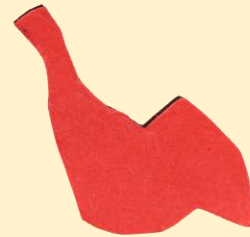
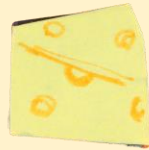


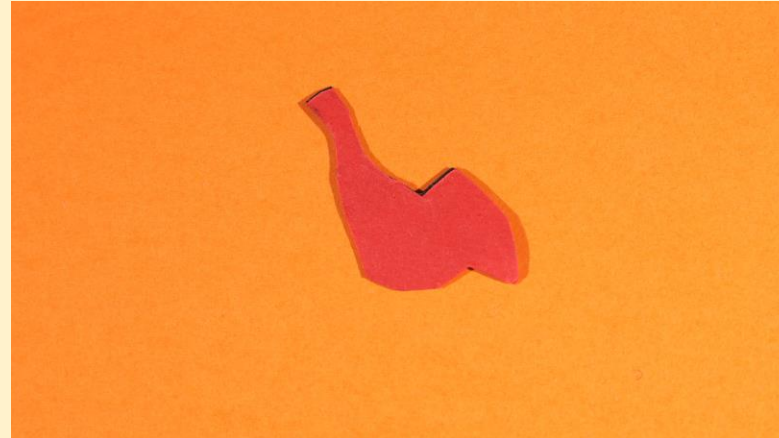
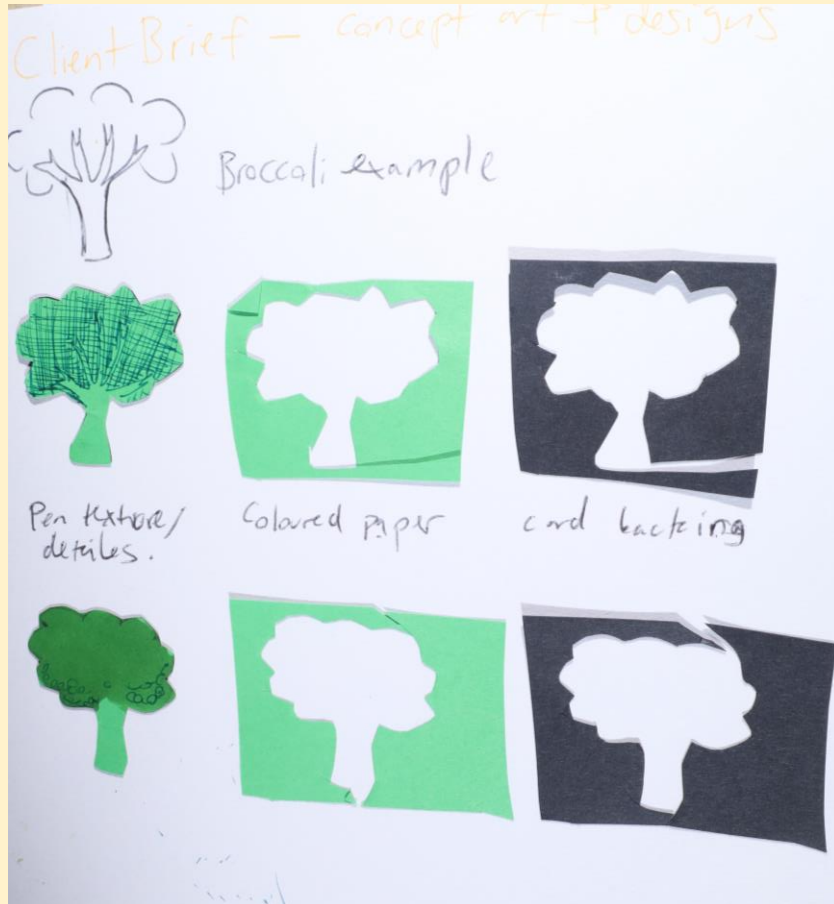
Haslemere Health Centre Lifestyle Medicine

Healthy eating

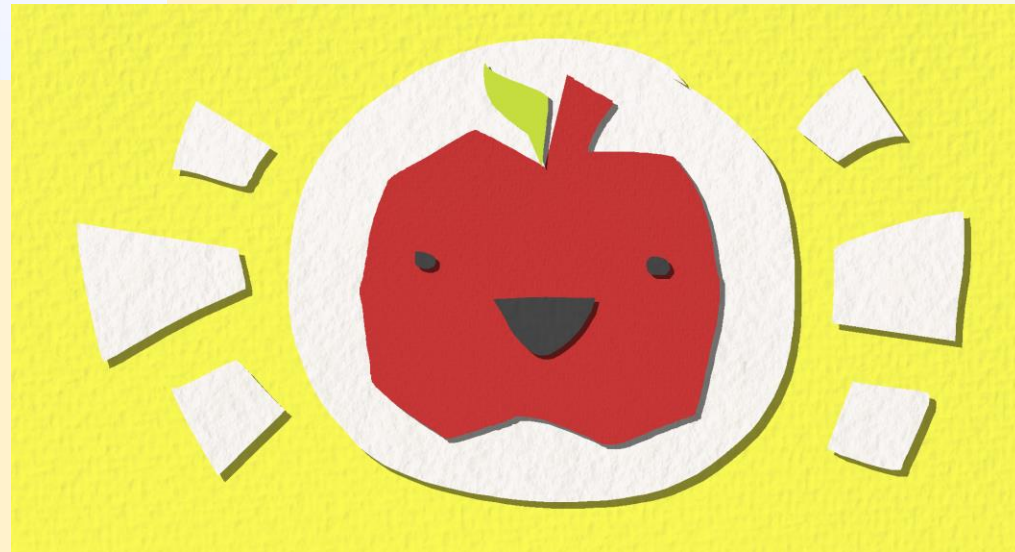


designs

- Cut out animation
- Various food characters
- Paper plate
- Pan with food in
- Could put ingredients together as different meals



concept art



script

A Poor diet is a risk factor for many chronic health conditions, eating a wide range of foods makes sure your body is receiving all the nutrients it needs.

Cooking at home is a way to make sure you are getting a wide range of foods as you are fully in control of the ingredients.

a
You can also get the whole family involved in choosing new ingredients to try.

Be mindful about what you eat, listening to your body when it's hungry and when its full.

Look at what you buy, become aware of what products contain saturated fats, sugar and salt.

There are plenty of guides that can help explain what you need for a balanced diet.

Be sure to drink plenty of fluids and limit sugary drinks as too many are bad for your teeth.

For more information about lifestyle medicine, go to www.haslemerehc.nhs.uk

Understanding healthy eating

Poor diet is a key risk factor associated with many chronic health conditions.

Haslemere Health Centre recommends eating a wide range of foods to make sure you're getting a balanced diet and your body is receiving all the nutrients it needs.

In the UK, recent studies have demonstrated that on average, just over 50% of the food purchased by households is ultra-processed food. This compares with 14.2% in France and 20.3% in Spain.

Lifestyle Medicine suggestions:-

- Cook at Home: Pre-chop vegetables and cook large batches of grains to make healthy choices easy.
- Mindful Eating: Listen to your body's hunger and fullness cues.
- Family Involvement: Cook and eat together, letting kids help choose new produce.
- Awareness of intake: Become more aware of what products contain saturated fats, sugar and salt.
- Drink plenty of fluids: Try to avoid sugary soft and fizzy drinks, as they're high in calories. They're also bad for your teeth.



1 Plate spins into screen, foods separately wiggling around.



2 The foods combine into a rainbow, which gather into an arch that goes across the screen.



3 The rainbow colors fall into the dishes.



4 It transforms into fruits and vegetables, which swirl around in their dishes.



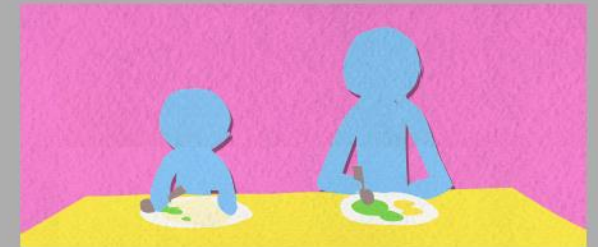
5 Rice and vegetables get tossed in circular motions in the pan.



6 Hard cut to a character who is controlling the pan, making stir fried rice.



7 The character's family walk into frame, and speech bubbles appear over their heads. The parent turns to them.



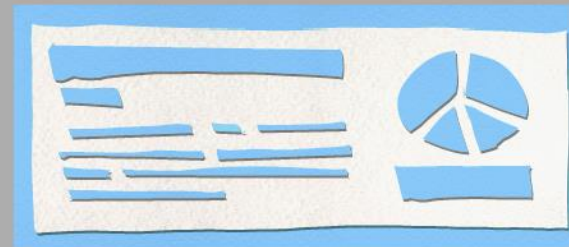
8 Two people sit at dining table together. The child pushes away the remainder of their food, and the parent nods understandingly.



9 Shelf doors open, showing a healthy and unhealthy snack option. A hand appears and picks up the healthy option.



10 Person lays on bed, legs kicking back and forth slowly, watching their laptop while they sip from their drink.



11 Rectangle frame, which turns into a webpage, with graphics and text boxes popping in.



12 Haslemere Healthcare logo endcard with contact details.

