RESOURCES OF THE MONTH

The Food Label Game

The Food Label Game (ref: 15B.79) has been developed by the Health Promotion Resource Centre to demonstrate the importance of understanding food labeling.

Stage 1—A Powerpoint presentation is shown to educate the participants about both food labeling and the traffic light system.

Stage 2 - The participants use a selection of food labels to find the per 100g nutritional information. Using the traffic light cards, the information can then be rated either high, medium or low.

Stage 3 - This stage allows the participants to discuss their findings and allows them to evaluate how the information may influence their future choices.

The Food Label Game reveals the true value of the nutritional information table.

To see our latest resources, please see overleaf.
SUPPORTING RESOURCES FOR UPCOMING HEALTH EVENTS

1 to 31 October
Breast Cancer Awareness Month
This leaflet about risk factors for women who have not had breast cancer and aims to help you understand more about the latest research into breast cancer risk factors.

For the full range of supporting materials, leaflets, posters, models etc, view our online booking page.

If you have any recommendations, comments or events you would like to appear in our next edition, please email: katie.hall@ciospct.cornwall.nhs.uk or you can contact us on 01209 313419/313218

COMING SOON
Plate It Up
The food portion size toolkit.

The Emotional Wellbeing Toolkit
Key Stage 1 & 2

The Skin Scanner
Helps to highlight sun damage on the face.

In addition to resources highlighted above, the Resource Centre holds a vast selection of resources covering a wide variety of Health Promotion topics. To access the full list of Health Events please visit www.healthpromcornwall.org. To view our entire online resource catalogue, please follow the links to the Virtual Library.

SUPPORTING RESOURCES FOR UPCOMING HEALTH EVENTS

Lancet 4 Part Obesity Report
This four-part series critically examines what we know about the global obesity pandemic, its drivers, its economic and health burden, the physiology behind weight control and maintenance, and what science tells us about the kind of actions that are needed to change our obesogenic environment and reverse the current tsunami of risk factors for chronic diseases in future generations.

Kick It Binge Drinking DVD
This is a short, sharp DVD that hits the mark about the dangers of binge drinking. Based around the theme of soccer techniques, this DVD delivers a powerful anti-binge drinking message for both boys and girls.

Change4life Snack Swapper
A fun and easy to use wheel to help choose healthier snacks, breakfasts and puddings. Simply put one card in the wheel and turn to see ideas for swapping snacks for healthy, tasty food and drink. Part of the change4life campaign.

Guidance on infection control in schools and other childcare settings
A colourful informative poster giving guidance on infection control and good hygiene practice in schools and other childcare settings. Explains symptoms of childhood illnesses and infections, recommended quarantine periods and whether to seek treatment.

New Additions

1 to 30 September
Let's Talk Baby Month
Infant Parent Play Communication—This excellent DVD looks at each stage of infant/parent communication and it's development from conception to the age of three. With great supporting footage, the program shows how babies communicate what they want, need and feel from the womb onwards.

For further supporting resources, please visit our website.

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