

1/3

10-11 yr olds are overweight



Only 1/10 boys and 1/13 girls eat five portions of fruit and vegetables each day

+50% young people

are affected by negative body image

Childhood obesity can cause:



Low self-esteem



Social difficulties

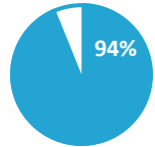


Anxiety issues



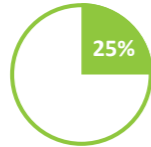
Disordered Eating

Teaching about body image:



94% of teachers think it has a positive impact

BUT



25% aren't confident teaching about it

So how do we make it easier to talk about these issues?

The Food, Mood & Health game offers:



Safe environment for discussions



Helps reduce screen time



Pressure free conversations



Inclusiveness - playing in teams



Encourages positive attitudes



Teachers take on a support role

Support your lessons by:



INSTEAD OF



Guiding your pupils discussions rather than leading them.

Educational board games build confidence and support potentially difficult conversations about Food, Mood & Health.

What do people think?

"Our moods and emotions influence our food choices, and vice versa. This game explores both sides of that coin, helping participants to develop a healthier relationship with food"

School Nurse, Wakefield Girls' High School

"As many young people struggle with body image issues I feel the picture cards on airbrushing were particularly effective at engaging pupils and generated some very insightful discussions."

Shirley Oldale, Head of Food & Nutrition, Wakefield Girls' High School

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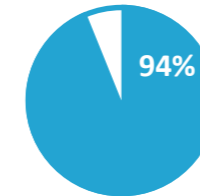


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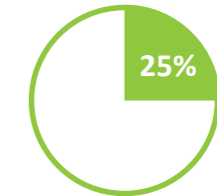
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