



***This answer book will only be marked and certificated if this is completed by the learner AND prison staff***

### Learner Statement of Authenticity

By returning this answer book you are confirming that the work contained is entirely your work and does not include any work completed by anyone other than yourself. You also confirm that you have completed the assignment/portfolio in accordance with the instructions given by your establishment.

**Learner Prison No. in CAPITAL LETTERS**

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**Prison:**

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**Learner's Initials:**

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**Date:**

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### Establishment Confirmation of Authenticity

I confirm that the above-mentioned learner, to the best of my knowledge, is the sole author of this completed answer book.

**Staff Name:**

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**Signed:**

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**Date:**

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### STAFF USE ONLY

Date Issued	Date Marked	Assessor Initials	Result	
			<input type="checkbox"/>	<input type="checkbox"/>
			PASS	REFER

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## How it works

### Welcome to your Way2Learn course.

This course is designed to enable access to education for all – whether in-cell or in your establishment's education facility.



To complete this course, you will need to watch all of the episodes. Times for each episode are provided on the next page.



You can request a copy of the episode transcript from your Distance Learning Coordinator or Learning and Skills Manager if you need to revisit any of the information.



If you have any difficulties in completing this course, please speak to a suitable peer mentor or member of staff for some help.



Once completed, return your answer book to the appropriate member of staff. After it has been received, it can take up to 3 weeks to be assessed and issued a certificate.



You can ask a member of staff for a copy of our policies and practices for further details.

## Episode Guide

### *Healthy Eating on a Budget*



Content Guide	Fri/Sun	Saturday
<b>Ep 1: Financial &amp; Nutritional Resource Management</b> Identify the "9 Essential Staples" required to maintain a balanced diet for one week on a budget of under £15. Successful creation of a prioritised shopping list that balances complex carbohydrates (energy) with proteins (repair).	11:01AM	1:01PM  7:01PM
<b>Ep 2: High-Speed Health:</b> Teaches 15-minute healthy "fast food" recipes using frozen vegetables to maximise vitamin retention and reduce reliance on takeaways.	11:18AM	1:18PM  7:18PM
<b>Ep 3: Brain Health &amp; Smart Swaps</b> Focuses on blood sugar regulation and "mood-boosting" food swaps to manage post-release anxiety and brain fog.	11:50AM	1:50PM  7:50PM
<b>Ep 4: The Survival Floor (£1-a-Day Challenge):</b> Proves that nutritional adequacy is possible even at the absolute lowest tier of subsistence, emphasising high-volume proteins and "loss-leader" vegetables.	12:02PM	2:02PM  8:02PM
<b>Ep 5: The Fakeaway Strategy:</b> Replaces addictive, high-sodium takeaways with homemade alternatives, focusing on gut health (serotonin production) and heart health (salt control).	12:27PM	2:27PM  8:27PM

## Learning Outcomes



1. **The Foundation:** Identify what consists of a healthy balanced diet, on a budget. They'll be armed with the knowledge of blood sugar regulation to manage anxiety & brain fog.
2. **Applied Nutritional Science for Mental Health:** Understand how choosing low-GI foods can support stable mood, better emotional regulation, and improved focus for handling probation and social service responsibilities.
3. **Food Safety & Micronutrient Optimisation:** Learn how frozen and tinned produce can be a cheaper, healthier option through vitamin retention and batch cooking, helping reduce food waste and improve long-term health.
4. **Behavioural Change & "Fakeaway" Substitution:** Learn how to swap a high-sodium takeaway for a healthier low-salt alternative, helping break reliance on ultra-processed foods while building self-care and personal control.

## Starting Out

Consider the learning outcomes above.

On a scale of 1 -10, how would you rate your knowledge of Healthy Eating on a Budget before starting this course?

*(Please tick the appropriate box)*

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
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Low

High

At the end of this course, you will have the opportunity to rate your knowledge once more.

## Knowledge Check

To pass this course you will need to correctly answer **80%** of the questions.  
This equates to **23** correct answers out of the 29 marks available.



### Episode 1

#### Question 1

Which of the following is NOT one of the 9 essential items in the "First 48" survival kit?

*(Please tick the appropriate box)*

<b>A</b>	Eggs	
<b>B</b>	Frozen Mixed Vegetables	
<b>C</b>	Branded Biscuits	
<b>D</b>	Oats	

#### Question 2

True or False:

Eggs are considered a "superstar" item because they are one of the few foods that naturally contain Vitamin D.

*(Please tick the appropriate box)*

<b>A</b>	True	
<b>B</b>	False	

### Question 3

**Why are oats recommended as a primary breakfast choice in this module?**

*(Please tick the appropriate box)*

<b>A</b>	They are the most expensive item and therefore the highest quality	
<b>B</b>	They provide slow-release energy that keeps the brain fuelled and mood steady	
<b>C</b>	They contain high amounts of Vitamin C	
<b>D</b>	They are a cheap breakfast option	

### Question 4

**Identify the WRONG statement regarding the 9-item survival kit.**

*(Please tick the appropriate box)*

<b>A</b>	A big bag of potatoes is a versatile filler packed with Vitamin C and potassium	
<b>B</b>	Tinned tomatoes serve as a base for sauces and are full of the antioxidant lycopene	
<b>C</b>	Wholemeal bread should be avoided because it burns off too fast compared to white bread	
<b>D</b>	Two Eggs, as they are one of the only foods that naturally contain Vitamin D	

## Episode 2

### Question 1

What does the "Micronutrient Shield" strategy aim to debunk?

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### Question 2

**Game Challenge: Build the "Micronutrient Shield" Formula. Which three items create this complete defensive shield?**

1.	
2.	
3.	



### Question 3

Which vitamin is specifically highlighted as being well-retained in flash-frozen vegetables like peppers and spinach?

*(Please tick the appropriate box)*

<b>A</b>	Vitamin A	
<b>B</b>	Vitamin B12	
<b>C</b>	Vitamin C	
<b>D</b>	Vitamin D	

### Question 4

True or False:

Tinned tomatoes and beans are considered 'last resort' foods with very little nutritional value compared to fresh versions.

*(Please tick the appropriate box)*

<b>A</b>	True	
<b>B</b>	False	

## Episode 3

### Question 1

What are "Energy Thieves" as defined in this module?

*(Please tick the appropriate box)*

<b>A</b>	Vegetables that have been in the fridge too long	
<b>B</b>	Highly processed, sugary snacks and drinks that cause blood sugar spikes and crashes	
<b>C</b>	Cheap carbohydrate stretchers like rice and pasta	
<b>D</b>	Porridge oats that have been overcooked	

### Question 2

Which of these psychological/physical symptoms is directly linked to the "crash" following a blood sugar spike?

*(Please tick **all** the appropriate boxes)*

<b>A</b>	Irritability	
<b>B</b>	Extreme physical strength and heightened focus	
<b>C</b>	Brain fog	
<b>D</b>	Anxiety	

### Question 3

**Make the Smart Swap: Instead of buying sugary breakfast cereal, what should you choose?**

*(Please tick the appropriate box)*

<b>A</b>	White bread toast	
<b>B</b>	Plain oats with frozen fruit	
<b>C</b>	A flavoured yogurt	
<b>D</b>	A chocolate bar	

### Question 4

**Would you choose white or wholemeal bread as the healthier option and what benefits does it have?**

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## Question 5

The 'Smart Swap Strategy'.

(Match the boxes to the correct answer)

### Energy Thief

<b>A</b>	Sugary Breakfast Cereal
<b>B</b>	White Bread
<b>C</b>	Sugary Yoghurt
<b>D</b>	Takeaway Curry

### Whole/Plain

Wholemeal Bread
Plain Yoghurt
Fakeaway
Plain Oats

## Episode 4

## Question 1

What is the '15p Veg Strategy'?

<b>A</b>	Buying only 15 items of clothing a year to save money for food	
<b>B</b>	Hunting for "loss leader" vegetables like carrots, onions, or swedes priced at roughly 15 pence	
<b>C</b>	Eating 15 different types of vegetables every single day	
<b>D</b>	Only spending 15p on vegetables	

## Question 2

Which overlooked protein source is highlighted as a "game-changer" for getting a high volume of meat for just over a pound?

*(Please tick the appropriate box)*

<b>A</b>	Prime steak	
<b>B</b>	Chicken wings	
<b>C</b>	Fresh salmon	
<b>D</b>	Beef mince	

## Question 3

Identify the **WRONG** statement about "survival level" budgeting

*(Please tick the appropriate box)*

<b>A</b>	You should ignore the middle aisles of the supermarket where pre-packaged snacks are located	
<b>B</b>	Bones from cooked meat should be boiled with scrap onions to make a free, nutritious stock	
<b>C</b>	Batch cooking should be avoided because it is more expensive than buying single-serve meals	

## Question 4

Why is a "Prep Day" mindset considered crucial for high-stress times?

*(Please tick the appropriate box)*

<b>A</b>	It builds a wall against bad decisions made when you are tired, stressed, or hungry	
<b>B</b>	It ensures you spend as much time as possible in the kitchen	
<b>C</b>	It allows you to skip meals more easily	
<b>D</b>	It gives you a chance to prepare for the worst	

## Episode 5

## Question 1

What is the primary nutritional danger of a standard takeaway burger or curry mentioned in the text?

*(Please tick the appropriate box)*

<b>A</b>	It can make you feel lethargic	
<b>B</b>	It contains too much fibre, leading to digestive issues	
<b>C</b>	It is too high in Vitamin C	
<b>D</b>	It can contain over 100% of your daily salt (sodium) allowance	

## Question 2

In the "50p Curry" recipe, which ingredient is described as a "super-fuel" that stabilises blood sugar and supports a stable mood?

*(Please tick the appropriate box)*

<b>A</b>	Frozen spinach	
<b>B</b>	Red lentils	
<b>C</b>	Curry powder	
<b>D</b>	Chicken	

## Question 3

**True or False:**

**Adding a grated carrot to lean mince when making a burger is a "budget hack" that doubles the meal size while adding fibre and Vitamin A**

*(Please tick the appropriate box)*

<b>A</b>	True	
<b>B</b>	False	

## Question 4

According to the course, choosing a "Fakeaway" over a delivery can save roughly how much money per portion?

*(Please tick the appropriate box)*

<b>A</b>	£1.00 to £2.00	
<b>B</b>	£8.00 to £10.00	
<b>C</b>	The cost is roughly the same	
<b>D</b>	£5.00 to £6.00	

## Question 5

Which three meals could you make that include potatoes as the base and which vitamin or nutrient do potatoes contain high levels of?

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## Real-Life Scenarios

### Question 1 (Episode 1)

**Scenario:** Your food shop budget is lower this week and you need to make some healthy meals. You need to plan out the ingredients, recipe and make sure it still has nutritional value.

**What meal could you cook from a recipe that only costs £1.50 to make?**

**Word Count:** 50-100 words, (2 marks available)



### Question 2 (Episode 1)

**Scenario:** You notice you've been feeling overly tired and haven't included enough carbohydrates into your diet recently.

**Which carbohydrate sources would you opt for and how else would carbohydrates help you in everyday life?**

**Word Count:** 50-100 words, (2 marks available)



### Question 3 (Episode 4)

**Scenario:** You've recently joined your local gym, and your trainer tells you how important protein intake is for maintaining muscle mass and keeping you fuller for longer. You might start to worry you don't have the budget for it.

**How would you start to incorporate protein into your diet and why might your budget not be an issue?**

**Word Count:** 50-100 words, (2 marks available)

### Question 4 (Episode 2)

**Scenario:** While organising the fridge, you are planning your weekly menu and feel overwhelmed with all the different ingredients, you don't know where to begin.

**With the 3 Item Strategy in mind, how would you start to plan one of your meals whilst making sure it still contained the necessary nutrients needed?**

**Word Count:** 50-100 words, (2 marks available)

## End of Knowledge Check

## Learning Evaluation

You must comment on the three most important things you have learnt and complete distance travelled.

1.....  
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2.....  
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3.....  
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## Distance Travelled

Now that you have completed this course, on a scale of 1 -10, how would you rate your knowledge of Healthy Eating on a Budget?

*(Please tick the appropriate box)*

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Low

High

## End of Knowledge Check

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## Course Feedback – Healthy Eating on a Budget

**TO QUALIFY FOR A MUG OR WATER BOTTLE YOU MUST COMPLETE IN FULL, THE LEARNING EVALUATION. THIS IS A VOLUNTARY SUBMISSION. IF YOU DO NOT COMPLETE THIS YOUR WORKBOOK WILL STILL BE MARKED AND CERTIFICATED, BUT YOU WILL NOT BE ELIGIBLE FOR ANY OF OUR INCENTIVISED GIFTS. FOUR PASSES = MUG. TEN PASSES = WATER BOTTLE**

Please clearly write your full name here:

We value your feedback. Please rate each aspect on the scale below:

### 1. The quality, style and tone of the videos.

1	2	3	4	5	6	7	8	9	10
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Low					High				

### 2. The clarity of the answer book.

1	2	3	4	5	6	7	8	9	10
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Low					High				

### 3. Your enjoyment of this course.

1	2	3	4	5	6	7	8	9	10
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Low					High				

Please tell us what you enjoyed most about this course

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Please give us one suggestion to improve this course

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