Food hygiene certificates

Have you seen this image before?

This is a food hygiene rating. It is a score given to a food business after an inspection by a local authority Environmental Health Officer to help us make informed choices on if we should eat their food.



Calories displayed on menus

As of April 2022 it is a legal requirement for large businesses to show calories on menus.

Grilled chicken, Mexi-ranch dressing, cheddar, tortilla strips, rice & pico. (1140 cal) 21.99	Menu		
chicken tenders platter ▲ Fries, slaw & honey Dijon. (1500 cal) 19.69 Smaller portion with fries ▲ (1160 cal) 17.79 Cedar grilled lemon chicken ▲ Granny Smith apple relish, rice, cranberries, honey-glazed pecans & guinoa, 18 50	Grilled Chicken Sandwich	380 calories	
	Fried Chicken Sandwich	570 calories	
	Sparkling Water	0 calories	
honey-glazed pecans & quinoa. 18.59	Soft Drink	250 calories	

Above: calorie count on restaurant menus

Salt



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Take-Aways

Some takeaways can be very high in calories, salt, fat and sugar, which can lead to a range of different health problems if eaten too often, such as heart disease and Type 2 diabetes.

Many of us are eating out more often, and this means that it's important to think about healthier choices. Here are some of our favourite takeaways and some tips on how to make them healthier.

Fill in below how you would make them healthier

Fish & Chips

Things to think about...



Indian







Italian



Next time I will order

Reduce portion sizes HELP plate balance 5 a day fruit and vegetables Avoid deep fried foods and fried rice (go for boiled rice instead)

TOP TIPS

Avoid Sweet, sugary and sticky sauces

Reduce fatty meats

Avoid extra cheese

Choose tomato based sauces instead of creamy sauces

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Eating out

Here are some things to think about when you next eat out



'If-then' Plans

If-then Plans are a tool we use in this programme as they can help you remember what you need to do to stay on track. Think about 'if' something happens, 'then' you know what to do

Write some examples in the If and Then boxes below:





if...

Behaviour change diary 🥖

	Nutrition goal	Physical activity goal	Did you do it? ✓ Yes ★ No P= Partly	Comments What made it easy? What made it hard?
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

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