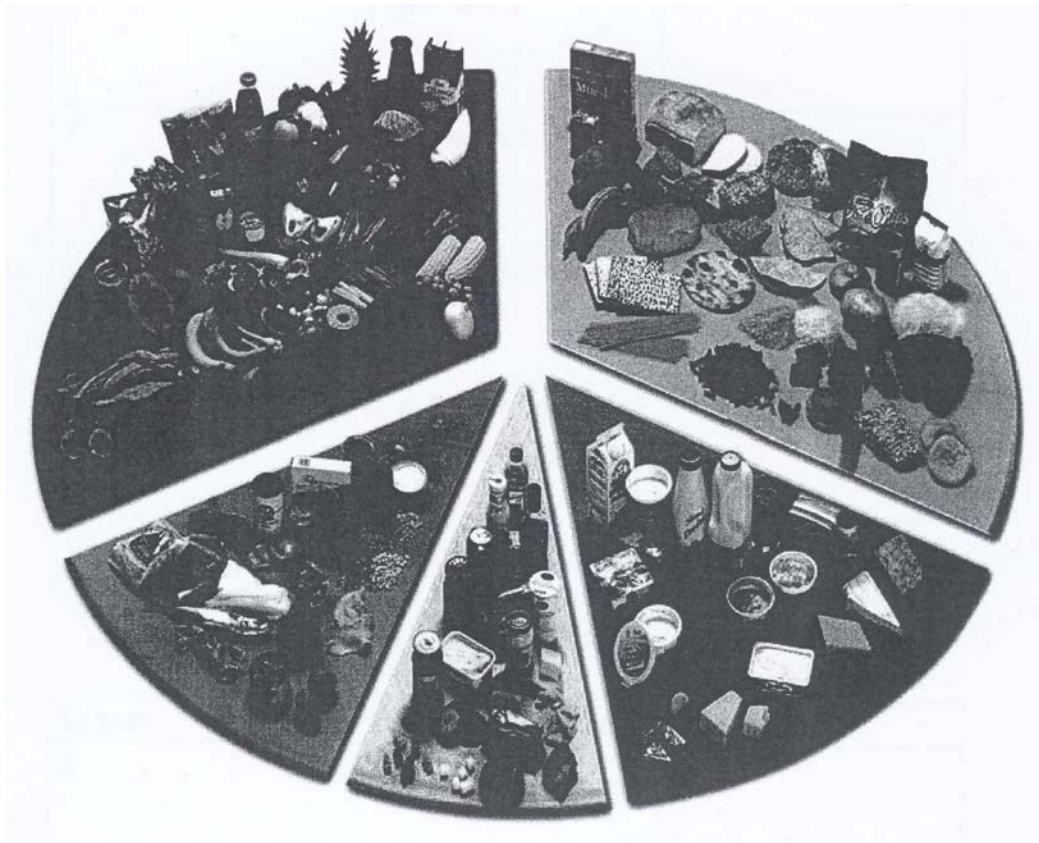


# Give Way to Health



## HOMework BOOKLET

Name .....

Class .....

Date .....

# Give Way to Health

Please ensure that your completed homework is signed by parent/carer before handing in for marking.

Lesson	Homework	Signature
1	Food Diary	
7	A balanced diet	
9	5 a Day task 1	
12	5 a Day task 2 and questions	

## Assessment Record

Lesson	Teacher's comment/grade
1	
7	
9	
12	

# Food Diary

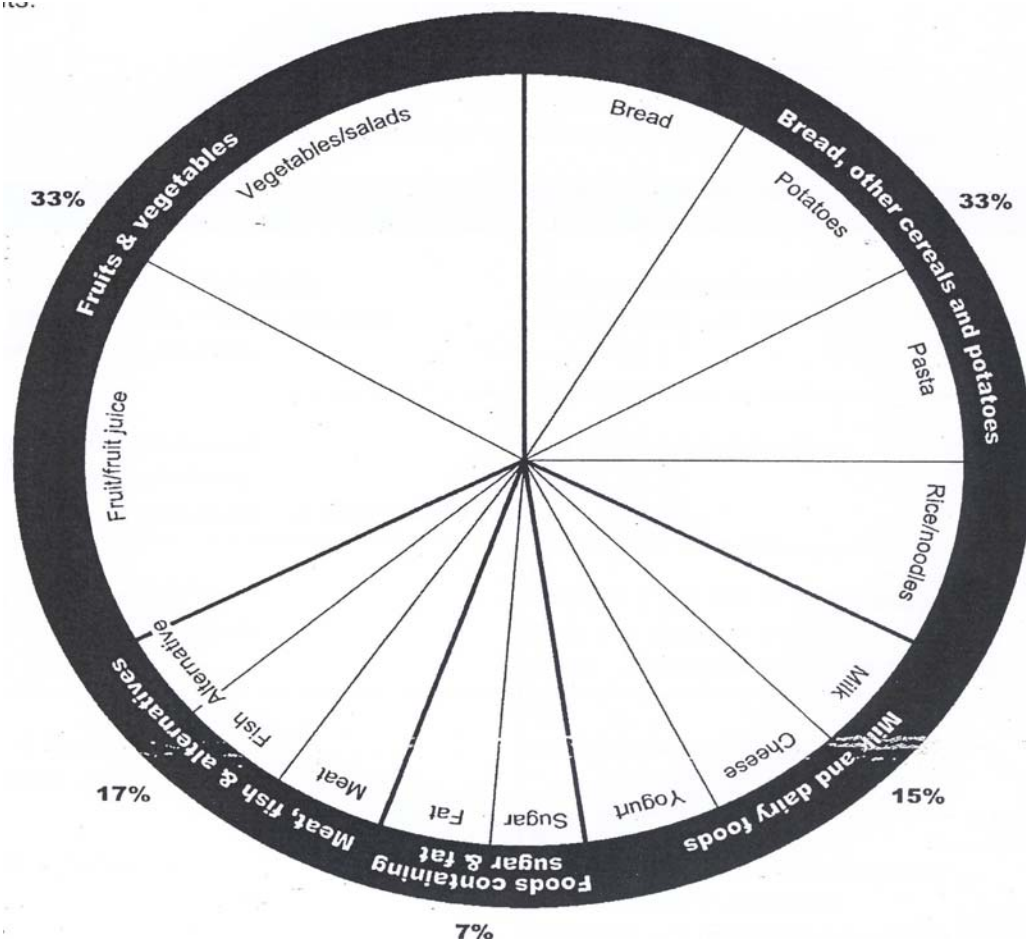
<b>FOOD DIARY</b>	<b>Breakfast</b>	<b>Mid-morning snack</b>	<b>Lunch</b>	<b>Afternoon snack</b>	<b>Dinner</b>	<b>Evening snack</b>
<b>MONDAY</b>						
<b>TUESDAY</b>						
<b>WEDNESDAY</b>						
<b>THURSDAY</b>						
<b>FRIDAY</b>						
<b>SATURDAY</b>						
<b>SUNDAY</b>						

# A Balanced Diet

To have a balanced diet we need to eat a range of foods. It is important that they are eaten in the correct amounts.

The balance of good health wheel is divided into the 5 main food groups. It shows that some foods should be eaten in larger or smaller amounts.

Fats and sugar are shown in smaller amounts and therefore should be eaten in smaller amounts.



## TASK

Using the word bank below, place the foods in the correct section of the food wheel.

RICE BANANA WHOLEMEAL BREAD ORANGES YOGURT CARROT  
 STRAWBERRY YOGURT TUNA SALMON OLIVE OIL TOMATOES  
 APRICOT JAM TOFU BURGERS BUTTER LENTILS CHICKEN CHEESE  
 MILKSHAKE JELLY BABIES CHOCOLATE LEMONADE BAKED BEANS  
 ICE-CREAM FISHCAKES SWEET POTATOES MANGO CABBAGE

# 5 A DAY

The government is worried that people are not eating enough fruit and vegetables in their diet.

The government states that people should eat at least...

**5 PORTIONS OF DIFFERENT FRUIT AND VEGETABLES EVERY DAY.**

.... to reduce the risk of disease.

**What makes up a portion?**

Different amounts of fruit and vegetables make up a portion. See table below.

A table to show a portion of fruit and vegetables.	
<b>A</b> <b>Apple</b> - 1 medium - sized apple <b>Aubergine</b> - 1 third of an aubergine <b>Apricot</b> - 3 dried apricots	<b>M</b> <b>Melon</b> - slice of melon <b>Mushrooms</b> - 4 tablespoons of mushrooms
<b>B</b> <b>Banana</b> - 1 medium banana <b>Broccoli</b> - 2 broccoli florets <b>Baked Beans</b> - 3 tablespoons of baked beans	<b>O</b> <b>Onion</b> - 1 small onion
<b>C</b> <b>Celery</b> - 3 celery sticks <b>Carrot</b> - 1 medium carrot	<b>P</b> <b>Pepper</b> - $\frac{1}{2}$ red or green pepper <b>Pear</b> - 1 medium pear <b>Peas</b> - 3 heaped tablespoons of peas
<b>F</b> <b>Figs</b> - 2 fresh figs <b>Fruit Juice</b> - medium glass	<b>R</b> <b>Raspberries</b> - 9 raspberries
<b>G</b> <b>Grapes</b> - 10 grapes	<b>S</b> <b>Soup</b> - 1 can of vegetable soup <b>Satsumas</b> - 2 satsumas <b>Spinach</b> - 2 tablespoons cooked spinach <b>Sweetcorn</b> - 6 baby sweetcorn or 3 heaped tablespoons. <b>Strawberries</b> - 7 strawberries
<b>K</b> <b>Kiwi</b> - 2 kiwi fruit	<b>T</b> <b>Tomato</b> - 1 medium tomato <b>Cherry tomatoes</b> - 7 cherry tomatoes

# 5 A DAY

## TASK 1

Fill in the table below by:

- 1) Saying how many fruit or vegetables make up a portion.
- 2) Name a recipe or food product that is made using the fruit or vegetable e.g. rhubarb crumble.

NAME OF FRUIT / VEGETABLE	HOW MANY MAKE ONE PORTION	NAME OF RECIPE OR FOOD CONTAINING THE FRUIT / VEGETABLE
1. Mushroom		
2. Apple		
3. Sweetcorn		
4. Banana		
5. Cherry Tomato		
6. Carrot		
7. Baked Beans		
8. Grapes		

# 5 A DAY

## TASK 2

Lucy is an active 12 year-old who is a very fussy eater. Her parents are worried that her poor diet is affecting her growth, development and behaviour.

Look at the example of her daily intake of food below and suggest ways in which it can be improved.

### Remember to:

- Add more fruit and vegetables
- Increase the NSP (dietary fibre) content
- Lower the fat and sugar content

You could do this by replacing one food with another, or removing or adding foods.

	Lucy's daily diet	Lucy's improved daily diet
Breakfast	Sugar-coated Corn Flakes with full fat milk	e.g. Change cereal to Weetabix and use semi-skimmed milk
Lunch	<ul style="list-style-type: none"><li>• Strawberry jam sandwich on white bread with a thick layer of butter.</li><li>• Packet of crisps</li><li>• Can of cherryade</li></ul>	
Tea	<ul style="list-style-type: none"><li>• Chicken nuggets and chips</li><li>• Chocolate cake and custard</li><li>• Can of Lemonade</li></ul>	

# 5 A DAY

## QUESTIONS

1. Name **one** way in which you have reduced the fat content of Lucy's diet.

\_\_\_\_\_

2. Name **two** ways in which you have added more NSP (dietary fibre):

i) \_\_\_\_\_

ii) \_\_\_\_\_

3. Now have you reduced the sugar content in Lucy's diet?

\_\_\_\_\_

4. Name **two** fruit or vegetables that you have added to Lucy's diet:

i) \_\_\_\_\_

ii) \_\_\_\_\_

5. Name **two** healthy snacks that Lucy could include in her daily diet.

i) \_\_\_\_\_

ii) \_\_\_\_\_