

**DIALOGUE  
WORKS**

# HomeTalk

thoughtful conversations for families and schools

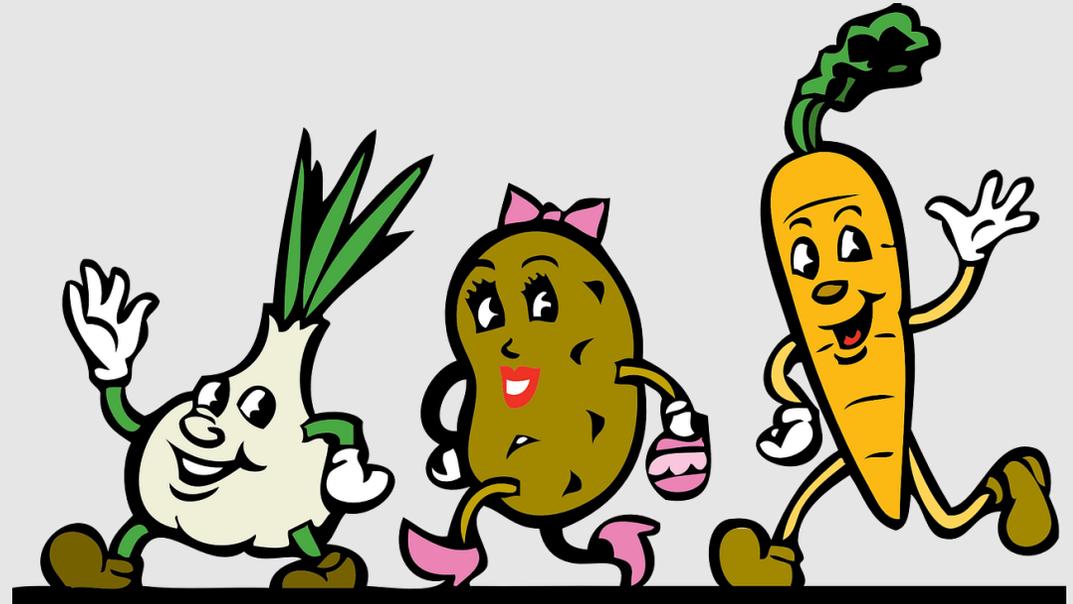


Image by Clker-Free-Vector-Images from Pixabay

## Issue 39 – Healthy Eating

*theme suggested by María José Coronado Luque*

**Note to parents/carers and teachers**

This pack contains links to external websites. Whilst we take every care to make sure these are suitable, you may want to check the content before showing them to children.



To get HomeTalk emailed every week  
message [bobhouse@dialogueworks.co.uk](mailto:bobhouse@dialogueworks.co.uk)

# This week's focus is healthy eating

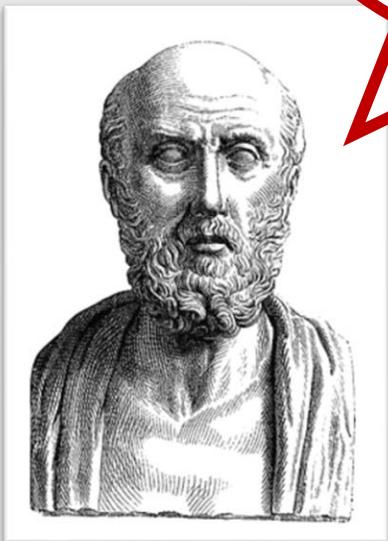
Let food be thy  
medicine and thy  
medicine shall  
be food.

Overweight and  
obesity are linked  
to more deaths  
worldwide than  
underweight.

**#ENDCHILDFOODPOVERTY**



World Health Organisation



Hippocrates  
ancient Greek doctor



Marcus Rashford  
footballer

# Thinking about healthy eating

## Caring thinking

How much do you care about whether the food you eat is healthy or not?

## Collaborative thinking

Would it be fun to cook some healthy food with your family?



## Creative thinking

Can you come up with a list of things that are healthy to eat but not too expensive to buy?

## Critical thinking

How do you know what to believe among all the stories you hear about what's healthy to eat and what's not?

Do you think you've eaten healthy food over the past week?

How could you make your diet healthier in future?

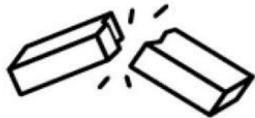
What's the link between your food and your health?



Think **AHEAD**

Think **BACK**

**CONNECT**



**DIVIDE**

**LISTEN/LOOK**

**ZOOM (in/out)**

What does healthy eating mean for the planet?

What does healthy eating mean for you?

Which foods are good for you and which are bad?

What can you see on the packet about how healthy the food is?

# Discussion suggestions (age 3 - 5)

## Stimulus



Apple, sweets, biscuit and cheese  
images from Pixabay, attribution free

## Talking Points

- Which of these foods would you most like to eat?
- Which do you think is best for you?
- What matters more – that it tastes nice or that it's good for you?

## Activity

- Look in your kitchen and find one food to go in each box on the next page.
- Ask your family to do the same and see if they make different choices. Have a chat about the reasons for everyone's choices.

# Find something to put in each box

**It's healthy but I don't like it**

**I like it and it's healthy**

**It's not healthy and I don't like it**

**I like it but it's not healthy**

# Discussion suggestions (age 6 - 9)

## Stimulus



Lots of school children in Britain don't start the day with a proper breakfast. The charity, Magic Breakfast ([www.magicbreakfast.com](http://www.magicbreakfast.com)), provides healthy school breakfasts to many children in England and Scotland.

## Talking Points

- Do you think breakfast is an important meal in the day?
- Why do you think Magic Breakfast talks about **“fuel for learning”**?
- Do you think all children should be given a free school breakfast, if they want one?

## Activity

- As a family, see if you can come up with a breakfast menu that costs less than £1 per person.
- Then discuss how healthy your menu is. Could you make it healthier without it becoming more expensive?

# Discussion suggestions (age 10+)

## Stimulus

### **Serena Williams**

is one of the most successful athletes ever. She has won 23 tennis Grand Slams!

She is a vegan and follows a strict plant-based diet on tour.



Photo by Edwin Martinez, CC BY 2.0, via Wikimedia Commons

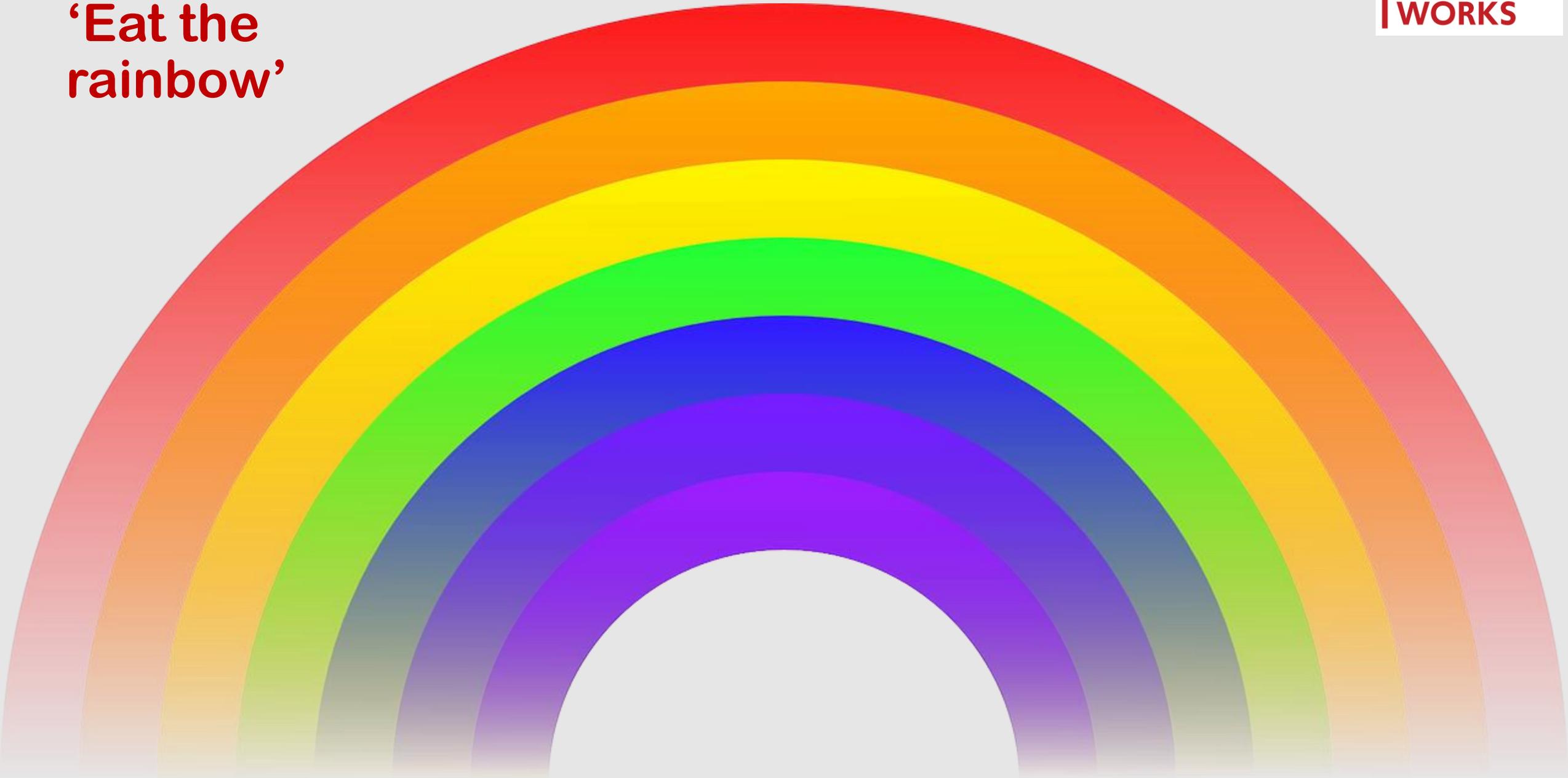
## Talking Points

- Does it surprise you that some top athletes don't eat meat, fish, eggs or dairy foods?
- What do you think is healthy and unhealthy in your own diet?
- How might it help humanity if people ate less meat?

## Activity

- One piece of advice you might hear about healthy eating is for you to **“eat the rainbow”**.
- Can you think of some food to match each colour of the rainbow on the next page?
- How healthy are your chosen foods? Are they easy to find and affordable to buy?

**‘Eat the  
rainbow’**



➤ More about HomeTalk, including previous editions

➤ Parent Talk Moves – tips for great conversations with your children

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#P4C and #thinkingmoves



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# Training opportunities for teachers, support staff and parents

## **P4C Plus Foundation course** (10.5hrs)

*Teaching that puts more thinking into learning*

- Introduces you to **P4C Plus** and builds your skills over the first year of practice
- Equips you with a range of skills to use in P4C inquiries and throughout the curriculum
- Includes premium resources and teacher guide

## **Thinking Moves A – Z course** (6hrs)

*Making metacognition simple across the curriculum*

- Shows you how **Thinking Moves** can enhance thinking in any subject, as well as in P4C inquiries
- Gives you practical guidance on how to embed Thinking Moves into learning
- Includes premium resources and handbook

Both courses available online or face-to-face, for individuals or whole-school teams

See <https://dialogueworks.co.uk/training/> for upcoming courses

Contact [enquiries@dialogueworks.co.uk](mailto:enquiries@dialogueworks.co.uk) for bookings or more information