

# Maritime Wellbeing

# Building Healthy

# Habits **Nutrition**

## Facilitator guide



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# For ship managers

## SUPPORTING POSITIVE CHOICES

Providing crew members with tips and resources for maintaining healthy eating habits is just as important as it is for them to look after their own health and wellbeing at sea and ashore.

Without positive involvement and encouragement from ship managers, seafarers may not have the opportunity to adopt healthy eating habits. Ship managers have the opportunity to influence crew knowledge and capability, as well as set expectations for ordering stores that will dictate what food is available onboard.

Click on the links below for more information and actions ship managers can take to provide seafarers with the opportunity to adopt healthier habits that will make a difference to their health and wellbeing.

- [Guidelines for healthy food onboard merchant ships](#)
- [SHIP: Healthy Food](#)
- [Food safety](#)



# Facilitators

Thank you for becoming a facilitator and a champion for this subject. We hope you enjoy it.

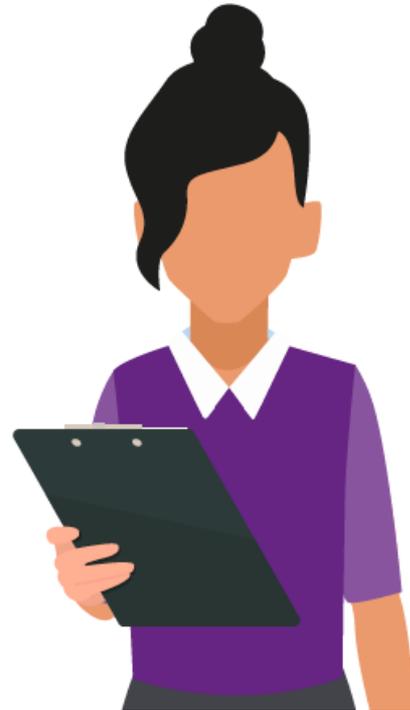
The aim of this programme is that everyone learns together, sharing experiences and learning from one another's point of view.

This guide contains some activities to help people understand what a healthy diet is and why it is important, how they can make healthy eating choices, as well as how eating a balanced diet can help with other areas of health.

Sections of this programme can be completed at different times but should ideally be completed in the order shown in the index.

## PREPARATION

- Read through the programme and activities in the handout before you deliver them, so you understand what it is about, any examples you could use and what you need to set up the session. You may want to divide subjects into separate, shorter sessions.
- Each person needs a copy of the participant workbook, which gives participants space to write down their own notes and ideas.
- Find a room/area big enough to hold these sessions.
- This is a group activity so make sure you have at least two people taking part. Groups larger than 12 should be split, as it is easier to have conversations in smaller groups.



- You will need chairs for all participants and a few tables. There should be enough space for people to split into pairs or small groups to discuss the activities. Try to keep the session in one room – you will lose valuable time if people are moving in and out of multiple rooms.
- Make sure you have the equipment you need for the session such as pens, post-it notes, flip chart etc.

## RUNNING THE SESSION

- Deliver a short safety brief at the beginning of each session: familiarise yourself with alarm procedure and emergency numbers and review the evacuation floor plan for emergency exits and muster points.
- Check whether all participants know one another and if not, hold a brief introduction session where each person gives their name and function. You could make it more informal by asking each person to give a fun fact about themselves, etc.
- Confidentiality: remind participants that personal information may be shared in these sessions. It is important that everyone respects each other's confidentiality and does not share personal or sensitive information outside the sessions.
- In some sections, the participants can read along with you using their activity booklet.
- Ensure you are aware of the support systems available before you begin. If you feel that conversations are something you are unable to deal with or you find out that a person needs more help, you will then be able to help participants in seeking support.

## TOP TIPS

- Present with passion
- Be enthusiastic and supportive of the programme;
- Listen and don't talk too much yourself
- Be open and interested (ask open-ended questions);
- Read this guide, the programme material and the activities beforehand.
- Give yourself enough time to prepare to facilitate each subject in this programme and make a note of any good examples you can share from your own experiences.

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# Why is nutrition important





# 1.1 Food memories

## READ

Let's start with an activity.

If you turn to page 4 of your guide, you'll see there is a box for you to reflect on the memories you have of food and eating.

Food memories can be powerful. They are particularly strong when the sense of smell, taste, sight, sound and touch are combined.

Spend two minutes writing down any memories you have of food, good or bad.

## GIVE PARTICIPANTS APPROXIMATELY 2 MINUTES TO COMPLETE THE ACTIVITY

We need to fuel our bodies properly if we want to be physically and mentally fit and healthy. You have probably been encouraged to eat healthily by your elders since you were a child. Perhaps they told you that some foods would make you grow stronger, taller or smarter.

## ASK PARTICIPANTS TO SHARE SOME OF THEIR MEMORIES

## PAGE 4



人如其食 **Εἶστε ὁ, τι τρώτε**  
KESIHATAN BERMULA DENGAN PEMAKANAN  
**YOU ARE 人如其食**  
**WHAT YOU EAT**  
ANDA ADALAH APA YANG ANDA MAKAN  
JE BENT WAT JE EET  
DER MENSCH IST, WAS ER IßT  
जेसा खाओगे अनून वैसा रहेगा मन।  
**IKAW AY KUNG ANO ANG KINAKAIN MO**  
KHUN KIN ARIA KHUN KOR PEN BAB NAN  
人如其食 JE BENT WAT JE EET

Write down below what you remember most about food from your childhood (good or bad!).

We need to fuel our bodies properly if we want to be physically and mentally fit and healthy. You have probably been encouraged to eat healthily by your elders since you were a child. Perhaps they told you that some foods would make you grow stronger, taller or smarter.

Napoleon, one of the world's most well-known 17th century military leaders, strongly believed that "an army marches on its stomach". Just like soldiers, we all perform at our best when we are well fed.

Complete the quick quiz on the next page to see how much you already know about nutrition.

# 1.2 Quick quiz

## READ

### Did you know?

Napoleon, one of the world's best-known 17th century military leaders, strongly believed that "an army marches on its stomach".

Just like soldiers, we all perform at our best when we are well fed. On page 5 there is a quick quiz with 10 questions to help you get a sense of what you already know about the importance of nutrition!

Take 5 minutes to answer the questions

Don't worry if you don't know the answers. We will cover all of the answers as we go through the different sections of this programme.

**GIVE PARTICIPANTS APPROXIMATELY 5 MINUTES TO COMPLETE THE QUIZ WHEN EVERYONE HAS COMPLETED THE ACTIVITY READ**

Okay. Keep your answers safe and we will come back to them as we go through the different sections.

Today, let's get started by looking at how eating healthy can help you. Turn to page 6.

## PAGE 5

### 1.2 Quick Quiz

#### How much do you know already about the importance of nutrition!?

Take a few minutes to complete the quiz below.

- 1. True or false:**  
To eat healthily you should never eat bread or cake again, and only eat green vegetables?
- 2. True or false:**  
Eating well can help us manage our emotions?
- 3. Which of the following are proteins?**  
a. nuts & seeds  
b. eggs  
c. lentils & beans  
d. mangoes  
e. yogurt
- 4. How do you know roughly how much of each food type to eat?**  
a. I just know!  
b. By measuring the weight of each ingredient  
c. By using a simple guide like your hand
- 5. Which of the following are mainly carbohydrates?**  
a. rice  
b. pasta  
c. wholemeal bread  
d. citrus fruit
- 6. True or False:**  
Before going on watch it is best to eat a big meal, so you are not hungry whilst at work?
- 7. True or False:**  
Regularly getting a good night's rest helps you eat more healthily.
- 8. Approximately how much water do you think you should drink each day?**  
a. a small glass with each meal  
b. none, I prefer fizzy drinks  
c. 1.5 litres maybe more if it's hot
- 9. Which of the following statements about eating and exercise are true?**  
a. Don't eat anything in the hour before exercise because you may get a stomachache  
b. You should eat a big meal 2 hours before exercise, so you don't run out of energy  
c. Anyone doing exercise needs to have special sports nutrition  
d. Hydration is not important whilst you are exercising, only that you are working hard!  
e. None of the above
- 10. True or False:**  
Choosing the right foods and regularly eating well can help us think clearly and be more alert.

Answers to this quiz will be covered in the different sections of this programme, see if you can spot them!  
(Answers can also be found on page 25)

# 1.3 How does healthy eating help me?

**READ** (Participants can read along in the guide)

**Food is fuel for your physical health.**

In your workbook, there are five statements about ways that eating healthily can help our bodies. Take a moment to tick the options that you think are correct. Tick as many as you like.

Eating well:

- Boosts immunity
- Protects our bodies against certain types of diseases, such as obesity, diabetes and heart disease
- Helps prevent some types of cancer and bone conditions
- Helps keep our teeth healthy
- Helps keep our bodies a healthy weight

**GIVE PARTICIPANTS APPROXIMATELY 2 MINUTES TO COMPLETE THE ACTIVITY**

**WHEN EVERYONE HAS COMPLETED THE ACTIVITY READ**

All of them are true.

Good food choices and healthy, balanced meals can help manage our weight and prevent disease. Eating the right things can improve our health and help our bodies respond better when we are ill.

**PAGE 6**

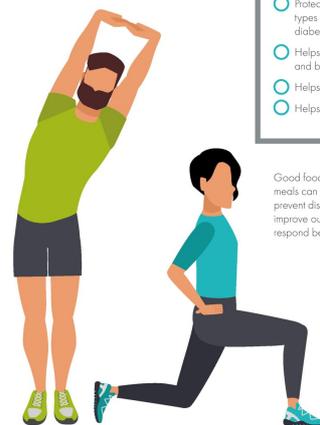
**1.3**  
How does healthy eating help me?

**Fuel for your physical health**

Tick which of the following are ways that eating healthily can help our bodies. Eating well....

- Boosts immunity
- Protects our bodies against certain types of diseases, such as obesity, diabetes and heart disease
- Helps prevent some types of cancer and bone conditions
- Helps keep our teeth healthy
- Helps keep our bodies a healthy weight

Good food choices and healthy, balanced meals can help manage our weight and prevent disease. Eating the right things can improve our health and help our bodies respond better when we are ill.



Page 06

# 1.3 How does healthy eating help me?

## READ

Food is fuel for your mental health and it's linked to your mood. Research suggests that the food we eat can help with how we cope with our feelings, for example dealing with anxiety.

Think about the scenarios on page 7 and take a few minutes to write down what you like to eat. When you have finished boxes 1, 2 and 3, compare your answers with the person sitting next to you, and fill in the fourth box together.

## GIVE PARTICIPANTS APPROXIMATELY 5 MINUTES TO COMPLETE THE ACTIVITY

### WHEN EVERYONE HAS COMPLETED THE ACTIVITY READ

How we feel can influence what we eat, and we don't always make good choices.

For example, when we're feeling stressed or sad, or when we're busy, we might eat too much or too little.

We might also be more likely to eat snacks or fast food, which are often very high in sugar, salt, or bad fat. We like to eat them because they trigger the parts of our brain that are linked to reward and pleasure.

This makes them highly addictive and can mean we eat more than the recommended amounts of sugar, salt, bad fat, and calories.

## PAGE 7

### Fuel for your mental health

#### Food is linked to your mood!

Research suggests that the food we eat can help with how we cope with our feelings<sup>1</sup>, for example dealing with anxiety.

How we feel can sometimes influence what we eat, and we don't always make good choices.

For example, when we're feeling stressed or sad, or when we're busy, we might eat too much or too little. We might also be more likely to eat snacks or 'fast food'. These foods are often very high in sugar, salt, or bad fat and we like to eat them because they trigger the parts of our brain that are linked to reward and pleasure.

This makes them highly addictive and can mean we eat more than the recommended amounts of sugar, salt, bad fat, and calories.

Studies have shown that eating lots of these foods is particularly bad for our health, as it increases the risk of many diseases (e.g., diabetes, heart diseases, obesity).

If we slowly reduce the amount of these foods that we eat, or replace them with healthier alternatives, we can begin to change the way our brains work. This helps reduce how much we want them.

 Write down some example foods that you like to eat when:

1. You are sad or stressed
2. You have been working hard
3. You are relaxing with friends or family at home

Compare this with the person sitting next to you. What do you notice about the foods you eat when you don't feel good?



Studies have shown that eating lots of these foods is particularly bad for our health, as it increases the risk of many diseases (e.g. diabetes, heart diseases, obesity).

If we slowly reduce the amount of these foods that we eat, or replace them with healthier alternatives, we can begin to change the way our brains work. This helps reduce how much we want them.

# 1.3 How does healthy eating help me?

**READ** (Participants can read along in the guide)

Choosing the right foods can help us be safe.

Who thinks this statement on page 8 is false?

## ASK FOR A SHOW OF HANDS

And, who thinks it is true?

Well, the answer is in fact true. Can someone who answered 'true' please share with the group why they think that choosing the right foods can indeed help keep us safe?

## ASK ONE OR TWO PARTICIPANTS TO SHARE

### WHEN YOU ARE READY CONTINUE TO READ

Those are good reasons.

Food can be fuel for energy and focus. A healthy, well-balanced diet can:

- Help us think clearly and feel more alert
- Help improve our concentration and attention span
- Help us sleep better
- Help prevent fatigue, poor decision-making and slower reaction times

## PAGE 8

### Fuel for energy and focus

**True or False?** Choosing the right foods can help us be safe. (See next page)

Research suggests that regularly eating food with the right nutrients will help keep our brains healthy and improve certain mental tasks, like our ability to concentrate. Choosing the right foods can also help us have higher levels of energy throughout our day.

Good levels of energy and a healthy brain can help us with how we feel but importantly, can also help us be more productive and **be safe** by being more attentive at work.

#### Choosing the right foods can help us be safe.

A healthy, well-balanced diet can

- help us think clearly and feel more alert
- help improve concentration and attention span
- help us sleep better
- help prevent fatigue, poor decision-making, and slower reaction times



Page 08

Research suggests that regularly eating food with the right nutrients will help keep our brains healthy and improve certain mental tasks, like our ability to concentrate.

Choosing the right foods can also help us have higher levels of energy throughout our day.

Good levels of energy and a healthy brain can help us with how we feel but importantly, can also help us be more productive and be safe by being more attentive at work.

# 2

## What is a healthy eating habit?



# 2.1 Healthy vs unhealthy foods

**READ** (Participants can read along in the guide)

Now you know some of the short- and long-term benefits of regularly eating food that is good for your physical and mental health, and which can also help you to stay safe. Let's look at the next section: healthy eating habits and how to build them.

Turn to page 10 of the guide and spend a few minutes making two lists: one list of foods you think are healthy, and another list of foods you think are unhealthy.

## GIVE PARTICIPANTS 2 MINUTES TO COMPLETE THE ACTIVITY THEN ASK TWO OR THREE PEOPLE TO SHARE ITEMS ON THEIR LISTS

Those are some good examples and we will go into more detail on healthy and unhealthy foods in the next section where we will talk about the five food groups.

Before we do that, turn back to the quick quiz you did on page 5. Look at your answer to the first question: To eat healthy you should never eat bread or cake again, and only eat green vegetables.

Who said this statement is false?

## PAGE 10



Now you know some of the short- and long-term benefits of regularly eating food that is good for your physical and mental health, and which can also help you to stay safe.

Name some types of food that you think are healthy	Name some types of food you think are unhealthy

Page 10

## ASK FOR A SHOW OF HANDS

You are correct. This is false. To eat healthily, you don't need to avoid certain types of food or limit yourself to one food group.

However, the stores you get on ship will not always be the same and not everything you like will always be available. So, it is important to know what types of food promote wellbeing so that you can make a healthy eating habit through simple, everyday choices.

# 2.2 What should I eat?

## READ

So what should we be eating?

Turn to page 11 of your workbook. Different foods have different nutrients in different amounts but they can be divided into five main groups.

Think about what you had to eat and drink yesterday. Place each food or drink into the appropriate box on the right-hand side of the page: Grains, Vegetables, Fruits, Milk and Cheese, and Lean Meat and Poultry. If you're not sure where an item should go, there is some more help on the next page.

**GIVE PARTICIPANTS APPROXIMATELY 5 MINUTES TO COMPLETE THE ACTIVITY**

**WHEN EVERYONE HAS COMPLETED THE ACTIVITY READ**

Looking at your own list, think about the following three questions:

- Which section or sections did you eat the most food from?
- Which section or sections did you eat the least foods from?
- How many glasses of water did you drink?

Does anyone want to share their answers?

**ASK PARTICIPANTS TO SHARE THEIR ANSWERS AND DISCUSS AS A GROUP**

## PAGE 11

**2.2**  
What should I eat?

Think about what you had to eat and drink yesterday. In this Buffet Exercise, write it in the appropriate blocks in the right hand column. (If you are not sure where your food items should go, there is some more help on the next page).



Grains
Vegetables
Fruits
Milk, yoghurt, cheese and/or alternatives
Lean Meat and Poultry, fish, eggs, tofu, nuts, seeds and legumes/beans

Which sections did you eat the most foods from?      Which sections did you eat the least foods from?      How many glasses of water did you drink?

# 2.3 How much should I eat?

## READ

Now that we've looked at the five food groups, it's important to remember that for a balanced diet you should eat foods from all of these groups.

As well as paying attention to what you eat, it's important to look at how much you eat.

Look back at the circle diagram on page 11. Notice that some segments are larger than others. This indicates roughly the amount of each group that we should eat each day in total – the bigger the segment, the more of these foods you should eat compared to the others. For example, eat more vegetables than fruit, more grain than meat or fish.

Take a moment to read through the types of food we need to eat more of and less of on page 13 of your workbook.

## GIVE PARTICIPANTS APPROXIMATELY 2 MINUTES TO READ THROUGH THE COPY

Now we've read about the types of food we need to eat more of and less of, let's share some ideas on how we normally decide how much of a certain food to eat.

## ASK ONE OR TWO PARTICIPANTS TO SHARE THEIR THOUGHTS AND DISCUSS AS A GROUP

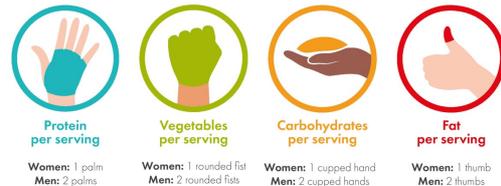
There is a very easy technique you can use next time you sit down to a meal to judge how much to eat. Let's go to page 14.

## PAGE 14

### 2.3

### How much should I eat?

Next time you have a meal there is a very easy measurement you can do just using your hand\*:



Page 14

\*Taken from <https://www.precisionnutrition.com/>. For more information [click here](#).

If you look at the four pictures at the top of the page, you'll see you can use your hand to measure how much protein, vegetables, carbohydrates – also known as carbs – and fats you should be eating at each meal.

For women, it's one palm-sized portion of protein, one rounded fist of vegetables, a cupped handful of carbs and a thumb-sized serving of fats.

Men need slightly bigger portions: two palm-sized portions of protein, two rounded fists of vegetables, two cupped handfuls of carbs and two thumb-sized servings of fat.

Let's think back to your last meal. Using these hand measurements, which foods should you have had more or less of, or were the portion sizes right.

## GIVE PARTICIPANTS APPROXIMATELY 2 MINUTES TO COMPLETE THE ACTIVITY

# 2.4 Keep hydrated

## READ

What we drink is as important as what we eat. About 60% of our body is water and we need to drink enough to make sure our organs function properly.

What happens when you don't drink enough? How do you feel?

## ASK ONE OR TWO PARTICIPANTS TO SHARE THEIR THOUGHTS

Hydration is essential for:

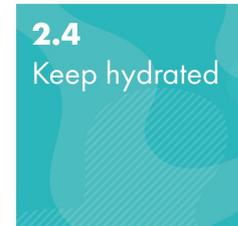
- keeping energy levels high and our brain functioning
- carrying nutrients and oxygen around the body
- removing waste from the body
- normalizing blood pressure
- supporting joints
- protecting organs and tissues
- regulating body temperature

Does anyone know how much should we be drinking per day?

## ASK ONE OR TWO PARTICIPANTS TO SHARE THEIR ANSWERS

The correct answer is 1.5 litres, although you may need to drink a bit more if you're dehydrated.

## PAGE 15



**\* how much is enough? About 1.5 litres per day but drink more if urine appears dark when you go to the toilet. See the colour chart in the appendix for more detail.**

What we drink is as important as what we eat. About 60% of our body is water, so we need to drink enough of it to make sure our bodies can work!

Read the following summary:

### Hydration is essential

- Keeping energy levels high and our brain functioning
- carrying nutrients and oxygen around the body
- being able to go to the toilet
- removing waste from the body
- normalizing blood pressure
- supporting joints
- protecting organs and tissues
- regulating body temperature

Page 15

## HOLD UP THE COLOUR CHART FROM THE APPENDIX

You can tell this by looking at the colour of your urine: the darker it is, the more you need to drink.

# 2.4 Keep hydrated

## READ

Turn to page 16 and spend the next few minutes matching the four statements at the top with the correct information below.

## GIVE PARTICIPANTS APPROXIMATELY 2 MINUTES TO COMPLETE THE ACTIVITY

## WHEN EVERYONE HAS COMPLETED THE ACTIVITY READ

Would someone like to share their answers?

## ASK ONE OR TWO PARTICIPANTS TO SHARE THEIR ANSWERS

Let's see whether your answers match the correct answers.

1. Eat some spicy food. Even though chili can make you feel warm, it can also help to lower your body temperature. It 'tricks' your brain into thinking the body is overheating causing you to sweat, which helps cool you down.

2. Eat fruit and vegetables that contain lots of water. These help you stay hydrated. Examples include cucumber, celery, sweet peppers, lettuce, bok choy, watermelon, pineapple and berries.

3. Drink plenty of water. Staying hydrated is one of the best things you can do for your body and mind!

4. Eat some salty foods. Foods such as olives and pickles are a good for giving you energy and maintain your body balance.

## PAGE 16

### What about when it's hot?

 Match up these 4 statements about what to do when it's hot, then read the information below:

1. Eat some spicy food	3. Drink plenty of water
2. Eat fruit and vegetables that contain lots of water	4. Eat some salty foods

---

<input type="checkbox"/> Foods such as olives and pickles are a good for giving you energy and maintain your body balance	<input type="checkbox"/> Even though chili can make you feel warm, it can also help to lower your body temperature. It 'tricks' your brain into thinking the body is overheating causing you to sweat, which helps cool you down.
<input type="checkbox"/> These help you stay hydrated (e.g., cucumber, celery, sweet peppers, lettuce, bok choy, watermelons, pineapples, berries)	<input type="checkbox"/> Staying hydrated is one of the best things you can do for your body and mind!

During summer or in hot climates, working in outdoor areas on the ship or in the engine room can be hard and often involves a lot of sweating!

Sweating helps to cool the body down but when we sweat, we lose water and electrolytes (e.g., 'salts' such as sodium chloride and potassium).

For our bodies to be able to work properly, we need the right balance of water and electrolytes.

Fuelling up on enough water and proper food to help our bodies get the right balance helps maintain our energy levels and keep us healthy.



Page 16

It's especially important to stay hydrated in hot conditions such as during summer, in hot climates and working in a ship's engine room.

Sweating is the body's way of cooling down, but it also means we lose water and electrolytes or 'salts' such as sodium, chloride and potassium.

For our bodies to work, we need the right balance of water and electrolytes.

Fuelling up on enough water and proper food to help our bodies get the right balance helps maintain our energy levels and keep us healthy.

# 2.4 Keep hydrated

Let's look a bit closer at how you can build healthy habits onboard.

Turn to page 17 and complete the activity. You may need to refer back to the Buffet Exercise you completed on page 11.

**GIVE THE PARTICIPANTS 2 TO 3 MINUTES TO COMPLETE THE ACTIVITY**

**WHEN EVERYONE HAS COMPLETED THE ACTIVITY READ**

Let's take a few moments to chat through your thoughts. What ideas do you have for changes that could be implemented onboard this vessel?

**ASK ONE OR TWO PARTICIPANTS TO SHARE THEIR ANSWERS**

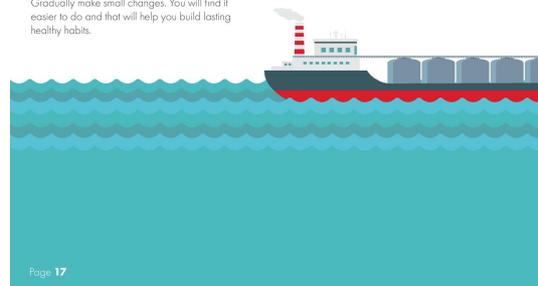
Those are all great ideas. The key is to gradually make small changes. You will find it easier to do and that will help you build lasting healthy habits.

## PAGE 17

### Building healthy habits onboard

The activity card is titled '2.2 What should I eat?' and includes a circular food pyramid diagram. The diagram is divided into five colored sections: purple (top), red, yellow, green, and blue (bottom). Each section contains icons of various food items. To the right of the pyramid is a table with four rows and two columns. The first row is orange and labeled 'Grains'. The second row is green and labeled 'Vegetables'. The third row is red and labeled 'Protein'. The fourth row is purple and labeled 'Dairy and healthy fats, oils, nuts'. Below the pyramid are three text boxes for reflection: 'Think about what you had to eat and drink yesterday... In the buffet exercise, you had to eat and drink certain foods. If you are not sure what you had to eat and drink, there is some more help on the next page!', 'Which sections did you eat the most from?', 'Which sections did you eat the least from?', and 'How many glasses of water did you...'. The card also includes a small icon of a water bottle and a page number '17' at the bottom right.

Gradually make small changes. You will find it easier to do and that will help you build lasting healthy habits.



# 2.5 What to eat and when

## READ

Planning what you eat when is as important as making sure you eat a balanced diet and drink plenty of water. Eating certain foods at the right times can make a difference in how you feel.

Eating the wrong things at the wrong time when preparing for work or while on watch can be bad for your health. It can make it hard to get to sleep and to stay awake. It can make you feel sick and cause digestive problems. And it may put you at higher risk of becoming overweight or developing heart troubles.

Let's look in more detail at what you should eat and when, and how much should you eat.

Go back to page 11 and the list you made of what you ate and drank yesterday. Now take this list and look at the form on the next page. Add each food or drink into the block next to the time slot you ate or drank that. Also write down any activities or tasks you performed in the appropriate time slot.

**GIVE PARTICIPANTS APPROXIMATELY 5 MINUTES TO COMPLETE THE ACTIVITY**

## PAGE 18

### 2.5 What to eat and when

#### Timing of the type of food you eat is important.

Eating the wrong things at the wrong time when preparing for work or whilst on watch can be bad for your health. It can make it hard to stay awake and/or get to sleep. It can also make you feel sick and have digestive problems, as well as put you at more risk of becoming overweight or having heart troubles.\*

Look back at the plate you completed during the buffet exercise on page 11.

In the allocated slots on the next page, write down which foods you ate, what you drank and what activities you were doing.



# 2.5 What to eat and when

## START A GROUP DISCUSSION

Looking at the time sheet you've just filled in, what did you eat at the beginning of your watch?

## ASK ONE OR TWO PARTICIPANTS TO SHARE THEIR ANSWERS

Before starting your watch try to eat protein-rich food such as skimmed and half-fat milk, yoghurt, and lean meat as these foods give a slower, steady release of energy.

Question 2, what did you eat towards the end of your watch?

## ASK ONE OR TWO PARTICIPANTS TO SHARE THEIR ANSWERS

When you're finishing your watch, try eating carbohydrates such as bread, potatoes and pasta as well as fruit and whole grains. These foods will help you to sleep better.

Question 3, what did you eat and drink before bed?

## ASK ONE OR TWO PARTICIPANTS TO SHARE THEIR ANSWERS

You should avoid very spicy food, fried and fatty food, sweets and caffeine before bedtime because these can make it more difficult to get to sleep.

Question 4, did you drink a lot of caffeine?

## PAGE 19

Time I woke up:		Time I went to sleep:	
01	Activity	12	Activity
02	Food/drink	13	Food/drink
03	Activity	14	Activity
04	Food/drink	15	Food/drink
05	Activity	16	Activity
06	Food/drink	17	Food/drink
07	Activity	18	Activity
08	Food/drink	19	Food/drink
09	Activity	20	Activity
10	Food/drink	21	Food/drink
11	Activity	22	Activity
		23	Food/drink
		24	Activity

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## ASK ONE OR TWO PARTICIPANTS TO SHARE THEIR ANSWERS

Caffeine is a stimulant. It can give you an energy boost when you need to be awake but can stop you from getting to sleep if you drink it too close to bedtime.

Then lastly, were your meals heavy or light?

## ASK ONE OR TWO PARTICIPANTS TO SHARE THEIR ANSWERS

On a ship it is often not possible to give your body the time to digest a large meal. Eating soups, salads, and lean meat will keep you satisfied throughout your watch but will stop you from feeling overfull and tired. Eating a light meal before bed will give you a better night's sleep.

You can find these answers on page 21.

# 2.5 What to eat and when

## READ

We've looked at the kinds of foods you need to eat for activities like starting and ending your watch, but did you know that what you eat also impacts on your sleep and the physical exercise you do.

Take a minute to read through the section called Food and Sleep on page 22.

## GIVE PARTICIPANTS APPROXIMATELY 2 MINUTES TO COMPLETE THE ACTIVITY

The paragraph you've just read talks about how good sleep and a healthy diet are interlinked, so let's take a few minutes to think about how we can fuel our bodies for exercise.

Raise your hand if you play a sport or enjoy physical activity.

## GIVE PARTICIPANTS A FEW SECONDS TO RAISE THEIR HANDS

Judging by the number of hands that went up there, most of us (*not many of us*) enjoy exercise.

It is even more important to eat the right types of food at the right time if you want to properly fuel a focused exercise routine on top of your daily activities.

You need to pay attention to your body and what it needs. Eating a well-balanced diet can help you get the calories and nutrients you need, but it's important to balance what's good for you with what your body wants.

## PAGE 22

### Food and sleep

Our bodies are made up of different systems, so it's important to think about how they all fit together.

Diet and sleep both have an effect on each other. As well as paying attention to what you eat and when, studies show that regularly eating a healthy, well-balanced selection of food, will help you get better sleep.

When you sleep well, it is easier to eat more healthily because your body produces higher levels of the hormone that controls your appetite, increases fat-burning and helps with muscle-building.



### Food for exercise

It is even more important to eat the right types of food at the right time if you want to properly fuel a focused exercise routine on top of your daily activities.

You also need to pay attention to your body and what it needs. Eating a well-balanced diet can help you get the calories and nutrients you need, but it's important to balance what's good for you with what your body wants.



Look at the fuelling routine plan below and tick what could be good for you. There is information on the next page that can help you.

<b>2 hours before your workout</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Drink a big glass of water</li><li><input type="checkbox"/> Drink an extra-large protein shake</li><li><input type="checkbox"/> Eat a 3-course meal</li><li><input type="checkbox"/> Eat a low-fat yoghurt and a piece of fruit</li><li><input type="checkbox"/> Eat and drink nothing until after sport</li><li><input type="checkbox"/> Eat a small whole grain pasta salad with steamed vegetables</li></ul>	<b>5-10 minutes before your workout</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Sip some water</li><li><input type="checkbox"/> Drink an extra-large protein shake</li><li><input type="checkbox"/> Eat a 3-course meal</li><li><input type="checkbox"/> Eat a piece of fruit</li><li><input type="checkbox"/> Eat and drink nothing until after sport</li><li><input type="checkbox"/> Eat a small whole grain pasta salad with steamed vegetables</li></ul>	<b>During your workout (normal exercise)</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Drink lots of water</li><li><input type="checkbox"/> Drink small, frequent sips of water</li><li><input type="checkbox"/> Eat a big sandwich</li></ul> <b>After your workout (20-60 minutes after focused exercise)</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Drink plenty of water</li><li><input type="checkbox"/> Don't drink anything</li><li><input type="checkbox"/> Drink a protein shake</li></ul>
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Page 22

On the bottom of page 22 is a fuelling plan that lists suggestions on what to eat before, during and after a typical workout. Take the next few minutes to mark the suggestions you think might work best. When you've finished doing that, we'll go through a recommended fuelling strategy and you can compare your answers to what is correct.

## GIVE PARTICIPANTS APPROXIMATELY 2 MINUTES TO COMPLETE THE ACTIVITY

# 2.5 What to eat and when

## READ

If you turn to page 23, you can follow as I read through some recommended guidelines on fueling for exercise. Note, these are general guidelines – we all have different bodies and what your body needs will depend on the type of workout you're doing. Take time to find out what works best for you.

Remember to check your answers from the last activity to see if you got them right.

**BEFORE** a workout, it's important to fuel up. Not fueling up before your exercise is like driving a car with no fuel in the tank. Ideally 2 hours before your workout:

- Drink plenty of water
- Eat healthy carbohydrates and fruits and vegetables such as whole-grain cereal with low-fat or skimmed milk, wholewheat toast, low-fat or fat-free yogurt, whole grain pasta, brown rice, fruit and vegetables.
- And avoid 'bad' (saturated) fats or large amounts of protein. These types of fuels digest slower in your stomach and take away oxygen and energy-delivering blood from your muscles.

If you only have 5-10 minutes before you exercise, eat a piece of fruit such as an apple or banana.

Then **DURING** a workout, you need to keep your body hydrated, so take small, frequent sips of water.

## PAGE 23

Below is a summary of the general guidelines and some additional information we have just discussed.

Note, these are general guidelines. We all have different bodies and what your body needs will depend on what type of workout you're doing. Take time to find out what works best for you.

**1. BEFORE: It is important to fuel up. Not fueling up before your exercise is like "driving a car with no fuel in the tank". Ideally 2 hours before your workout:**

- Drink plenty of water
- Eat healthy carbohydrates and fruits and vegetables (e.g. whole-grain cereal [with low-fat or skimmed milk], whole-wheat toast, low-fat or fat-free yogurt, whole grain pasta, brown rice, fruit and vegetables)
- Avoid 'bad' (saturated) fats or large amounts of protein.

These types of fuels digest slower in your stomach. They take away oxygen and energy-delivering blood from your muscles.



**2. BEFORE: If you only have 5-10 minutes before you exercise:**

- Eat a piece of fruit such as an apple or banana.



**3. DURING: keep your body hydrated**

- Drink small, frequent sips of water

**4. AFTER: refuel your tank.**

You burn a lot of carbohydrates when you exercise. In the 20-60 minutes after your workout, your muscles can store carbohydrates and protein as energy and help in recovery. You also sweat when you exercise, and you need to rehydrate.

- Drink plenty of water. You can also blend your water with 100% juice such as orange juice which provides fluids and carbohydrates. Eat things with protein to help repair and grow your muscles.



Once you've completed your workout, you need to refuel your tank.

You burn a lot of carbohydrates when you exercise. In the 20-60 minutes after your workout, your muscles can store carbohydrates and protein as energy and help in recovery. Eat things with protein to help repair and grow your muscles.

You also sweat when you exercise, and you need to rehydrate, so drink plenty of water. You can also blend your water with 100% juice such as orange juice which provides fluids and carbohydrates.

# 3

# Conclusion



# 3.1 Quick quiz answers

## READ

With that, we've come to the end of this programme on Building Healthy Nutrition Habits. Before we close, let's go through the correct answers to the quick quiz you completed at the very beginning of this session.

## ASK PARTICIPANTS TO OPEN THEIR ANSWERS TO THE QUIZ ON PAGE 5

Question 1, true or false. To eat healthily you should never eat bread or cake again, and only eat green vegetables?

This is false.

Question 2, True or false. Eating well can help us manage our emotions?

This is true.

Question 3: which of the following are proteins?

The correct answers are nuts & seeds, eggs, lentils & beans and yoghurt.

Question 4. How do you know roughly how much of each food type to eat?

The correct answer is C: by using a simple guide like your hand

Question 5. Which of the following are carbohydrates?

The correct answers are rice, pasta and wholemeal bread.

Question 6, true or false. Before going on watch it is best to eat a big meal, so you are not hungry while at work?

This is false.

## PAGE 5

### 1.2 Quick Quiz

#### How much do you know already about the importance of nutrition!?

Take a few minutes to complete the quiz below.

- 1. True or false:**  
To eat healthily you should never eat bread or cake again, and only eat green vegetables?
- 2. True or false:**  
Eating well can help us manage our emotions?
- 3. Which of the following are proteins?**  
a. nuts & seeds  
b. eggs  
c. lentils & beans  
d. mangoes  
e. yoghurt
- 4. How do you know roughly how much of each food type to eat?**  
a. I just know!  
b. By measuring the weight of each ingredient  
c. By using a simple guide like your hand
- 5. Which of the following are mainly carbohydrates?**  
a. rice  
b. pasta  
c. wholemeal bread  
d. citrus fruit
- 6. True or False:**  
Before going on watch it is best to eat a big meal, so you are not hungry whilst at work?
- 7. True or False:**  
Regularly getting a good night's rest helps you eat more healthily.
- 8. Approximately how much water do you think you should drink each day?**  
a. a small glass with each meal  
b. none, I prefer fizzy drinks  
c. 1.5 litres maybe more if it's hot
- 9. Which of the following statements about eating and exercise are true?**  
a. Don't eat anything in the hour before exercise because you may get a stomachache  
b. You should eat a big meal 2 hours before exercise, so you don't run out of energy  
c. Anyone doing exercise needs to have special sports nutrition  
d. Hydration is not important whilst you are exercising, only that you are working hard!  
e. None of the above
- 10. True or False:**  
Choosing the right foods and regularly eating well can help us think clearly and be more alert.

Answers to this quiz will be covered in the different sections of this programme, see if you can spot them!  
(Answers can also be found on page 25)

Page 05

Question 7, true or false. Regularly getting a good night's rest helps you eat more healthily.

This is true.

Question 8: approximately how much water do you think you should drink each day?

The correct answer is 1.5 litres, maybe more if it's hot.

Question 9. Which of the following statements about eating and exercise are true?

None of these statements were true.

And the last question: Choosing the right foods and eating well can help us think clearly and be more alert is true.

If you're unsure about one of the topics we explored today, go back to the relevant section in your guide and work through the content again.

## 3.2 Citations

### NUTRITION:

- [A dietitian explains the relationship between nutrition & sleep quality](#)
- [Create the perfect meal with this simple 5-step guide](#)
- [Australian guide to healthy eating](#)
- [Seafarers: Healthy food](#)
- [Vitamins and sleep](#)
- [Effects of diet on sleep quality](#)
- [Seafarer diet and performance and health](#)

### PROCESSED FOOD:

- [What are processed foods](#)
- [The many health risks of processed foods](#)
- [Processed foods and health](#)

### WATER:

- [7 science-based health benefits of drinking enough water](#)
- [How much water should you drink?](#)
- [Fifteen benefits of drinking water](#)
- [The water in you: water and the human body](#)
- [Food as fuel before, during and after workouts](#)
- [Australian dietary guidelines summary](#)
- [Healthy diet: eating with mental health in mind](#)
- [Healthy nutrition for healthy teeth](#)
- [Eating well for mental health](#)
- [Foods linked to better brainpower](#)
- [Nutritional psychiatry: Your brain on food](#)
- [8 hydrating foods to eat while training in hot weather](#)
- [How to reduce body heat quickly and get relief](#)
- [Keeping workers hydrated and cool despite the heat](#)
- [Eating the right foods for exercise](#)
- [Diet and exercise and sleep](#)
- [Nutrition and sleep](#)