

LESSONS REVIEW GUIDE FOR VOLUNTEERS

The Future Well™ Kids programme is designed to empower children around the world and increase their likelihood of living a fuller, healthier life without noncommunicable diseases (NCDs). Through a series of visits to local schools or community organisations, you will deliver a fun and engaging curriculum to students; teaching them healthy habits that can last a lifetime.

This Lessons Review Guide is designed to help you make sure that students end their interactions with you and the curriculum retaining the knowledge they need to make positive changes and practice the habits they have learned. It provides you with the key takeaways needed to reinforce with students after both the required core and any elective visits. This guide is all about helping YOU make the most out of your time with students, so let's get started!

REQUIRED ACTIVITIES

The first three visits for any volunteer include presenting the required core nutrition and core physical activity lessons.

Some volunteers may conclude their visits at this time, while others may choose to present one or more elective activities during subsequent visits. The following Core Key Takeaways are required knowledge for all students, whether they only participate in the required lessons or also experience elective lessons.

VISIT #1	VISIT #2	VISIT #3
● Pre-Student Surveys ○ Evaluate current understanding of NCDs ● Required lesson: ○ <i>What's the Difference?</i>	● Nutrition Core Lesson ● Choose 1: ○ <i>Nutritious Alternatives</i> ○ <i>Planning for a Healthier You</i>	● Physical Activity Core Lesson ● Choose 1: ○ <i>Get Moving</i> ○ <i>Keep It Movin'</i>



CORE KEY TAKEAWAYS

- **Students should know the characteristics of NCDs and how they differ from communicable diseases.**
 - NCDs are *not* infectious or contagious. They develop gradually over time and are often the result of lifestyle choices, like the amount of physical activity a person gets, the food choices they make, and whether they smoke.¹
 - Examples: type 2 diabetes, high blood pressure, heart disease
 - Communicable, or infectious, diseases *are* contagious. They are caused by viruses, bacteria, parasites, or fungi that are spread from person to person by contact with contaminated blood, saliva, mucus (snot), coughing, sneezing, etc., or sometimes through insect bites. Proper sanitation and effective personal hygiene are two of the best ways to reduce the risk of contracting communicable diseases.
 - Examples: COVID-19, the flu, the common cold, measles, etc.
- **Students should know the national recommendations for physical activity and the national nutritional guidelines.**
 - The HSE and Department of Health recommend children and adolescents get 60 minutes (or more!) of moderate to vigorous activity each day to help reduce the risk of developing NCDs.²
 - Most of the 60 minutes should be aerobic activity that increases heart rate and causes you to breathe more heavily (walking, jogging, dancing, competitive sports, etc.).
 - At least three days a week, the 60 minutes should include muscle-strengthening activity (push-ups, sit-ups, weightlifting).
 - At least three days a week, the 60 minutes should include bone-strengthening activity that puts force on bones and encourages them to grow and become stronger (walking, jumping rope, lifting weights, hurling or camogie, gymnastics).
 - The HSE's Healthy Food for Life guidelines use the Food Pyramid³ to group everyday foods and recommend balanced portions from each shelf, while also advising that added sugar, salt, and saturated and trans fats should be limited in line with World Health Organization recommendations.⁴
 - The five everyday food shelves are: fruits and vegetables; wholemeal cereals and bread; potatoes, pasta and rice; milk, yoghurt and cheese; lean meat, poultry, fish, eggs, beans and nuts; fats, spread and oil.
 - It is recommended that foods high in fat, sugar and salt, such as crisps, chocolate and sugary drinks, be consumed only once or twice a week.

¹ <https://www.hse.ie/eng/about/who/healthwellbeing/healthy-ireland/publications/healthy-ireland-in-the-health-services-implementation-plan-2015-2017-2-.pdf>

² <https://www.hse.ie/eng/about/who/healthwellbeing/our-priority-programmes/heal/heal-docs/lets-get-active-guidelines.pdf>

³ <https://assets.hse.ie/media/documents/food-pyramid-simple-version.pdf>

⁴ <https://assets.hse.ie/media/documents/food-pyramid-simple-version.pdf>

- **Students should know that the two most important lifestyle choices they can make to reduce their risk of developing certain NCDs are to make nutritious food choices and get enough physical activity.**

ELECTIVE VISITS

Any visits past the first three required ones are elective, and volunteers can choose from a list of curated activities to further engage students in living fuller and healthier lives. Volunteers should not deviate from the designated electives without prior approval from the Global Citizenship programme manager.

Whether students encounter elective lessons or not, they should be proficient in the Core Key Takeaways at the conclusion of their time interacting with the Future Well™ Kids programme. Below are some Additional Takeaways that may be relevant to your group of students, depending on the elective lessons you chose to present.

VISIT #4 AND BEYOND

Choose from 9 Elective Lessons

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| <ul style="list-style-type: none"> ● Nutrition Focus <ul style="list-style-type: none"> ○ <i>The Mystery of the Hidden Sugars (Kit)</i> ○ <i>Supermarket Smart</i> ○ <i>Design Innovation (Kit)</i> | <ul style="list-style-type: none"> ● Physical Activity Focus <ul style="list-style-type: none"> ○ <i>NCDs Ninja</i> ○ <i>Heart Pumping Theatre</i> ○ <i>Staying Healthy While Staying Connected</i> | <ul style="list-style-type: none"> ● Other Health Topics <ul style="list-style-type: none"> ○ <i>Stress Out!</i> ○ <i>Bedtime!</i> ○ <i>Keep Your Heart Pumping (Kit)</i> |
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ADDITIONAL TAKEAWAYS

- **The World Health Organization recommends limiting added sugars.**
 - Consuming too much added sugar can result in high blood pressure, obesity, inflammation, and blood sugar spikes.
 - More nutritious whole foods often contain fibre that helps slow digestion and reduce blood sugar spikes.
 - According to a report by the Food Safety Authority of Ireland (FSAI), we should try to limit our intake of added sugars to 10% of daily energy, which equates to roughly 25–50g a day.⁵
- **Knowing how to read and understand ingredients lists and nutrition labels can empower you to make the most nutritious food choices possible.**
 - Whole, unpackaged foods are generally healthier food choices because they are not processed and retain naturally occurring nutrients.
 - The closer an ingredient is to the beginning of the ingredients list, the more that ingredient is in the food.



⁵ https://www.fsai.ie/getmedia/be0e5ec0-c1ce-40b9-8f66-51bb834bac44/10507_fsai_healthy-eating-guidelines-accessible-fai.pdf

- Students should pay special attention to the servings per container, so they know exactly what they are consuming.
- Children's energy needs vary depending on age, size and activity level. The HSE's Food Pyramid provides serving guidance for each of the different food groups to support healthy growth.
- Consuming trans and saturated fats or high levels of sodium can increase your risk of developing NCDs.
- Students should try to eat complex carbohydrates and whole grains to limit the amount of added sugar in their diets.
- **Extended periods of stress can drastically increase a person's risk of developing heart disease.**
 - Stress can increase heart rate, put strain on the cardiovascular system, and raise blood pressure.
 - Managing stress can be as important as managing diet and exercise.
 - Regulating your breath or redirecting your thoughts can help you relax and reduce your stress.
 - Students can manage stress, anxiety, and worry with calming strategies like square breathing, relaxation techniques, and visualisation.
- **Regularly getting enough sleep can help reduce the risk of developing NCDs.**
 - Sleep can help a person learn and remember more and be happier.
 - The health benefits of sleep are lower blood pressure, more energy, and strong immune systems.⁶
 - Lack of adequate sleep can increase the likelihood of developing NCDs.
 - Sleep quality can be affected by external factors such as bright lights, blue light exposure, feelings of safety and comfort, or medication and caffeine intake.
 - Internal factors that can affect sleep quality are body aches or injuries, illness, and anxiety or stress.



⁶ <https://www.webmd.com/sleep-disorders/benefits-sleep-more>