

Wheel of Well-being

Food Bingo



Overview

What we think, how we feel and what we do depends on brain function and our brain functions well or poorly depending on what it receives as fuel – from the food we eat. Much of the research into food and food is highly contested by researchers but there is some evidence that we should all know about when thinking about our diet.

Instructions

Read the statements in the boxes below.

Move around the room and try to find someone who can say ‘yes’ to the first statement and write their name in the space provided. Keep moving around the room until you have filled in all your boxes. Try to have a different name in each box!

Find someone who...	Notes
Drinks 6 – 8 glasses of water each day	Water is the source of life – and our brains need lots of it, regularly during the day. By the time we are feeling thirsty, we are already dehydrated. Think about how and when you drink water for best effect – black tea and coffee have high levels of caffeine – which is a diuretic so your kidneys flush out the water before it can be absorbed. Alcohol is especially bad as it impairs both kidney and liver function – making us more susceptible to alcohol by-products backing up in our bodies. The best advice is to drink to thirst.
Eats oily fish at least once a week	Salmon, Mackerel and sardines are all oily and include the essential fatty acids we need. Eating fish such as these can help increase your health and wellbeing – though be careful not to overdo it!
Gets food cravings	Usual culprits such as sugar, caffeine, chocolate. Often result of stress – eating these do make you feel better! But this is only temporary and you need more. The more stress your under, the more these cravings increase – and we all know how unhealthy these foods can be.

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Is, or has been, a vegetarian or vegan	<p>Having a reduced meat intake means there are some minerals and vitamins that can be missed! Common deficiencies include vitamin B12, vitamin D, omega 3 and iron.</p> <p>Increased fruit and veg intake are good but be careful as some processed 'health' foods can be high in salt and sugar.</p>
Knows that they are affected by food additives	<p>What has been added to our food has an effect on our mood too! Emulsifiers and processed food can have a negative impact on how we feel.</p>
Has experienced caffeine withdrawal	<p>Withdrawal can involve headaches and mood swings.</p>
Didn't eat any breakfast today	<p>Eating breakfast regularly can set you up for well for the day and start a day of healthy activity, which can help your health in the long term.</p>
Regularly eats 'live' yoghurt to aid their digestion	<p>Lactobacillus acidophilous and bifidobacteria are the 'good' bacteria in body that we need to digest food. These change depending on our diets, activities and is related to our mood.</p>
Eats the recommended minimum '2 and 5-a-day'	<p>Phyto-nutrients in fruit and veg are essential for brain functioning – the more colourful your diet, the better...eat a rainbow.</p> <p>New evidence suggests that there is a positive effect on health with up to 10 portions of fruit and veg a day!</p>
Has a food intolerance	<p>Intolerance is NOT an <i>allergy</i> – means unpleasant or uncomfortable feelings after eating a certain type of food. Can change over the course of a life-time. Common culprits are wheat or dairy products. Many people used to say they were 'allergic' to cigarette smoke – but meant they had <i>an intolerance</i>.</p>
Has a food allergy	<p>Allergies are <i>severe and immediate reactions to food</i> – e.g. peanuts or seafood. These often need medical attention!</p>

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Participant Handout

Read the statements in the boxes below. The last one is blank to write in your own idea.

Move around the room and try to find someone who can say 'yes' to the first statement, and write their name in the space provided.

Keep moving around the room until you have filled in all your boxes. Try to have a different name in each box!

Find someone who...	Name
Drinks 6 – 8 glasses of water (1½ litres) each day	
Eats oily fish at least once a week	
Gets food cravings	
Is, or has been, a vegetarian or vegan	
Knows that they are affected by food additives	
Has experienced caffeine withdrawal	
Didn't eat any breakfast today	
Regularly eats 'live' yoghurt to aid their digestion	
Eats the recommended minimum '5-a-day'	
Has a food intolerance	
Has a food allergy	



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