

At Start Easy we work with young people because we want to support them in **leading fulfilling lives**, help them prepare for their future, and for them to believe that **they can make a difference** in the world. The best way to make this difference is by encouraging young people to **embrace long-term behaviour change**. Many current social and environmental problems are caused by unhealthy or unsustainable human behaviour.

Most people need to adapt their behaviour, and not just for the duration of a project, but for life. **Young people know more about these issues than ever before**, but many still behave in a detrimental way. It is clear that simply raising awareness is not enough to change behaviour; it requires different values, attitudes and skills.



CONTACT US

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SCIENCE IS FOR ALL NOT FOR SOME

Brent goes Wild is a partnership enabling Children and Young People aged 6-14, from background currently under-represented in science and natural heritage, to discover for themselves their innate capabilities for curiosity and experimentation. The programme aims to provide young people with the chance to explore aspects of STEM in less formal settings with the intent to ignite new interest and/or raise attainment in STEM subjects.



OUR PROGRAMME

The programme will explore:

how to make healthy food choices, how to stay active, what well being means and understand the importance of food safety and provide guidance on how to adopt a sustainable lifestyle reduces impacts on our environment.

SECTION A: HEALTHY LIFESTYLES

Being fit and active, Enough sleep, Mental health, Good sanitation and hygiene levels, Safe water, access to medical care, Knowledge and care, A balanced diet.

SECTION B: HEALTHY CHOICES Trying different sports activities, exercising and stay active, a balanced diet, Nutrients, Creating a balanced diet, What are calories? how do we burn them? Malnutrition, Reading food labels, The healthy habits checklist

SECTION C: FOOD SAFETY What makes us sick, Some good micro-organisms, Five keys to safer food.

SECTION D: EAT GREEN – TIME FOR SUSTAINABLE DIETS How do our eating habits impact the environment? How do your physical activities help the environment? Social and economic impacts, It is time for a sustainable diet, Buying and acquiring food sustainably, Saving and storing, Cooking for a healthy you and a healthy planet, Sustainable reuse and disposal solutions, Dishes: putting knowledge into practice, Sustainable choices checklist

SECTION E: TAKE ACTION Actions of governments and international organizations Your actions .



TIMING AND SETTING

- **CHILDREN ONLY Sessions start Friday 14th JANUARY @ 4 - 5.30 pm -CURZON CRESCENT Family Wellbeing Centre**
- Groups of a maximum of 20 children
- A mix of outdoor, sport and indoor activities
- Children will receive a welcoming pack and the wallpaper to complete their journey
- They will also receive novel books: which will explore the direct connection between science, nutrition, the environment, and challenging stereotypes.



The curricula for 6-10 years old age groups will lead to a badge and a certificate issued by **the Food and Agricultural Organisation of the UNITED NATION.**

Each activity has a specific learning objective. Children will also be expected to learn more general skills, including **Teamwork, leadership development, communication, imagination and creativity, observation skills, cultural and environmental awareness, numerical and literacy skills.**

The programme is designed to help children and young people learn about the importance of well-being, including sports activities, balanced and varied diet relaxation for a happy and healthy life.