

The Eat Well Guide

To learn a little about the Eat Well Guide [click here to watch an information video.](#)

Challenge Number 1 - Interactive Game

Take the Eat Well Challenge! See if you can place the different food items in the correct group!

[Click here.](#)

Challenge Number 2 - Meal Planning

Think of your favourite meal/dish. List all of the ingredients in your dish and see where they fit on the Eat Well Plate. Use this template to help you. [Click here.](#)

Challenge Number 3 - Making Healthy Choices

Your task now is to reflect on how balanced your favourite meal is. Remember, the sections of the Eat Well Plate are proportionate to how much of each group is required in a balanced diet.

The information videos below may help you to reflect and change your recipe whilst giving some helpful suggestions for substitutions!

[Fruit and Veg](#) [Carbs](#) [Protiens](#) [Dairy](#)

Are there any changes that you could make to make your meal more balanced? Do you need to substitute any ingredients or add in some extra vegetables, for example?

Extension

Why not search for a recipe which has ingredients that represent each of the 5 areas on the eat well plate? Have a look at websites such as BBC Good Food

(which has a kids' section [Click here](#)) or use some recipe books or magazines that you have at home.

Can you adapt the recipe to make it more balanced? Can you make any substitutions for healthier alternatives?

It would be great to see some of you getting involved in the kitchen and making your healthy recipes!

Good Luck! 😊