**The Eatwell Guide**

With your parents look at the Eatwell guide below.

This highlights the different types of food that make up our diet and helps us learn about the proportions we should eat to have a healthier and more balanced diet.

Activities

1. As a family discuss

* the Eatwell guide poster and information
* what foods are in each section of the Eatwell guide
* the different food groups and why you need to eat more of some groups than others.

1. Write a list of the foods you have eaten in the last 2 days. Create your own Eatwell guide with the foods you have eaten. What should you be eating more/less of?

