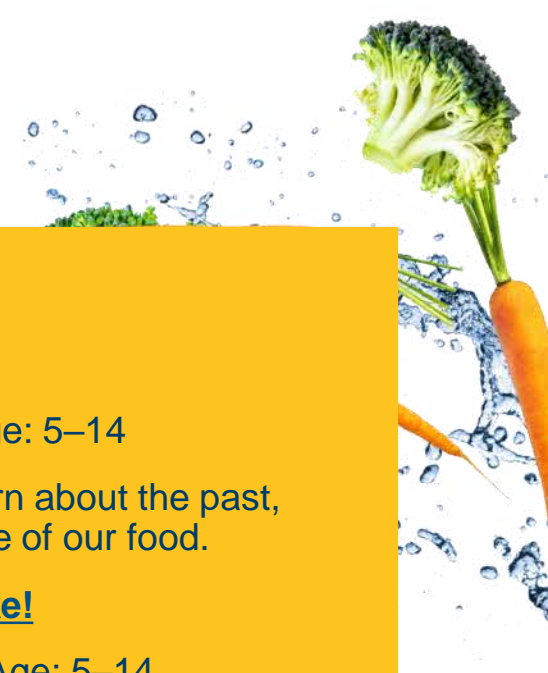
Time: 15 mins Age: 5–14

Quick Quiz: Take a brain break with this fun bread based quiz!

### Shop with Success

Time: 1.5 hours Age: 5–11

Activity plan: Develop essential life skills, in budgeting, shopping and storing food, through fun quizzes and games.





# Quick links to resources





# Full Activity Plan resources



## [Shop with Success](#) - Age 5–14

Develop essential life skills, in budgeting, shopping and storing food, through fun quizzes and games.

## [Worlds of food](#) - Age 5–14

Explore how climate affects food from around the world.

## [Recipe for resilience](#) - Age 5–14

Explore the 'ingredients' of resilience and build the skills to bounce back.

## [Investigate fresh food](#) - Age 5–14

Inspire students to explore fruit and vegetables and conduct simple experiments.

## [Master skills](#) - Age 5–14

Inspire students to practise cooking skills.

## [Food trends](#) - Age 5–14

Explore the past, present and future of our food.

## [Eat well with Team GB](#) - Age 5–14

Learn about the Eatwell Guide with a Team GB twist.

## [Let's Cook!](#) - Age 5–14

Explore the reasons why everyone should learn to cook and how to remove barriers that get in the way.

## [Homegrown cooking](#) - Age 7–14

Get students aged 7–14 cooking an athlete-inspired meal from scratch.

## [Kevin's Christmas Challenges](#) - Age 5–11

Choose from over 20 bitesize activities, exploring food and sport. Many activities are not explicitly Christmas themed and can be adapted for use at any time of year.







# Get Cooking resources



Simple, balanced **recipes** for children of all ages to get actively involved in making their own food. Some require simple cooking equipment and facilities.

## [Funny face sandwiches](#) - Age 5–7

Put a silly spin on a simple, balanced lunch. No cook recipe.

## [Power cookies](#) - Age 5–9

Bake some tasty, fruity and healthy power cookies – a great source of energy! Oven required.

## [Couscous two ways](#) - Age 7–11

2 recipes to make a delicious meal or side dish using minimal equipment. Kettle required for both. Oven required for second recipe only.

## [Eating fresh in winter](#) - Age 5–14

Create a simple, healthy dish using seasonal ingredients. First recipe is no cook, and hob required for second.

## [Fanzone snacking](#) - Age 5–14

Understand healthy snacking and create one to enjoy while watching sport. Range of no cook, hob, and oven recipes for each age group.

## [Let's Cook!](#) – Age 5–14

As part of our Let's Cook! resources, we asked three Team GB and ParalympicsGB athletes to cook us their favourite meal and explain what they love about cooking.

## [Simple ingredients](#) - Age 9–14

Appreciate simple ingredients and understand how to make a delicious dish with just 3–4 ingredients. Hob or microwave required for first recipe.





# Eat Fresh with... athlete profiles



Inspiration for **discussions** or comprehension exercises about fresh, healthy food, maintaining a balanced diet and overcoming challenges.

[Joe Choong](#) - Age 5–14  
Modern pentathlon

[Lauren Rowles](#) - Age 5–14  
Rowing

[Fay Hart](#) - Age 5–14  
Boccia

[Meg Knight](#) - Age 5–14  
Rowing

[Danny Crouch](#) - Age 5–14  
Gymnastics

[Benji Cabrera](#) - Age 5–14  
Sprint Kayak

[Amy Thompson](#) - Age 5–14  
Athletics – discus and shot put

[Adelaide Barnes](#) - Age 5–14  
Taekwondo







# Seasonal produce profiles



Inspiration for **discussions** about seasonal food, centered on a particular fruit or vegetable.

## Apples - Age 5–14

Learn about different varieties from around the world, experiment with apple slice boats or make a batch of crisp, spiced slaw.

## Winter Squash - Age 5–14

Pumpkins aren't just for Halloween - discover the other members of the family and enjoy squash all year round.

## Cherries - Age 5–14

Learn how to use the whole fruit - stem and all - to reduce food waste!

## Aubergine - Age 5–14

Investigate the many names of this purple plant and discover the best ways to prepare it for dinner.

## Spinach - Age 5–14

Find out where this salad staple comes from and how it can be used to spice up your wardrobe.





# Quick Quizzes



Use these food or Olympics based **quiz questions** as short brain breaks to test children's knowledge and boost their understanding.

For multiple choice questions, assign an accessible, active movement for children to perform to vote for their chosen answer i.e. waving their arms for A, doing 2 star jumps or arm punches for B etc.

For older age groups, the quiz can be used as a starting point for a wider discussion on the topic, (for example, how and why it is good to eat seasonal fruits and vegetables) to deepen their understanding.



## Bready, Set, Bake! - Age 5–14

Test children's knowledge of different breads.

## Sort your seasons - Age 5–14

Understand why and how to eat seasonal foods.

## Winter Games - Age 5–14

Test students knowledge of the Winter Olympics and active lifestyles.

## Home Pride - Age 9–14

Match these famous national dishes to the correct host of the Winter Olympic Games.





# Family Fun resources



These resources include activity plans that that children can work through easily at home, either by themselves or with a parent/guardian, and parent focussed articles to help the whole family learn about fresh, healthy food.

## [Reduce Reuse Recycle](#) - Age 5–14

Activity Plan: Help young people discover how to develop sustainable habits at home.

## [Home Learning Hub](#) - Age 5–14

A full suite of GSTEF resources that young people can work through themselves or with a parent or guardian.

## [Picky Eaters](#) - Age 5–9

Parent resource: Help parents to cook healthy meals for even the fussiest of eaters.

## [Baking with kids](#) - Age 5–14

Get everyone involved in the kitchen to build the whole family's knowledge and skills.

## [Food on the move](#) - Age 5–14

Parent resource: Enjoy fresh and family friendly food in and out of the house.

## [Talk about it](#) - Age 7–11

Parent resource: Exploring food doesn't just need to take place in the kitchen. Get Fresh at home with our speaking games and activities for parents and children.

## [Spring into action on food waste](#) - Age 9–14

Parent resource: Inspire families to explore the of food waste and use up leftovers with our great recipes.

## [Family Fun – Winter Challenges](#) - Age 5–14

Learn about the Olympics Winter Games and try a variety of Challenges.



# Detailed descriptions of longer resources

Full activity plans

Slides 19–29

Get Cooking

Slides 30–36

Home Learning

Slides 37–38







# Shop with Success

Develop essential life skills, on budgeting, shopping for and storing food, through fun quizzes and games.

Throwing away good food is costing the average family £500 a year. Beginning with a 'higher or lower' game to understand the common prices of food items, the resources aim to introduce the topics of shopping and budgeting and build understanding around the choices we make about food. To put their knowledge into practice, select one of our 'shop for an athlete' games (differentiated for each of the three age groups below) to help students explore different recipes and budgeting.

## Age groups

- 5–7
- 7–11
- 11–14

## Resources

Video with discussion points  
2 x presentations (primary and secondary)  
7 x Printable worksheets with age differentiations







# Worlds of food

## Explore how climate affects food from around the world.

Team GB athletes enjoy foods from all over the world, but what makes a national dish? Our Worlds of Food resources build understanding of food around the world, the variety of ways in which we can build a balanced meal and how geography – landscapes, climates and ecosystems – can shape food traditions. The activities celebrate the similarities and differences in international foods, explore how food grows and how climate impacts food systems, and challenge students to use their geographical knowledge to create a dish for a fictional country!

### Age groups

- 5–7
- 7–9
- 9–11
- 11–14

### Resources

Video with discussion points  
3 x presentations (lower primary, upper primary, secondary)  
3 x activity cards worksheets (lower primary, upper primary, secondary)  
Fruit and vegetable fact and colouring sheet (lower primary)  
Key vocabulary sheet (lower primary)



### Teacher Testimonial:

“I think this would be a great resource for students learning about food. I think it fits very well into the current curriculum and could be adapted to suit every teacher’s needs.”

**Secondary school teacher**



# Recipe for resilience

## Explore the 'ingredients' of resilience and ~ build the skills to bounce back.

The Recipes for Resilience resources aim to build understanding of the everyday ups and downs students might experience in school and some simple techniques they can use to build their resilience. Using role plays, discussions and a practical (vegetable tart-making!) video with Olympic gymnast Nile Wilson, these resources aim to help students learn, explore and personalise key techniques to bounce back with their own recipe for resilience.

### Age groups

- 5–7
- 7–11
- 11–14

### Resources

Video with discussion points  
3 x presentations (one per age group)  
Printable worksheets included within the presentation document

The primary presentations include an alternative / extension cooking practical task to apply knowledge of resilience building techniques while baking 'Bounce Back flapjacks', which could also be delivered as part of the 11–14 activity.







# Investigate fresh food

## Inspire students to explore fruit and vegetables and conduct simple experiments.

There are over 300,000 edible plants grown on Earth, but 90% of our diet is based on just 25 of them. **Investigate Fresh Food** activities will spark curiosity and knowledge about where food comes from, encouraging scientific investigation of fresh foods and their properties.

### Age groups

- 5–14

### Resources

Video with discussion points

Presentation (lower primary, upper primary)

3 x experiment activity guides (2 x upper primary, 1 x upper primary and secondary)







# Master skills

## Inspire students to practise cooking skills

Only 16% of millennials say they learned to cook at school. **Master Skills** activities equip students with the tools to practise and refine their food preparation skills.

### Age groups

- 5–14

### Resources

Video with discussion points

Presentation (lower primary, upper primary)

3 x activity sheets (1 x lower primary, 2 x upper primary and secondary)





# Food trends

## Explore the past, present, and future of the food we eat.

The food we eat today has been impacted by major historical events, diverse influences from all over the world, and the introduction of new ingredients and cooking techniques. Using their favourite meals – and the favourites of Team GB and ParalympicsGB athletes – as a starting point, these resources encourage students to think about where their food has come from and how our diet might evolve in the future.

### Age groups

- 5–7
- 7–11
- 11–14

### Resources

Video with discussion points

Presentations (one per age group).

Printable worksheets included within the presentation documents.







# Eat well with Team GB

## Put a Team GB spin on the Eatwell Guide

Carbohydrates and proteins both play a role in keeping Team GB athletes at the top of their game. **Eat Well with Team GB** activities encourage pupils to examine the different food groups athletes consume by creating an eatwell medal table and writing nutritional advice for a Team GB hero, and to compare the nutritional needs of athletes and young people.

### Age groups

- 5–7
- 7–11
- 11–14

### Resources

Lesson plan and activity sheet (lower primary)  
Presentation – lesson plan with activities (upper primary)  
Printable worksheets included in the presentation document  
Information sheet (upper primary, secondary)  
Lesson plan (secondary)  
Worksheets (secondary)







# Let's Cook!

## Explore why we should all learn to cook and how to remove barriers that get in the way.

Cooking is an essential life skill that enables students to feed themselves and their family, affordably and well, now and in later life. Informed by the social model of disability, **Let's Cook!** will allow students to understand the importance of developing cooking skills, explore the barriers that make it more difficult for some, and challenge them to get creative to inspire others to learn.

### Age groups

- 5–7
- 7–11
- 11–14

### Resources

Presentation – lesson plan with activities (one per age group)

13 x Printable worksheets with age differentiations (including completed example sheets and word banks)

3 x recipe web pages





# Family Fun – Winter Challenges

## At Get Set to Eat Fresh we love winter sports!

To celebrate the Beijing 2022 Olympic Winter Games earlier in the year, why not brush up your knowledge with our top facts and try our variety of Winter Challenges with children at home or in the classroom.

### Age groups

- 5–11

### Resources

Quick facts

5 x simple activity ideas – art, movement and cooking







# Homegrown cooking

Get students aged 7–14 cooking an athlete-inspired meal from scratch.

Vegetables can take as little as six weeks and as long as two years from planting until they are ready to be harvested. **Homegrown Cooking** activities help students to understand how crops are produced, what it takes to grow herbs at home and at school, and how herbs can feature in their own menu for a local hero.

## Age groups

- 7–11

## Resources

Video with discussion points

Lesson plan (upper primary, secondary)

6 x worksheets – 2 with advanced options







# Kevin's Christmas Challenges

**Explore healthy food and lifestyles with these bitesize activities, featuring Kevin the Carrot, and athletes from Team GB and ParalympicsGB!**

This activity bank includes a selection of quick and simple activities, as well as longer cross-curricular challenges. Together the activities explore healthy eating, food and the story of Kevin the Carrot through a wide range of subjects. The activities are flexible and can be completed either independently or in a sequence. Many of the activities are not explicitly Christmas themed and could easily be adapted to be appropriate at any time of year.

## Age groups

- 5–11

## Resources

Presentation with 20+ short activities (lower primary, upper primary)





# Couscous two ways

**These simple recipes can make a delicious meal or side dish using minimal equipment.**

They can also be used to help children experiment with flavour and the different ways of preparing different vegetables. Offer children a wide variety of fruits and vegetables to start – which ingredients would go best in a raw salad and which are best roasted?

## Age groups

- 7–11

## Resources

2 x simple couscous recipes with top tips for success







# Eating fresh in winter

**Eating fresh fruit and vegetables during the winter months is a brilliant way to stay healthy as they can provide the body with certain vitamins and minerals the daily diet requires.**

There are many ways of including seasonal ingredients in snacks and meals so how about getting started with our fresh in winter recipes!

## Age groups

- 5–14

## Resources

- 2 x introductory activities for recognising ingredients
- 2 x recipe methods with top tips for success





# Fanzone snacking

During the winter there are lots of sporting activities to watch at home, on TV or in person.

Snacks often keep us going between meals when there is a big match or competition that we love to watch. We don't want to miss the action, so snacks need to be quick to prepare and add to the fun!

## Age groups

- 5–7
- 7–11
- 11–14

## Resources

4–6 x Simple recipe suggestions for each age group







# Power cookies

**In early 2021, we challenged young people, aged 5–14, to get creative and design an original recipe, inspired by Team GB.**

This recipe, written by Theo, aged 6 from Birmingham impressed the judges to be chosen as our winner for ages 5–7. Try it out and create your own variations to share by uploading a story on the Get Set to Eat Fresh [community page](#).

## Age groups

- 5–9

## Resources

1 x Recipe





# Fanzone snacking

Get kids involved in the kitchen with this fun and simple lunch, to spark discussions about fresh, healthy, balanced meals.

## Age groups

- 5–7

## Resources

1 x Recipe suggestions for each age group







# Let's Cook!

As part of our Let's Cook! resources, we asked three Team GB and ParalympicsGB athletes to cook us their favourite meal and explain what they love about cooking.

Use the Let's Cook! resources allow students to understand the importance of developing cooking skills, and then use the recipes below to recreate the athlete's favourite meals to solidify their learning.

[Amy Conroy's chill con carne](#)

[Chris Skelley's mid-week fajitas](#)

[Emily Campbell's Cajun chicken pasta](#)

## Age groups

- 5–14

## Resources

3 x recipe methods







# Simple Ingredients

**Cooking teaches children new skills and helps them to explore new tastes. Better still, making something delicious does not have to be complex.**

The Italians love to take just a few fresh ingredients – only 3 or 4 – and make a delicious dish. Don't overcrowd it, let the flavours speak for themselves.

## Age groups

- 9–14

## Resources

2 x recipe methods with top tips for success







# Reduce Reuse Recycle

## Help young people discover how to develop sustainable habits.

We can all make small changes to live a more sustainable lifestyle. These **Reduce, Reuse, Recycle** activities encourage children to analyse their own behaviours around food and food packaging waste and see where they can make improvements.

### Age groups

- 5–11
- 11–14

### Resources

- 2 x Presentations (one for each age range)
- 2 x sets of worksheets (one for each age range)





# Home Learning Hub

A full suite of GSTEFG resources that would work well as home learning resources, for young people to work through themselves or with a parent or guardian.

## Age groups

- 5–14, organised by ascending recommended age group

## Resources

Full activity plans  
Worksheets  
Games

