

*Healthy Eating*

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**What should does a healthy diet look like?**

**What requirements do the Government recommend?**

# *Healthy Eating*

**Eat at least five portions of a variety of fruit and vegetables every day**

**Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates – choose wholegrain or higher fibre where possible**

**Have some dairy or dairy alternatives, such as soya drinks and yoghurts**

**Eat some beans, fish, eggs, meat and other protein – aim for two portions of fish every week, one of which should be oily, such as salmon or mackerel**

**Choose unsaturated oils and spreads, and**

# Healthy Eating

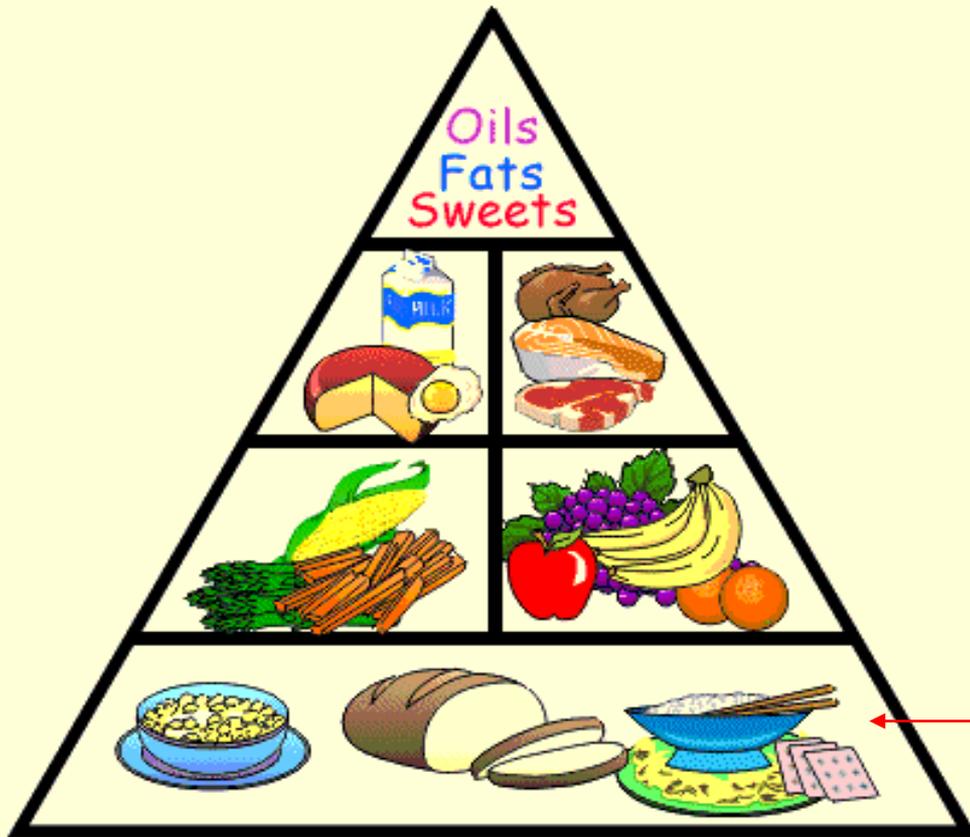
If our bodies are human machines food is our fuel. How well we eat, affects how well our bodies work, and how long we live.

It is especially important that we eat healthily as children, as we are still growing and developing; a young plant not given proper nutrients grows up to be a poor specimen

A healthy diet is sometimes called a balanced diet as it needs to consist of *different* types of foods.

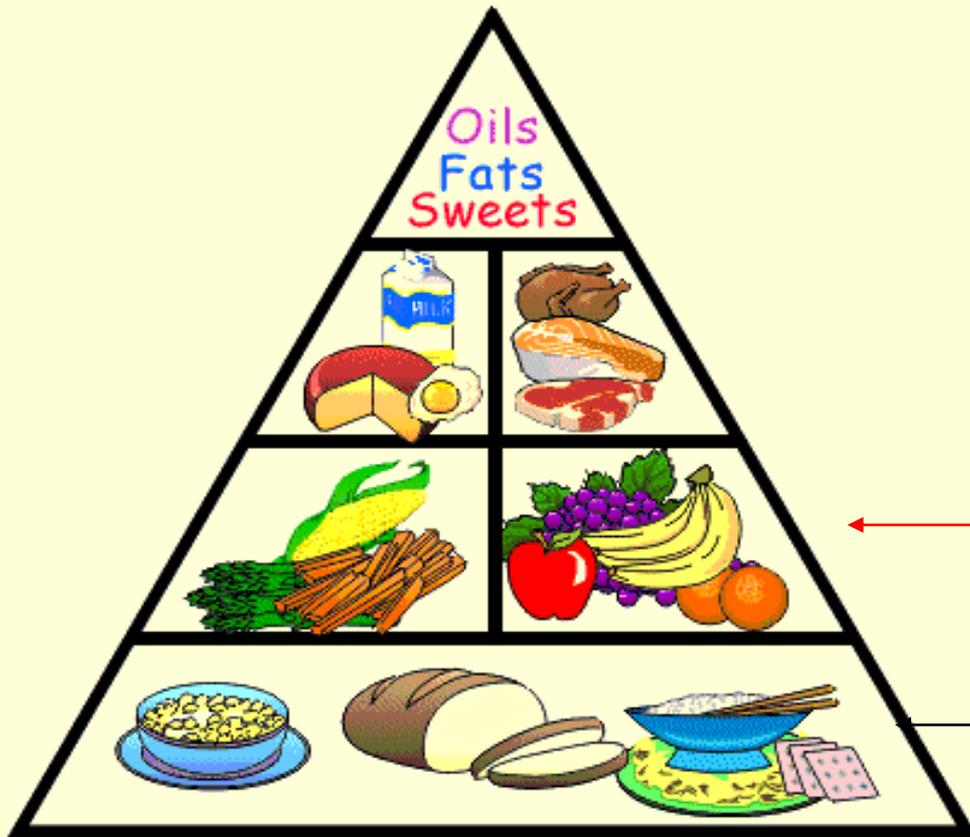
Eating properly and regularly is really important; what

# Healthy Eating

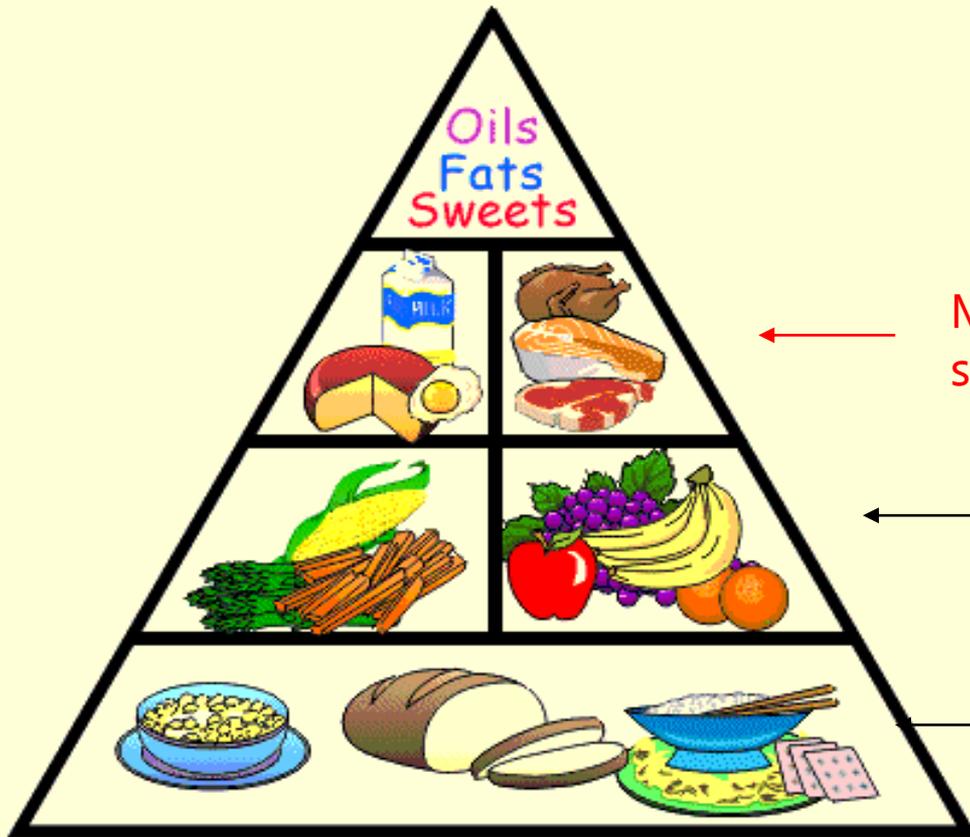


**Carbohydrates: take most food from this group (rice, pasta, bread, potatoes)**

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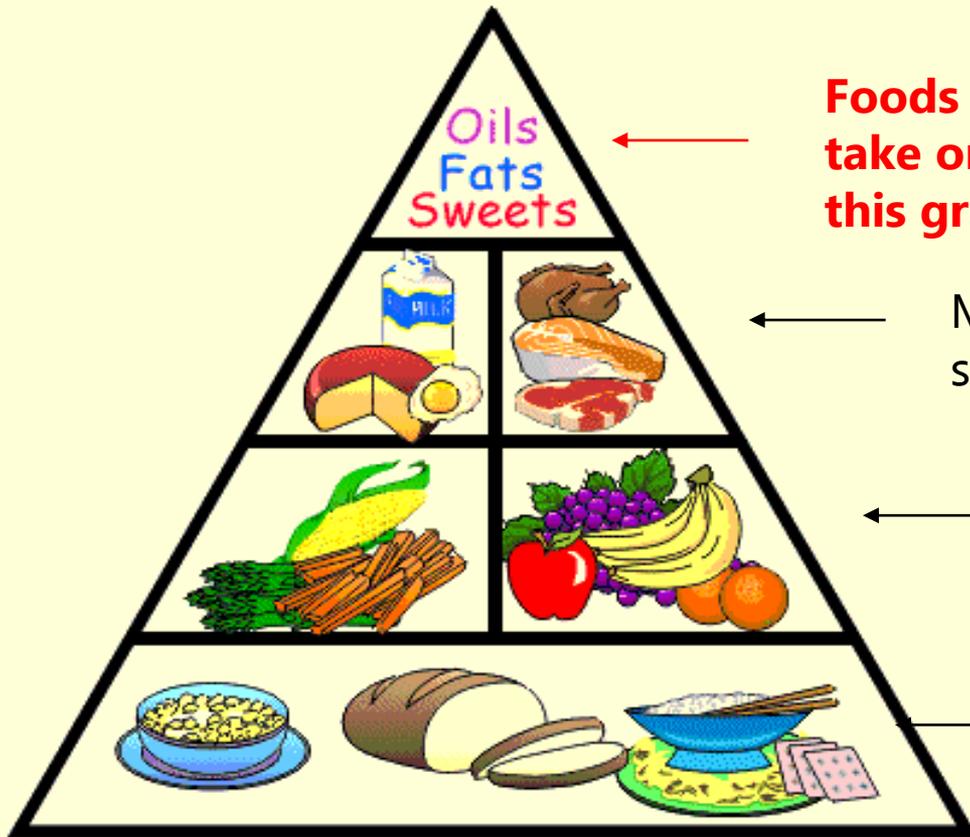


Meat, fish and dairy: take something from this group

Fruit and vegetables: take 5 portions a day from this group

Carbohydrates: take most food from this group (rice, pasta, bread, potatoes)

# Healthy Eating



**Foods high in fats and sugars:  
take only small amounts from  
this group**

Meat, fish and dairy: take  
something from this group

Fruit and vegetables: take 5  
portions a day from this group

Carbohydrates: take most food  
from this group (rice, pasta,  
bread, potatoes)

# *Fruit and Vegetables*

Fruits and vegetables grow on plants: underground, on the ground or in trees.

Every day we should eat at least 5 portions of fruit and vegetables. (A portion is about a handful.)

Fruit and vegetables give us fibre and vitamins and minerals.

# *Grains and Pulses*

This food group includes wheat, corn, barley, rice, beans etc.

These are all from plants and form a staple part of the diet for people all over the world.

Grains and pulses give us carbohydrates and proteins.

Nuts are another source of protein.

# Dairy Products

Dairy foods are made from milk (usually cow's milk, but can be from other animals like goats or sheep).

Dairy foods give us proteins and fats.

They are also a good source of calcium which is good for bones and teeth.

These foods include:

- Cheese (hard, soft, cottage);
- Yogurt;
- Food high in milk or milk products.

## Weird Fact

Our brains are 80% fat

# Meat, Fish and Eggs

The main nutrients derived from meat are proteins, but it also gives us fats and some minerals.

The meat and fish group includes:

- Chicken and all poultry;
- Fish and shellfish;
- Beef, pork and lamb.
- Eggs are included in this group too.

Athletes eat lots of protein; they help to build muscles.

## Weird Fact

Sushi (raw fish) is Marks and Spencer's best selling lunchtime snack.

# Vitamins and Minerals

Our bodies need all sorts of chemicals (vitamins and minerals) to be healthy. The most common are:

Vitamin A	Helps maintain eyesight	Sweet potatoes, carrots
Vitamin B	Help body make protein	Green leafy vegetables
Vitamin C	Healing skin, preventing colds	Citrus fruit, tomatoes
Vitamin D	Strengthen bones	Milk Sunlight
Vitamin E	Helps strengthen cells	Vegetable oils, nuts
Iron	Healthy blood	Green leafy vegetables

**'It doesn't matter  
what I eat as long as  
a exercise.'**



Exercise is good for you, but it still matters what you eat. Eating the right foods means we can learn better and exercise better too!

**'Chocolate is bad  
for you.'**



It's true that chocolate isn't the healthiest snack – but it isn't innately bad either! So, some chocolate can be part of a balanced diet. Plain (dark) chocolate is better for you than milk; it is higher in iron

**'Chewing and digesting a stick of celery uses up more energy than you get from the food.'**



This sounds good but unfortunately isn't  
true.

# *Healthy Eating*



**What might people  
say to influence  
what you eat?**

**Doctor**

**Friend**

**Parent**

**Dentist**

# *Healthy Eating*



**Who might have  
the most influence  
on what you eat?**