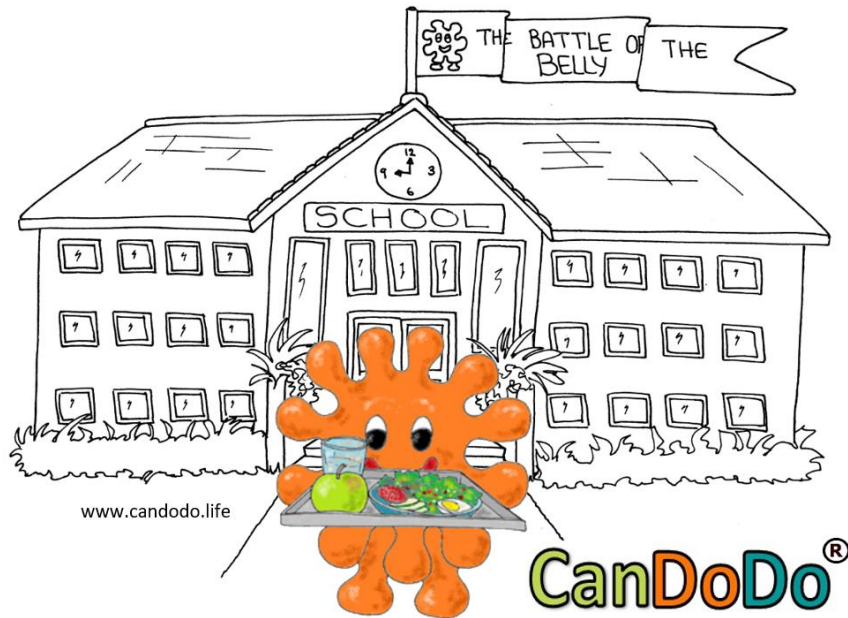


The Battle of the Biome[®]

Wellbeing through Food Awareness

Food Awareness

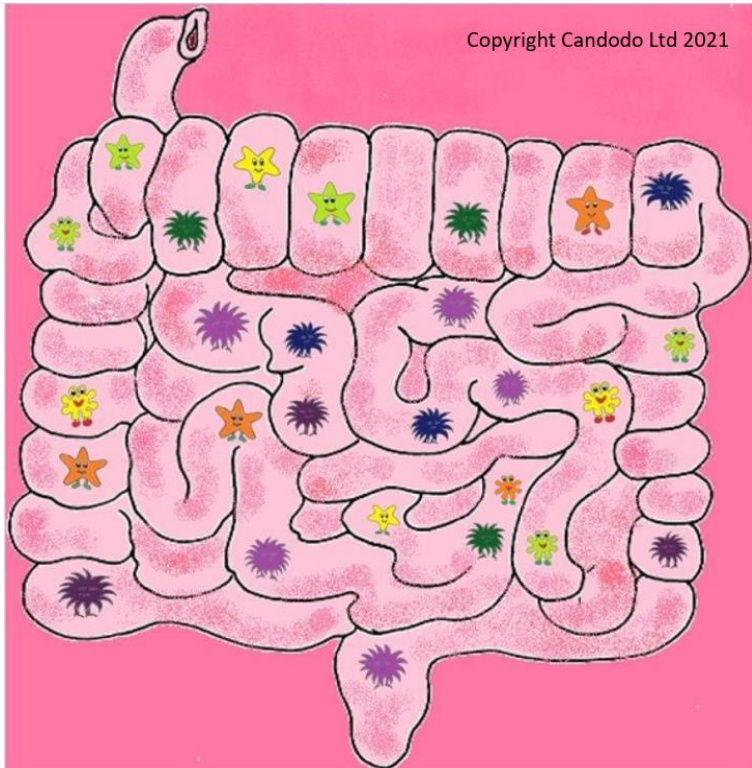
The goal of the Candodo School Programme is to deliver increased food awareness to enable the children to make better choices and nudge healthier habits whilst learning key aspects of the National Curriculum



This is achieved by

- Lesson content aligned to National Curriculum
- A Challenge to develop better choices and nudge healthier habits
- Activities to engage the children to try new things

Gut Microbiome



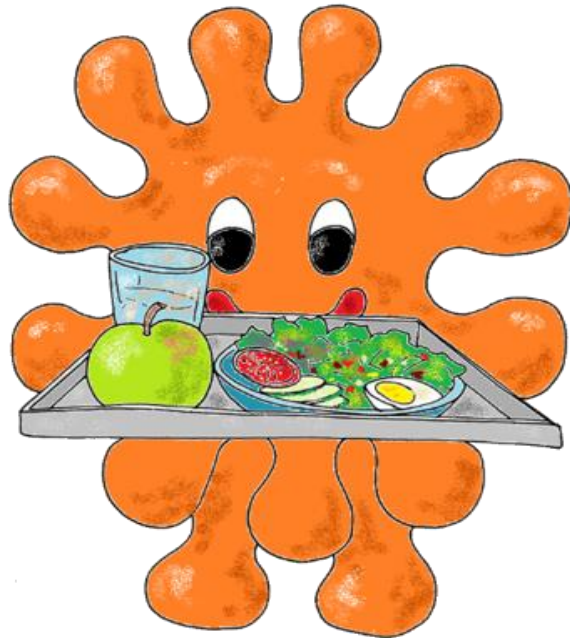
Your microbihome



- You are actually more bacteria than human
- Your gut microbiome controls
 - Your energy levels
 - Mood
 - Concentration
 - Food Cravings
 - Immune System
 - Gut – Brain Axis

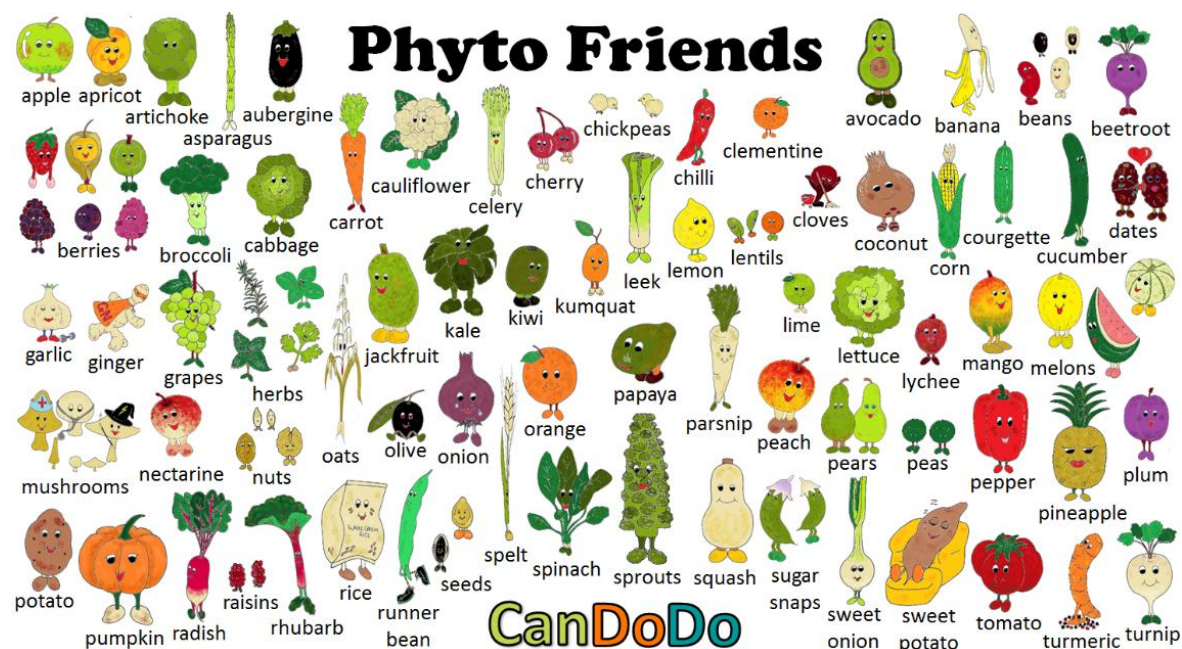
Relevant

- Introduces healthy eating of real foods v ultra-processed foods
- Has latest thinking on Gut Microbiome and links to overall health
- Compliments Science curriculum with age related content
- Positions the battle in context of internal health



Engaging

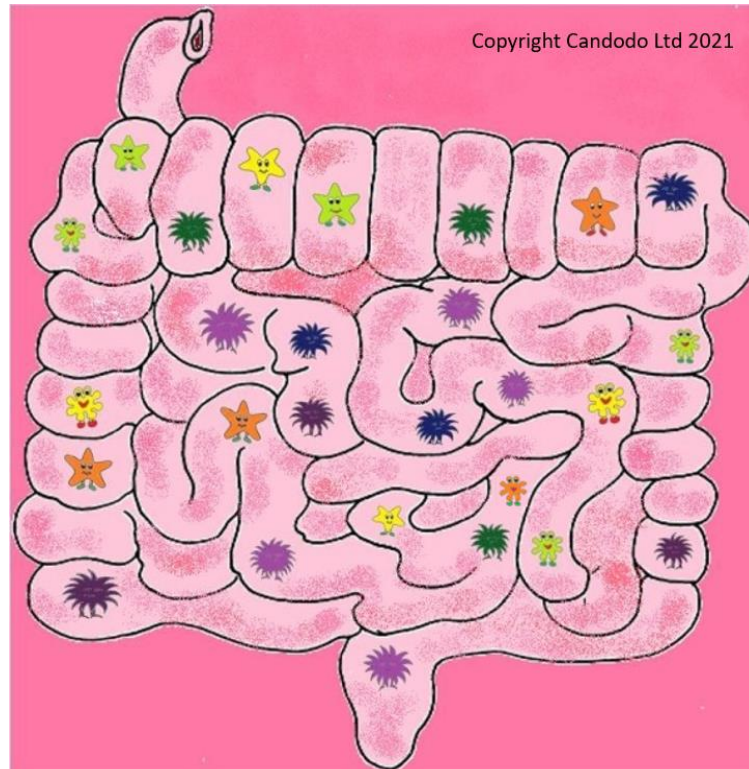
- Uses child friendly characterisation with **Phyto Friends** and the Good / Bad Bacteria
- Helps children question food contents with the Food Detective activities
- The Battle of the Belly challenge keeps the children engaged with the lesson content to apply in school and at home



Everybody needs to
become a Food Detective

Accessible

- Introduces science terminology in an age appropriate and memorable way e.g. *microbihome* – your gut microbiome, the home where the microbes live



Your microbihome

FE

Life Changing

- The Candodo School Programme is more than a box ticking Food Education exercise
- It focusses on establishing healthy habits
- The programme bridges the classroom-home link with the learnings being reinforced over habit forming times at home as well as in the classroom
- An objective is to educate the parents through the children to enable family well being



Content Areas

- Gut Microbiome & Gut Bugs
- Wholefoods – Phyto Friends
- Eat the Rainbow
 - Diversity
 - Colour and class
 - Immunity
- Ultra-Processed Foods
- Encouraging Better Choices
- Nudging healthier habits



- Classroom activity ideas
 - Taste and smell connection
 - Food Detectives
 - Phyte Card activities
 - Homework activity
 - Awards - Certificates
- Gut Bug Challenge!!
 - Battle Board
 - Tracking Sheet

CanDoDo Wellbeing through Food Awareness

Activity	Lesson 1	Lesson 2	Lesson 3	Lesson 4	
Parent Communication	Baseline Activity	Review Activity	Review Activity	Review Activity	
Activity Planning	Microbiome	Eat The Rainbow	Ultra Processed Foods	Taste Testing	
	Gut Bug Challenge	Hold your nose activity	Food Detective with Food Packaging	My Food Journey	Awards & Rewards
Parent Engagement	Table Talk - Microbiome	Table Talk - Phyto Friends	Table Talk – Ultra Processed Foods	Table Talk – Share Success	Questionnaire
Tracking Progress	Daily discussion and record battles won and class target				Final activities include a homework assignment and awards. There is also a short close out questionnaire that each teacher from a participating class needs to complete and also for parents.
Key to the success of the programme is early engagement and support from the parents. The pre project parent communication is key to ensure support for encouraging and providing access to new foods.	Battle Boards created and are to be taken home at end of Lesson 1 with tracking sheets. There are Class templates to record blasting in school that work with different lessons.	Review the activity of the previous week and update the activity sheet. Introduce Eat the Rainbow concept and undertake the Hold Your Nose experiment.	Review activity of previous week and update activity sheet introduce Ultra Processed Foods (UPF's) and undertake activity with packaging to identify UPF's	Taste testing and Kefir tasting as a Blast 2 for something new. Activity templates to help capture food journey during the challenge, option to complete as homework	

Curriculum Mapping



Department
for Education

Statutory guidance

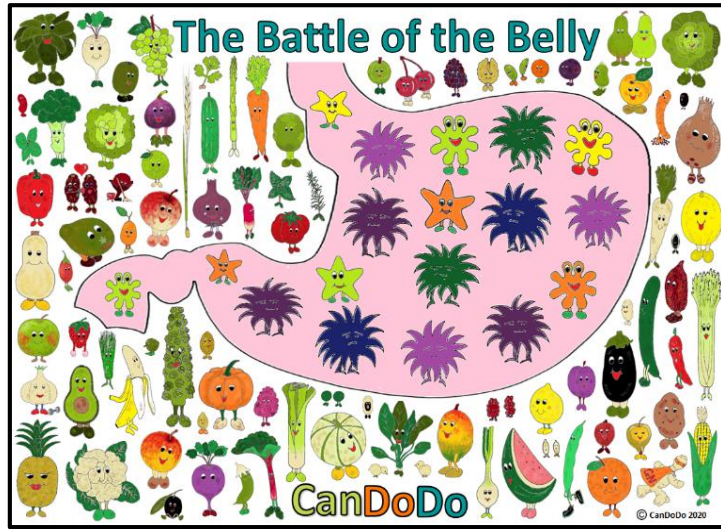
**National Curriculum in England: science
Programmes of Study**



Year	Statutory	Guidance	Candodo
2	describe the importance for humans of exercise, eating the right amounts of different types of food , and hygiene.	what humans need to stay healthy	Understanding of importance of variety of colour and class of foods for health
3	identify that animals, including humans , need the right types and amount of nutrition , and that they cannot make their own food; they get nutrition from what they eat	They might research different food groups and how they keep us healthy	Using Phyte Cards to identify different nutritional properties of food
4	describe the simple functions of the basic parts of the digestive system in humans	They might draw and discuss their ideas about the digestive system	Positioning of Microbiome in digestive system
6	recognise the impact of diet , exercise, drugs and lifestyle on the way their bodies function	Pupils should learn how to keep their bodies healthy and how their bodies might be damaged	Lesson 3 Topic : Ultra Processed Foods and impact on balance of gut bugs and links to health

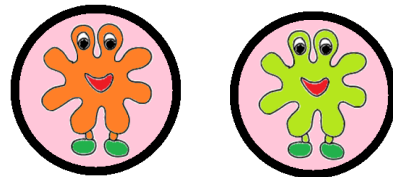
- Delivers key components of human aspects of science curriculum
 - Eating the right amounts of different foods
 - Right types and amount of nutrition
 - Getting nutrition from what you eat
 - Digestive system including microbiome
 - Impact of diet on way bodies function

Gut Bug Challenge!

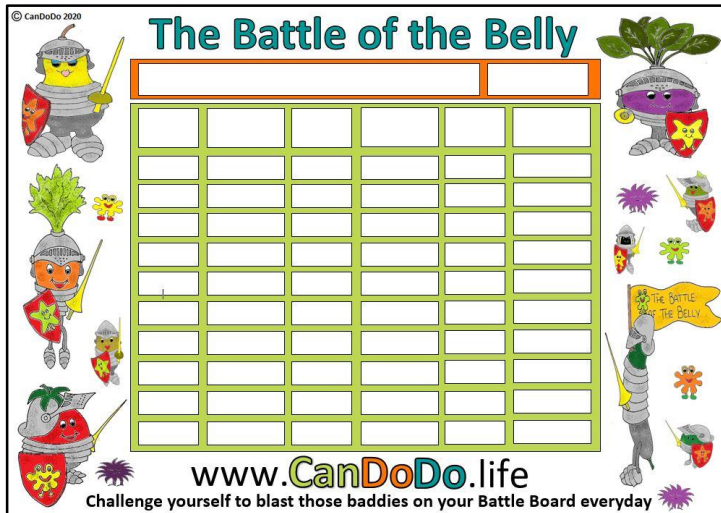


The goal is to win the battle by blasting the ten bad bacteria on the battle board by making healthy choices throughout the day

Cover over the bad gut bacteria with the ten good gut bacteria discs (these are then sent home as fridge magnets to encourage prime positioning when in the home)



The good bacteria discs are assembled in the first lesson using wooden discs, stickers and magnets


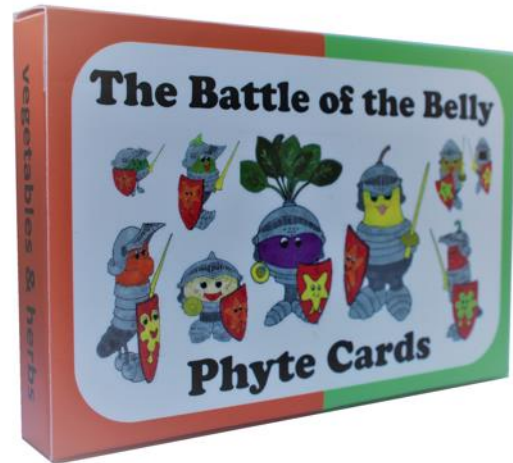


Packs include a reusable laminated tracking sheet for use with a dry wipe pen to record the number of baddies blasted in a day

The tracking sheet can also be used as an extra tool to monitor the rainbow of colours being eaten too

Additional Resources

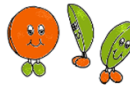
Phyte Cards[®]



Bell Pepper
Family : Nightshade

Phyto Powers	Score
Health Booster	5
Force Field	821
Energy	31
Bone Strength (Calcium)	1
Muscle Power (Protein)	2
Poo Power (Fibre)	6

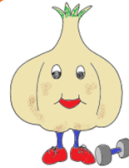
Phyto Fact : great source of **vitamin C** with 100g giving you 213% of your RDA compared with 81% in an orange. Also a good source of plant collagen



Barry the Lentil ★
Family : Pea

Phyto Powers	Score
Health Booster	14
Force Field	7282
Energy	353
Bone Strength (Calcium)	4
Muscle Power (Protein)	44
Poo Power (Fibre)	28

Phyto Fact : rich in iron and folate and an excellent protein source. Contains phytoestrogen too. Lentils are easily digestible and **good for memory**



Gordon Garlic
Family : Allium

Phyto Powers	Score
Health Booster	13
Force Field	5708
Energy	149
Bone Strength (Calcium)	18
Muscle Power (Protein)	11
Poo Power (Fibre)	6

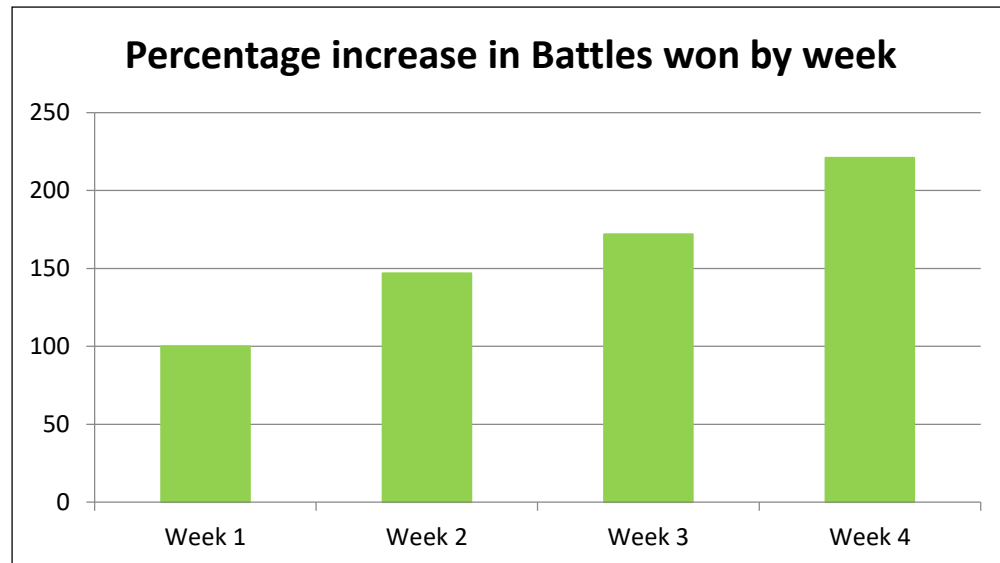
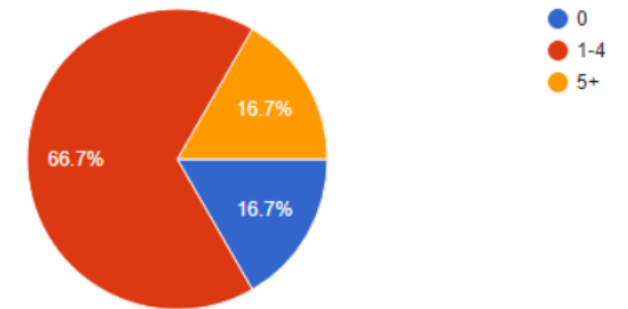
Phyto Fact: a **Phyto Superfood**. It may boost the immune function, detox the body, lower inflammation, and may help regulate blood sugar levels

- Reinforces lesson content with children learning about the Phyto Powers of wholefoods
- 76 Engaging playing cards to help children learn Phyto Facts and Phyto Powers of a range of fruits, vegetables, legumes, fungi, herbs, spices, nuts and seeds.

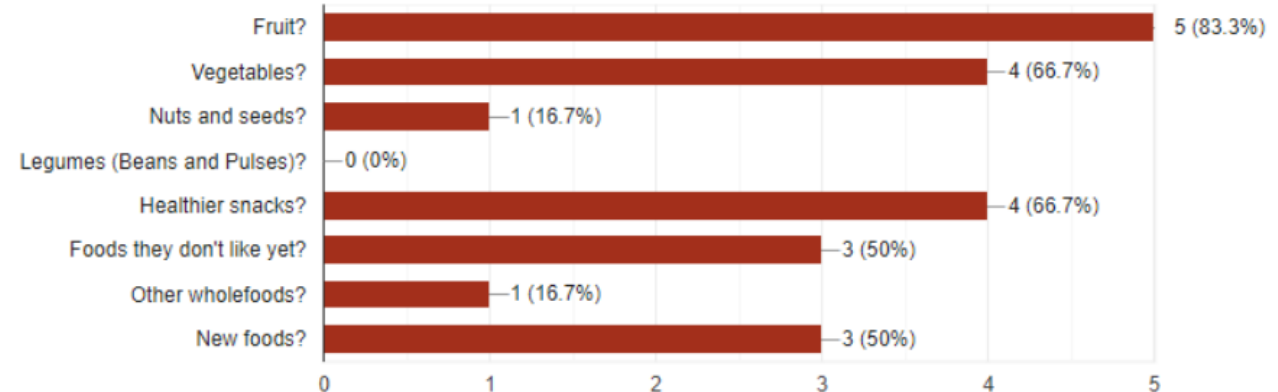
Measuring Impact

- Pupil tracking summary sheets of weekly progress
- Pupil Close out project with individual certificates
- Teacher class tracking sheets of Battles won
- End of Project Parent Questionnaire

How many new foods did they try?



During the challenge has your child eaten more...



Dr Sally Bell Endorsement



Dr Sally Bell
www.drsallybell.com
BMBS BmedSci DrCOG AFMCP
GP and lifestyle medicine
practitioner



Member of Advisory
Board

“The Gut Bug Challenge is an ingenious, accessible and fun tool to help us understand how to look after our gut and help behavioural change.”

“I think it a fantastic education tool for schools but also for parents, health educators and doctors! I fully endorse it from a health perspective.”

Teacher Testimony



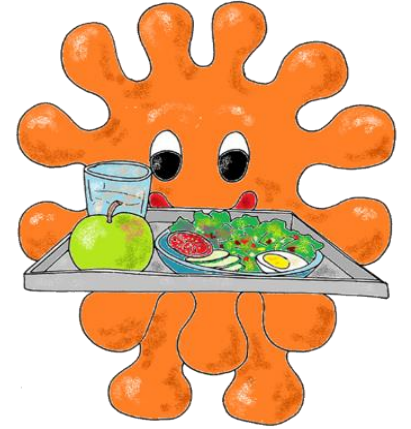
From the moment the children received their Battle Boards and components, they were excited to start! I think that the programme takes a great perspective on not focusing on the outside of the body, but on feeling healthy on the inside. I feel that this is a very sensitive way to address eating habits.

Head of PSHE

I very quickly saw habits changing, such as healthier snacks and more variety of snacks being brought in to school. I equally saw increased concentration amongst the children during the school day. The children were enjoying eating a variety of whole foods, remembering, which colours benefited each part of the body.

Yr 4 Teacher

Parent Feedback

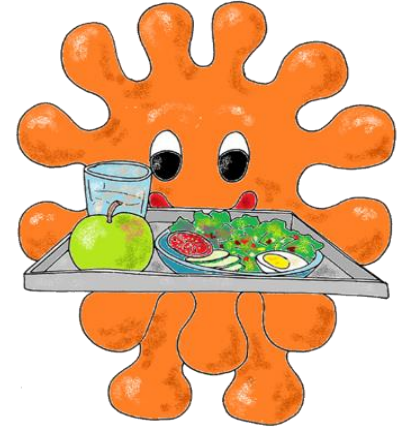


“My child is a healthy eater with the exception of some occasional sweets, she enjoyed the program and was asking to add more different fruits and vegetables. She started eating avocado now😊”

“He has tried new vegetables and mushrooms are now a new favourite!”

“My youngest is asking for baby sweetcorn, apples and carrots in her pack lunch, it clearly works, well done!”

Child Feedback



“I used to go to the treat cupboard when I got in from school but now I go to the fruit bowl”

“ I never really used to like vegetables but I am happy to eat them now”

“I won one battle in my first week but managed to win two in my second!”

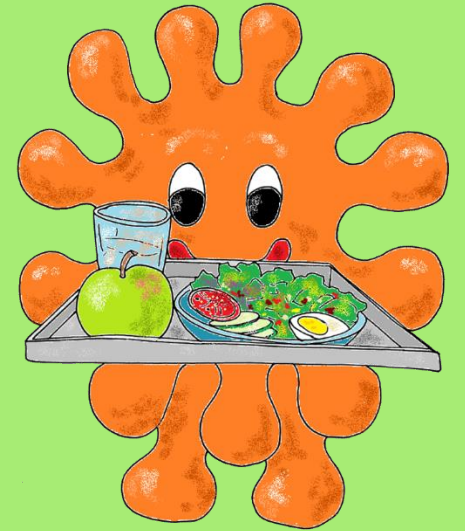
“I had never eaten cauliflower but have tried it now and even made a model of it too, this is fun”

School Challenge

Relevant
Engaging
Accessible
Life Changing

HEALTHY
FOOD

Join the school
CHALLENGE to learn
about the Phyto Powers of wholefoods and
establishing healthy food choices



candodo.life/schools

HEALTHY
SCHOOLS

CanDoDo