

# Healthy Eating

We are learning to understand the importance of healthy eating.



# Why is it important to eat healthily?

Imagine your body was a fancy sports car.

What kind of petrol would you put in it?

Would you give it the best petrol you could buy or whatever you could find?

Your body is like a sports car.

When you give your body healthy food every day, you have lots of energy. Your body also grows and becomes strong.

If you give your body unhealthy food, it won't work as well. You might have less energy or get sick more often.



# What Is Healthy Eating?

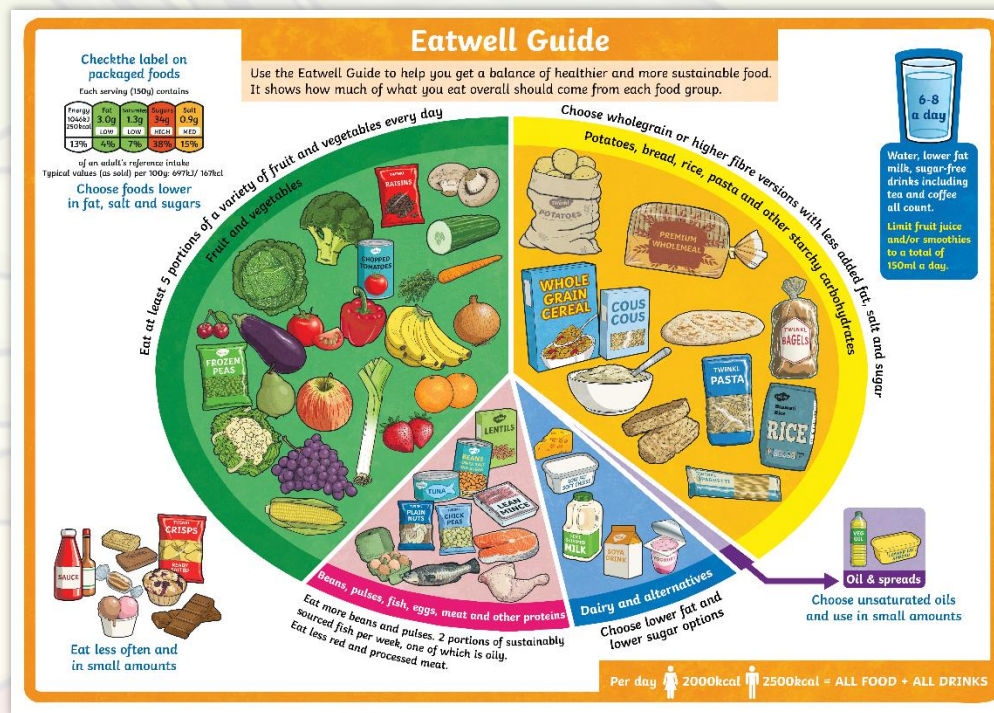
We often hear about how important it is to make sure that we have a healthy diet.

How do we know what is healthy and what is not?



# The Eatwell Guide

A new healthy eating guide for the UK has been developed. It is called the Eatwell Guide and looks like this.



# Food Groups

The Eatwell Guide shows five different food groups:



It is important that we try to include all of these food groups in our diet to ensure that we stay healthy.

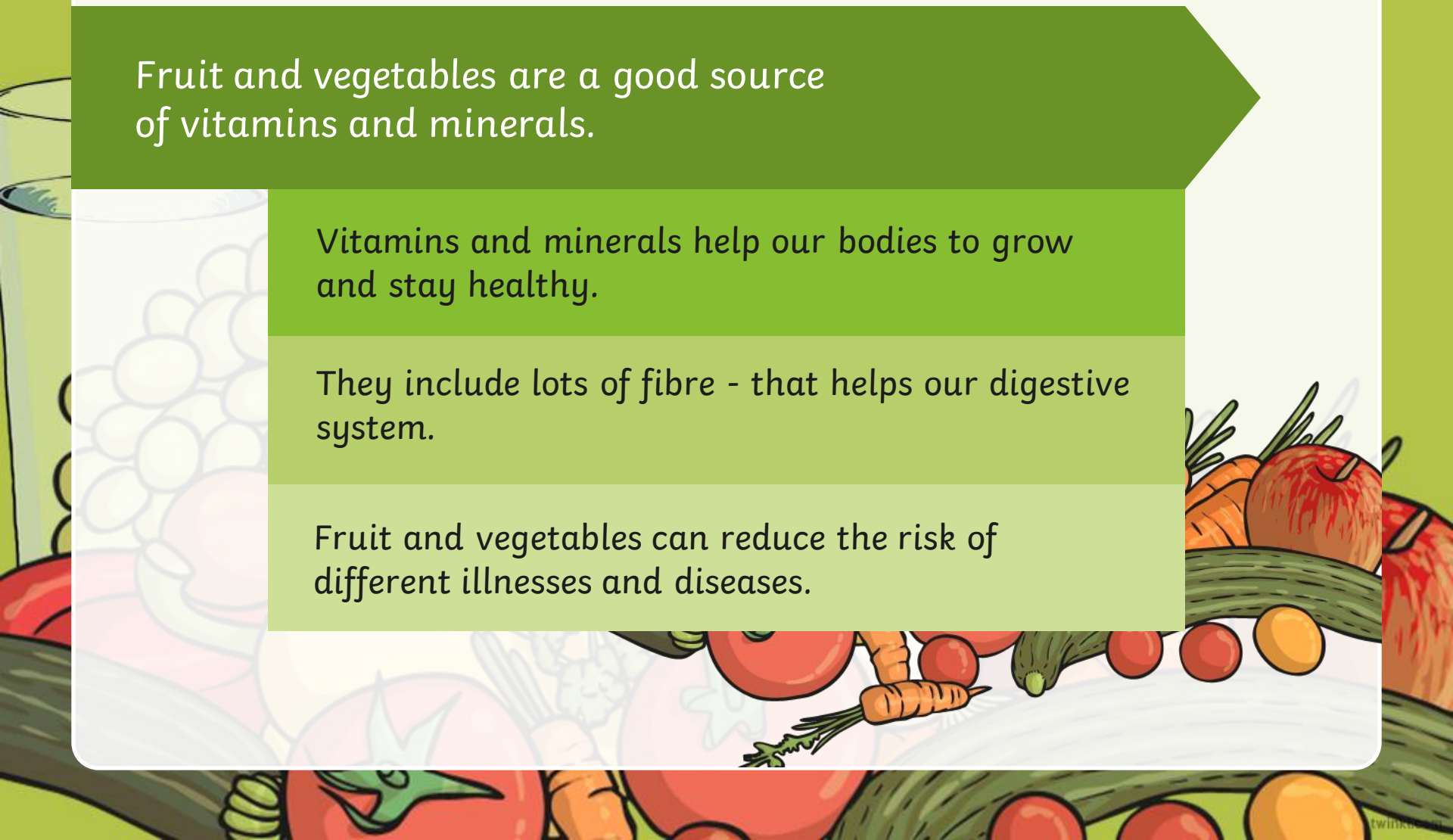
# Fruit and Vegetables

Fruit and vegetables are a good source of vitamins and minerals.

Vitamins and minerals help our bodies to grow and stay healthy.

They include lots of fibre - that helps our digestive system.

Fruit and vegetables can reduce the risk of different illnesses and diseases.



# Five a Day +

**Do you have a favourite fruit or vegetable?**

A third of the food we eat everyday should be fruit and vegetables.



**You should try to eat at least 5 portions of fruit or vegetables a day. As a guide, a portion is what fits into the palm of your hand.**



**How many portions have you had today so far?**

# Starchy carbohydrates

Carbohydrates provide us with the energy that our bodies need.

They should make up just over a third of the food we eat.

They include: potatoes, bread, rice and pasta.

How could you include carbohydrates in your meals?

Have wholegrain breakfast cereal.

Have a sandwich for lunch.

Have pasta as part of your meal at tea time.



# Protein-Rich Food

You should eat some foods from this group. They include: beans, pulses, fish, eggs and meat.

Muscles, bones, skin and blood all need protein.

Beans, peas and lentils are good alternatives to meat. They are high in fibre, protein and low in fat.

Aim for at two portions of fish a week, including a portion of oily fish.

Avoid processed meat such as bacon, ham, dried or canned meat.



# Dairy and Alternatives

Have some milk and dairy food (or dairy alternatives) such as cheese and yoghurt.

Dairy is an important source of calcium, which helps to keep our bones strong.



# Oils and Spreads (Fats)

We only need a little fat for our health.

Saturated fats that are not very healthy. For example, fats in butter, biscuits, cakes, pizza and pies.

Unsaturated fats are healthier fats that are usually made from plants. For example, vegetable oil, olive oil and nuts.



# Stay Hydrated...

**Aim to drink 6-8 glasses of fluid every day.**

Water and low fat and low sugar drinks count towards your daily intake.

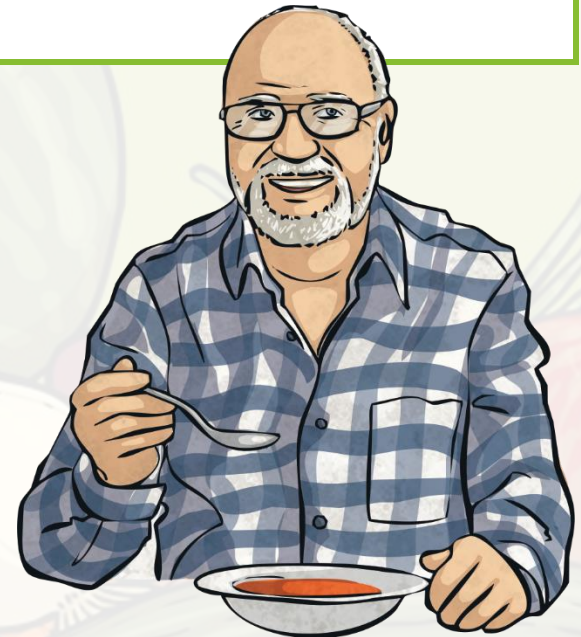
**How many glasses have you had today?**



# Smaller and Less Often

Eat smaller portions. Stop eating before you're full.

Eat less often. Our bodies can mistake thirst for hunger, or you might eat from boredom – try a glass of water instead and see if you feel differently.



# What Have You Learned?

Some questions may have more than one answer.

## Why should we make healthy food choices?

- It helps make you strong.
- It helps you to grow.
- It helps your body fight off illness.
- It makes your car run well.

## What is the smallest food group?

- Water
- Oils and spreads
- Crisps and cakes
- Fruit and vegetables

## Can you give an example of types of food that are starchy carbohydrates?

show answers

## How many food groups is the Eatwell Guide split into?

- 3  4  5  6

## How many glasses of fluid should you drink a day?

- 2-4  6-8  60-80  100-200

# What Have You Learned?

Some questions may have more than one answer.

**How many portions of fruit and vegetables should you try to eat a day?**

2-4

5-6

7-8

9-10

**Name one benefit of eating protein based foods.**

They help keep bones, skin, muscles and blood healthy.

Show  
answer



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