

HOMWORK

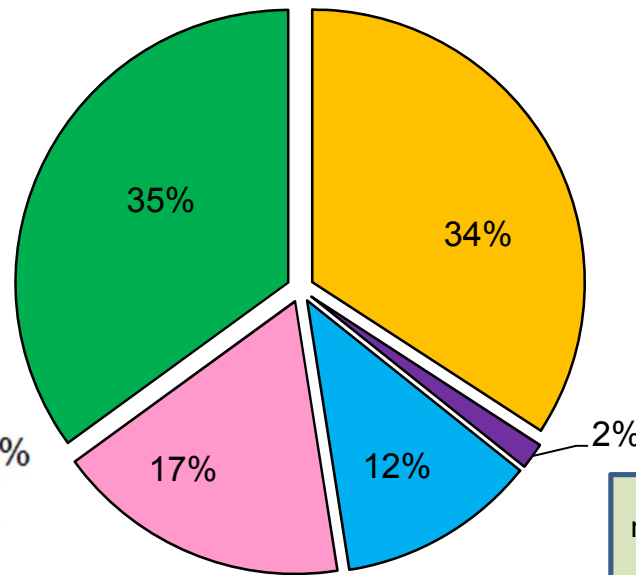
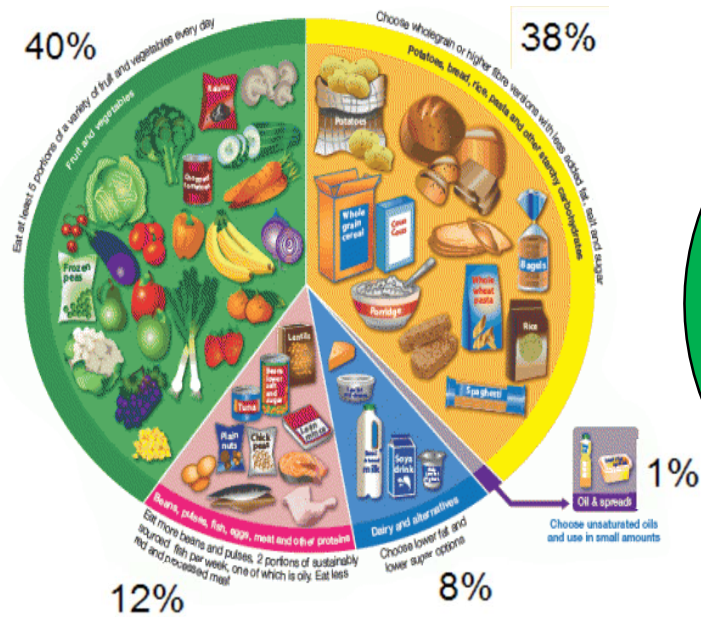
Weekly food diary

Chris Curtain

Record all your food, drink, exercise and sleep for a whole week on the table.

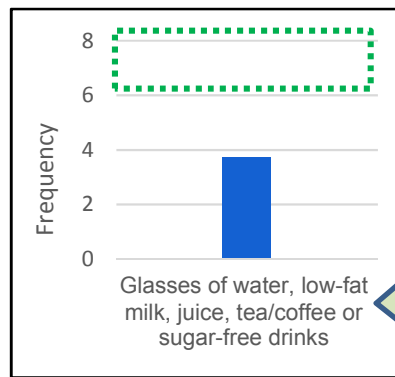
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------------|---|--|---|--|--|--|--|
| Breakfast | cereal, milk, orange juice | | cereal bar, orange juice | cereal bar | | | toast with butter and nutella, orange juice |
| Snacks | pizza, coke | monster energy drink | brownie, coke | panini, coke | monster energy drink | | crisps |
| Lunch | cheese and ham panini, orange juice | cheese and ham panini | | pizza | chicken and mushroom noodles | chicken nuggets, chips, orange and blackcurrant squash | tuna and mayonaise sandwich |
| Snacks | crisps | | mars bar | | crisps | | |
| Dinner | spaghetti bolognaise, garlic bread, diet lemonade | Thai green curry, plain rice, orange fanta | gammon steak, broccoli, carrots, gravy, orange calipo | salmon steak, baby potatoes, hollandaise sauce, broccoli, carrots, diet lemonade | McDonalds Big Mac with chips and milkshake | fried chicken wrap, lettuce, cheese, BBQ sauce, coke | roast chicken, broccoli, carrots, beetroot, roast potatoes, yorkshire puddings, gravy, diet lemonade |
| Exercise | walked to school | PE lesson, played football at lunch time | played football at lunch time | played football at lunch time | Games lesson, walked into town | cycled to mates house, went to park | |
| Sleep (hrs/mins) | 8hrs 30mins | 8hrs | 7hrs 30mins | 7hrs | 10 hrs | 9 hrs | 8hrs 30mins |

Chris' Eatwell Guide

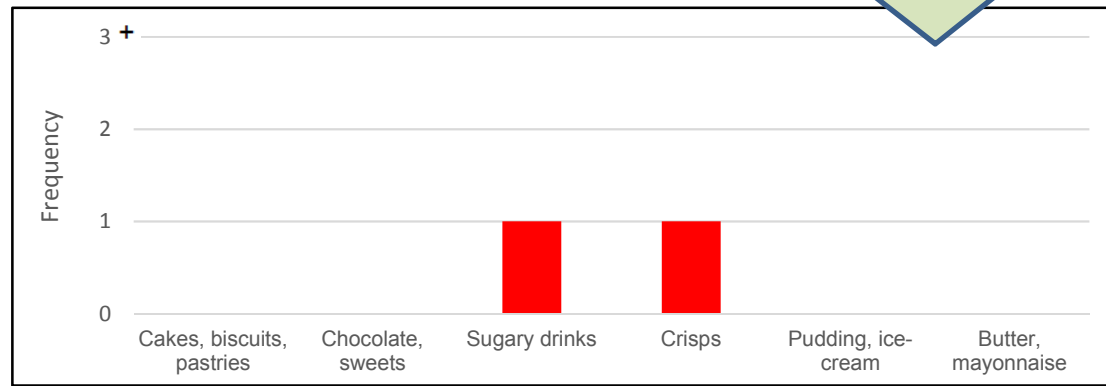


- % potatoes, bread, rice, pasta and other starchy carbohydrates
- % oils and spreads (unsaturated)
- % dairy and alternatives
- % beans, lentils, fish, eggs, meat and other proteins
- % fruit and vegetables

Foods high in sugar, salt and fat are not needed in the diet & should be consumed less often & in small amounts



Aim to drink 6-8 glasses a day - limit fruit juice or fruit smoothies to 150ml (1 small glass) per day



Shopping List

Wine/Beer

biilet rolls

cheese

Bread

Potatoes

Mince

Pasta

Rice

Broccoli

Carrots

Peas

Baked Beans

Cereal + bars

Orange juice

Fanta/Lemonado

Bolognese sauce.





TeC-19 Audio transcript- Discussion on physical activity

Audio Recording: 2 min 21 secs

Okay. So in terms of like physical activity and exercise, do you feel that you're doing more or less now than... than... I know it's so long ago, but eight weeks ago, before lockdown started? Like real life, back in the day. Do you feel like you're doing more exercise or less?

Well I feel like I'm doing less in a way, because it was like, well we used to go out like every single day to school, so I'd walk to school, walk around school, then I'd walk back home. And then on the weekends, I'd go out with my friends or something. And we would just like walk around, and then it's just like now, I'm only doing like ten minutes to like half an hour, just round the block, and that's it, I'm coming home. So I feel like I'm doing less.

Okay. Has anyone else found that familiar, or are you having a different experience?

Yeah, I feel the same. I'd walk to school every day then, you know, we'd have to walk round the school and go to classes like. And then walk back from school and stuff, and obviously you can't really do that as much. Like obviously I... we still obviously walk the dog, walk round the house, but you're just not adding up to the same.

Yeah. Okay, so I think I've been doing more. Like I guess like not like... since school's finished, but especially since like the start of lockdown, I've like left the house more to go to like the shops and do like my essential things. But yeah, when I was in school I didn't really walk to school, I took the bus... yeah. And I guess overall I've... I've done a lot more exercise, and so like obviously like a lot of people, 'cause... because they're not, you know, obviously they're not in work, so I guess they just walk and do exercises and that. Yeah.

Yeah, I was going to talk about the commute to school. You'd be a lot more active. You'd be getting more fresh air and like it's a change of scenery rather than just being in your house all day. So... and walking round the house doesn't amount to the same amount of exercise. So I'd say I'd be doing a lot more less.

Okay. So overall like how are you feeling about the whole situation? Like how are you feeling in yourselves, are you... kinda okay, or not?

I would say I'm adjusted better to it. I wouldn't say better to it, but I'm kind of a little bit over it, I guess. It's just getting a bit boring now, stuck at home, nothing to do. Yeah.

Do you have anything to say about how you're feeling overall?

I'm feeling a bit bored of being at... like at first, I was like, you know, get, stay at home, don't get... like I don't have to do anything, and I'm not at school. But now it's just like I just wanna go back to normal, like I'm... like I miss my friends, I miss school, I'm missing family. It's just boring now... 'cause I think it's just weird seeing the same people over and over and over again.

TeC-19 Audio transcript: Discussion on eating habits

Audio Recording: 3 mins 9 secs

So do you think your eating habits have got better, worse over lockdown period or...? What do you think?

I feel like mine have got better because I'm eating more home cooked food. And we're making things like fresh, so, especially on pastries, I'll make it with like batter or whatever the pastry (cuts out)??

My, overall my eating habits, I think like I'm eating so much more than I would, like this is compared to when I was at school because at school you can only eat at like break and lunch. But now I'm at home you will not see me like within like the space of like half an hour not eating. Because like I'm always like at the fridge. My mum's, like every time I come downstairs my mum's like, "What are you gonna eat now?" It's become a running joke in my family how much I've eaten this like quarantine.

So are these habits that you think are going to continue going forward? So obviously, who knows, maybe couple weeks, couple of months they'll start to open Nando's, they'll start to open Greggs, like are these things you're going to go to straightaway or what will the lasting implications of the lockdown be do you think on your eating habits?

When Nando's restaurants re-open, not just like takeaways, like when they fully re-open, I will be there like on the first day. I just will be there. Just like a nice meal, just like with my, like my friends, like social distanced like if possible 'cause it's just like enjoy just like food like properly. I think as we get to go back to school back into like the new normal, I will like not have enough time to eat any, and, yeah, so I will like to start like eating as much because like I will have like less time to do it 'cause I'll be more focussed on like school and that.

When like Greggs or whatever re-opens, I doubt I'll go straightaway 'cause obviously Iceland sell the frozen stuff and I was saying to a group, that spoke to a group chat last week that I was making my own like sausage rolls and stuff. But I don't think my habits will stay the same 'cause when I, now I? I can go out with? six people I'll obviously be going out a little bit more. And obviously when it relaxes even more, I won't be at my house as much so that means I won't be tempted to snack as much.

Yeah, I was gonna (overtalk) say when we all fall into the routine, if and when we go back to the new normal, we'll be less tempted to sort of keep on constantly snacking and we'll just fit back into the routine of three meals and a couple of snacks. But for right now, I feel like I'm eating a lot more than I would, obviously because we have more time, there's not really much to do except eat, so.