



DEAR PARENTS, CARERS AND GUARDIANS,

As part of the Bake the Most of Life programme, your child is learning about the *Eatwell Guide* and how eating lots of different foods is important for a healthy balanced diet.

While it is important for children to know which foods are healthy, it is also important that they are encouraged to love food and drink for all their benefits. Who doesn't love a scrummy dinner with their family?

Food also plays a big part in how we express our identity, how we socialise and how we show each other love. We'll be helping pupils explore this in some more detail by celebrating the foods that have special meaning for their families, their communities and their cultures.

To help pupils better understand the role food plays in their life, we're asking all parents, carers and guardians to fill the questionnaire with food stories they can share as a class. Leave no scone unturned – we want to hear all about them!

We recommend completing this questionnaire together after you've eaten a meal. You can either fill it in yourself or ask your child to do so.

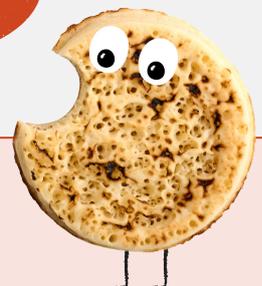
Thank you!

WHAT IS BAKE THE MOST OF LIFE?

Bake the Most of Life is a teacher-led programme from Warburtons. It aims to help nurture the health, skills, and confidence of young people so that they can grow and succeed, and spread that same energy outwards to their own families and communities.

At Warburtons we know how important family values are. Our family is a team connected by common goals and pride in everything we create. So, we are making it our mission to invite young people of all ages and backgrounds to 'break bread' with us and share our family experience.

Ready to find out more?



LEAVE NO SCONE UNTURNED!

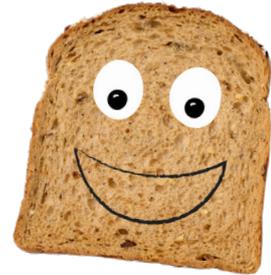
You can find out more by looking at the diagram provided and visiting the British Nutrition Foundation at <https://www.nutrition.org.uk/healthyliving/healthydiet/eatwellvideo.html>

All about balance

There is no such thing as 'good' and 'bad' food.

It is important however that we eat a balanced diet where we consume food from each food group.

A balanced diet helps keep us healthy!



The Eatwell Guide gives us an idea of the amount that we should eat from each group.

Check the label on packaged foods

Each serving (150g) contains

Energy 1049kJ 250kcal	Fat 3.0g LOW	Saturated fat 1.3g LOW	Sugars 34g HIGH	Salt 0.9g MED
13%	4%	7%	38%	15%

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/167kcal

Choose foods lower in fat, salt and sugars

Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

6-8 a day

Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

FAMILY FOOD STORY QUESTIONNAIRE



1. Which **starchy carbohydrate foods** are special to our family/community/culture?

This could include: Bread / Pasta / Cereal / Oats / Potatoes / Rice

2. Which **fruits** are special to our family/community/culture?

3. Which **vegetables** are special to our family/community/culture?

4. Which **protein foods** are special to our family/community/culture?

This could include: Eggs / Beans / Lentils / Meat / Fish / Vegetarian products like Quorn / Seeds and nuts / Canned fish

5. Which **dairy foods** are special to our family/community/culture?

This could include: Cheeses / Yoghurts / Milk / Non-dairy and alternative products

6. Which oils/spreads are special to our family/community/culture?

This could include: Butter / Spreads / Oil

7. Which colours and symbols are special to our family/community/culture and why?

8. What celebrations are special to our family/community/culture and what food do they involve?

9. Which foods best represent where our family is from?

10. Which foods/flavours/smells make you happy or remind you of our family/community/culture?

10. Have we got any family recipes or meals that have been passed down through generations?