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Introduction

The contents of this book can be photocopied freely but please make appropriate acknowledgement to the original source.

The prevalence of overweight and obesity in UK school children is alarming, with approximately one fifth of children aged 4-5 years and one third of children aged 10-11 years being classed as overweight or obese. And we're never more than a few days away from hearing yet another shocking media report of outrageous diets and poor health in our nation's children. So what can we do? We can arm these young people with the skills they need to make informed and healthy food choices. We can help children to understand that the decisions that they make now about food can affect their health both in the short-term and for the rest of their lives, but at the same time we can help young people to feel good about themselves and enjoy food again. Everywhere they go children get conflicting messages about food and health: alarming media reports; potent marketing messages from the food industry; parents trying a different fad diet every week – it's not surprising that they're confused and bored by healthy eating messages. They want to enjoy their food not be scared by it!

This activity book was designed by Registered Nutritionists for people working with school-aged children around healthy eating. It is designed to enable teachers/ group leaders to teach evidence-based and up-to-date information, sensitively, consistently and in-line with current government recommendations, but most importantly to teach these messages in a fun and lively format. If we can all start giving consistent, sensible advice then perhaps these young people might stand a chance of being able to have some fun with food and make healthier choices at the same time. For further information, training, advice or support in teaching healthy eating messages to school-aged children simply visit www.phunkyfoods.com.

Dr Jennie Cockroft
R Nutr (Public Health), FRSPH, Director of Nutrition, PhunkyFoods

For additional copies of this activity book, and other fantastic healthy lifestyles teaching resources, you can browse the PhunkyFoods online shop at www.phunkyfoods.com/shop.

Other resources available include...



PhunkyENERGY cards

100 high quality A6-size photocards, depicting a wide range of foods and drinks and physical activities. They come with fun activity ideas designed to support teaching in the areas of: Food & Drink (**Energy In**), Physical Activity (**Energy Out**), healthy lifestyles and **Energy Balance**.

PhunkyFoods Healthier Choices cards

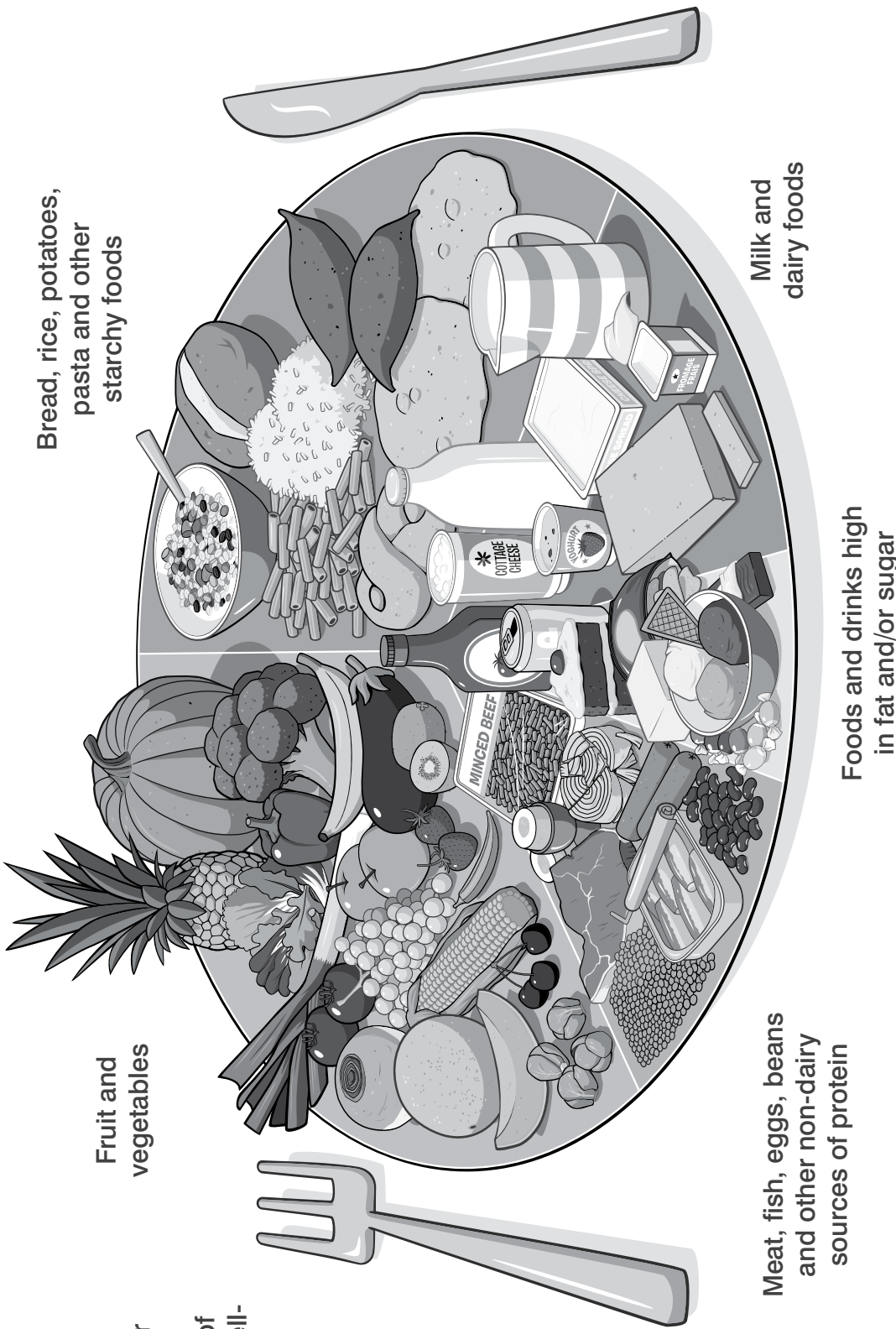
18 high quality A5-size photocards, depicting healthier and less healthy breakfasts, lunches and evening meals, complete with nutritional analysis of each meal. Designed to encourage discussion and debate around healthier food choices, cooking methods and portion sizes, and to help older children learn to interpret nutritional information.

PF Plate of Health Poster

A bright and colourful classroom poster depicting the five major food groups.

PhunkyFoods Phunky Tunes

Phunky music and lyrics designed to complement teaching in food and health. Fun and lively tunes for Foundation to Late Primary.



eatwell plate

The eatwell plate model makes healthy eating easier to understand by showing the types and proportions of foods needed to make a well-balanced and healthy diet





The eatwell plate

The eatwell plate is a visual model used across the UK, which shows the types and proportions of foods needed for a healthy and well balanced diet, in line with Government recommendations. It aims to give people a simple, practical message about healthy eating.

The eatwell plate shows how much of what you eat should come from each food group. This includes everything you eat during the day, including snacks. So, try to eat:

- plenty of fruit and vegetables
- plenty of bread, rice, potatoes, pasta and other starchy foods – choose wholegrain varieties whenever you can
- some milk and dairy foods
- some meat, fish, eggs, beans and other non-dairy sources of protein
- just a small amount of foods and drinks high in fat and/or sugar

Who is the model aimed at?

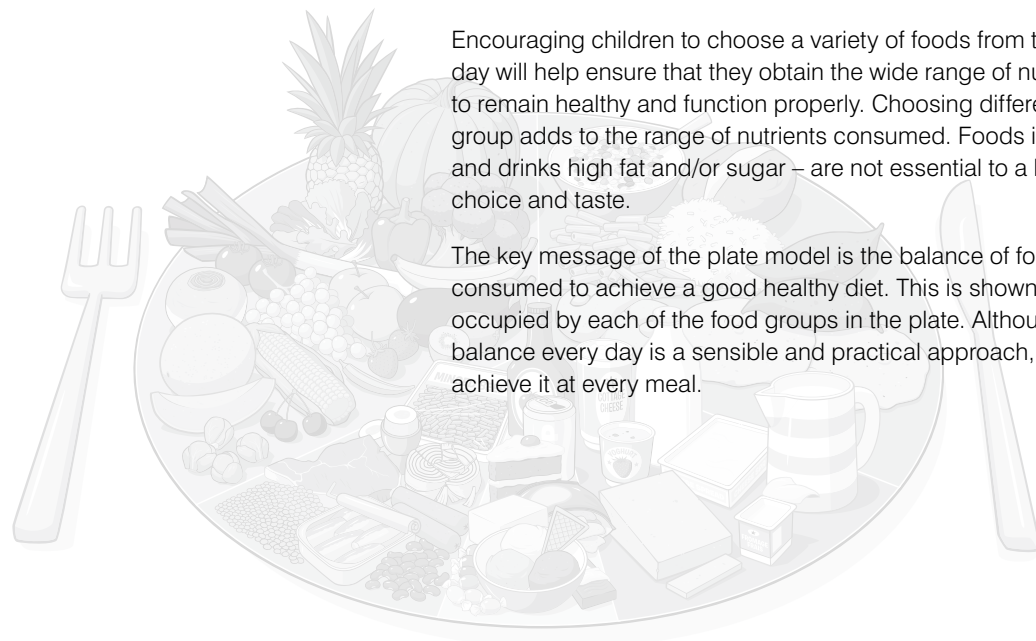
The plate model applies to most people. It applies to vegetarians, people of all ethnic origins and people who are a healthy weight for their height, as well as those who are overweight. However it does not apply to children under the age of two years because they have different needs. Between the ages of two and five years, children should make a gradual transition to family foods, and the recommended balance shown in the plate model can begin to apply.

How to use the plate model

This model makes healthy eating easier to understand by showing the types and proportions of foods needed to make a well-balanced and healthy diet. Because it is a visual representation, and because it is based on food groups and not nutrients, it makes it an especially nice and simple model to use with children.

Encouraging children to choose a variety of foods from the first four groups every day will help ensure that they obtain the wide range of nutrients their bodies need to remain healthy and function properly. Choosing different foods within each food group adds to the range of nutrients consumed. Foods in the fifth group – foods and drinks high fat and/or sugar – are not essential to a healthy diet, but add choice and taste.

The key message of the plate model is the balance of foods that should be consumed to achieve a good healthy diet. This is shown by the different area occupied by each of the food groups in the plate. Although aiming to achieve this balance every day is a sensible and practical approach, it is not necessary to achieve it at every meal.



The 5 A Day message

The 5 A Day message has been around for a while now and is a Government initiative to get people eating more fruit and vegetables. Fruit and vegetables are extremely good for both our short and long-term health. They are generally low in calories and fat and provide us with a vast array of vitamins and minerals. They're also a good source of fibre to promote good gut and bowel health. Research evidence has shown that by increasing our fruit and vegetable intakes we can reduce our risk of getting certain cancers, heart disease and strokes.

It's really important that we try and increase the consumption of fruit and vegetables in school aged children so that they can gain maximum health benefits and continue to eat plenty of fruit and vegetables into adulthood.

So what is 5 A Day?

The message is that we should all aim to eat five portions of fruit and vegetables every day.

So what counts?

Almost all fruit and vegetables can count towards your 5 A Day target which is great news for trying to encourage children to eat more. Fresh, frozen, tinned and dried varieties are all included in the target. Fruit juice also counts but only as one portion per day no matter how much you drink. This is mainly because it contains very little fibre. Also, the juicing process 'squashes' all the natural sugars out of the cells that normally contain them, which can be harmful for teeth - especially if you drink a lot of it in between meals.

So what is a portion?

One portion should be the equivalent of 80g – so what does that look like?

- 1 medium apple
- 2 broccoli florets
- 2 halves of canned peaches
- 1 handful of grapes
- 1 medium banana
- 3 heaped tablespoons of peas
- 1 medium glass of orange juice
- 7 strawberries
- 3 whole dried apricots
- 16 okra

Children under the age of five should also eat five portions a day, although it is likely that these portions will be much smaller.

For further guidance and information on the 5 A Day message visit www.nhs.uk/livewell/5aday





eatwell plate activity suggestions

Foundation Stage / Early Primary (4–7 year olds)

Activity ideas using PhunkyENERGY cards

What am I?

- Lay out six to eight food (Energy In) cards face up in the middle of the table.
- Describe a food item from one of the pictures, gradually adding more details. "I'm a fruit... I'm crunchy when you bite me... I'm green... I'm round. What am I?"
- Ask the pupils to find the correct food.
- Repeat with new descriptions of new foods.

To make this activity harder you can use more pictures, use descriptions which could apply to more than one food item on display, or ask the children to describe the foods.

Alpha-foods

- Put four to five food (Energy In) cards on the table.
- Name the foods with the children.
- Discuss what letter the food begins with.
- Ask one of the pupils to sort them into alphabetical order.
- Repeat with different cards and a different student.

To make this activity harder you can use more cards, and foods beginning with the same letter.

Just a minute

- Ask a pupil to pick a food (Energy In) card from the pack.
- Give the pupil one minute to describe the food to the rest of the class e.g. its colour, shape, smell, how it's cooked or eaten, which food group it belongs to etc, but they must not say the word itself.
- The class must guess which food is being described.

To make this game harder you can give pupils less time to describe, or split the class into teams and play for points.

Group task

- Show the pupils three cards showing foods from the same food group.
- Discuss what they are and why they belong to the same group.
- Add three more cards to the table. Some of these cards should be from your chosen food group and some from other food groups.
- Ask the pupils to find the foods from your chosen food group.

To make this activity harder use more cards, or ask the pupils to think of their own foods from your chosen food group.

The five food groups

Show the children the eatwell plate and explain that we all need a variety of foods to keep us healthy and that these foods all fit into the food groups of the eatwell plate. Go through the five food groups with the children and briefly explain the types of food which go into each group.

- Make your own eatwell plate collage using paper plates or the blank template on page 28. Ask children to find pictures of different foods, or draw different foods, and stick them in the correct groups on the plate.
- Ask the children to complete the eatwell plate worksheet on page 18.

Eat more of... Eat less of...

Show the children the eatwell plate and ask the children what they notice about the size of the food groups. Are they all different sizes? Ask the children which is the biggest group? Explain that this is because these are the foods which we need to eat more of for a healthy diet. Ask the children which is the smallest group. Explain that this is because these are the foods which we need to eat less of for a healthy diet. Explain that we need lots of different foods to stay healthy but that we should eat more of some foods and less of others.

- Ask children to think of their 3 favourite foods. Which food group do they belong to? Can they decide whether they should be eating more of these foods or less of them?
- Ask the children to complete the Eat more of ... Eat less of ... worksheet on page 19.
- Ask the children to draw/write down what they ate yesterday on a blank eatwell plate template (page 28). Which foods did they eat the most of? Which groups did they eat the least of? How does their diet compare to the eatwell plate? Did they eat a balanced diet? Ask the children to complete the following two sentences;

"I should eat more of ..."

"I should eat less of ..."

The children can relate it to particular foods or food groups.



eatwell plate activity suggestions

Middle and Late Primary (7–11 year olds)

Activity ideas using the PhunkyENERGY cards

More than one food group

- Split pupils into groups and give each group eight or ten food cards from a range of food groups.
- Discuss the food groups that the foods come from.
- Tell the pupils that this is just one way of classifying foods. Can the pupils think of any others way of classifying, or grouping, these foods?
- They might use colour, size, where they come from or anything else they can think of such as likes and dislikes.

Word Association

- Ask a child to pick a food (Energy In) card from the PhunkyENERGY cards pack without looking at it first.
- Put the card in the middle of the table and ask the pupils to brainstorm all the things that come, or can be made, from it e.g. chicken, chicken salad, chicken soup, roast chicken, chicken drumsticks etc...
- Repeat with different food cards.

Talk about

- Ask a pupil to pick a food card from the PhunkyENERGY cards pack.
- Give the pupil 30 seconds to describe the food to the rest of the class e.g. it's colour, shape, smell, how it's cooked or eaten, which food group it belongs to etc..., but they must not say the word/food itself!
- The class must guess which food is being described.

To make this game harder you can give pupils less time to describe, or split the class into teams and play for points.

What am I?

Pin the name/picture of a food to each child's back. The children then move around the room asking other children they meet YES / NO questions to discover what they are. Questions could include, "Am I in the fruit and vegetables group?" or "Am I red?" etc...

Food hoopla

Place 5 hula hoops in a line, jumping distance apart. Label each hoop with a food group from the eatwell plate. At the end of the line create a pile of food models or packets. Split children into two teams and ask them to line up at the start line. The first child from each team must jump from the start line into each hoop to reach the food. They should select one food and on their return home the child must drop the food into the correct hoop according to the eatwell plate.

If the answer is correct then player number 2 can repeat the process. The game continues until all food models have gone and the team to complete the challenge first wins.

Any incorrect answers should be corrected by the next player in line until the correct hoop is chosen.

Balanced meals

Give children pictures of meals (either from PhunkyFoods Healthier Choices cards or pictures from magazines). Ask the children to discuss in groups ways in which they could alter their meal to make it more healthy and balanced. They should identify foods that make up the meal. Which foods should they eat more of and which foods should they eat less of? Are there different choices they could make to make their meal healthier, or more balanced? For example adding some vegetables or a salad to a pizza, or choosing water instead of fizzy drinks, swapping chips for potato wedges.

What I ate yesterday

Ask the children to write down everything they ate yesterday on a blank eatwell plate template (page 28). Which foods did they eat the most of? Which groups did they eat the least of? How does their diet compare to the eatwell plate? Did they eat a balanced diet? Ask the children to complete the following two sentences;

"I should eat more of ..."

"I should eat less of ..."

The children can relate it to particular foods or food groups.



5 A Day activity suggestions

Foundation Stage / Early Primary (4–7 year olds)

Eat a Rainbow

Explain to the children that eating five different coloured fruit and/or vegetables each day is good for us because the different colours help our bodies in different ways.

Show the children a picture of a rainbow. Encourage them to name fruits and vegetables for each colour:

- Red: strawberries, tomatoes, peppers, apples, chillies, cranberries
- Orange: oranges, peppers, apricots, carrots, peaches
- Yellow: bananas, peppers, sweetcorn, lemons, grapefruits, passion fruits
- Green: pears, apples, kiwis, peppers, broccoli, grapes, peas, spinach
- Blue: blueberries
- Indigo: blackberries, aubergines, red onions
- Violet: plums, grapes, damsons

Allocate one fruit/vegetable to each child. They should draw/colour a large picture of it to stick on a rainbow collage for a large wall display to remind all of the children to “Eat a rainbow” every day!

Fruit Salads

Start the class off by giving each child a paper bowl and asking them to decorate the edges and outside of the bowl with pictures/drawings of different fruit and vegetables. Take a smaller group of children, of a manageable size, out of the main task to make fruit salad. Discuss with the children what they need to do to get ready to prepare food, e.g. tie back long hair, wash hands, and wear an apron. Ask the children to name the tools they are using such as chopping board and knife. Teach the pupils how to use the tools safely. Ask the children to make their fruit salad and keep it in one big bowl. When they have finished ask them to return to their art work and take the next group.

Serve a little fruit salad to each child in their new fruity-veggie bowls. Encourage each child to try everything in their bowl. Finish by reminding the children of why we need to eat five different fruits and vegetables every day.

Fruity-Veggie Hats

For each child fit cardboard strips around their head so that it fits like a hat, staple the ends together to secure. This will form the base of their fruity-veggie hats. Give each child/group a pile of magazines and ask them to cut out pictures of different fruit and vegetables and stick them on their hats. They can also draw/paint their own fruits and vegetables to stick on, and use sequins or glitter to make them really special.

Feeling Fruity?

This activity can be done in pairs or as a whole class activity. It may be useful to list some helpful adjectives first to describe the feel/touch of different fruits and/or vegetables (e.g. juicy, hairy, leathery, prickly, smooth etc ...). Place one fruit/vegetable into a feely bag/box and ask a child to try and identify it by touch alone. Ask the child to describe the touch of the item to the rest of the group/class and see if they can guess what the item is.

Letters

Ask the children to choose a letter of the alphabet, and list all the fruit and vegetables that start with that letter. They can then draw the chosen letter very large on a piece of paper, writing the fruit and vegetable names inside or next to the letter. This can be decorated with pictures of the fruit and vegetables. Make a classroom display.

Smoothie Bingo

Photocopy two sets of the smoothie bingo cards on pages 20-21. Cut one set up into four playing boards and cut the second set up into individual food cards. Choose one person as the caller. The caller mixes the picture cards and draws them one at a time. Players cross off the pictures on their game cards as they are called out. The player who gets 3 in a row (in any direction) wins.



5 A Day activity suggestions

Middle and Late Primary (7–11 year olds)

Food diaries

Ask the children to keep a diary of how much fruit and vegetables they eat on 1 day. They should write down what they ate and when they ate it.

- Count how many portions of fruit and vegetables each child has eaten
- Calculate an average
- Make a graph for the whole class to show everyone's fruit and vegetable intake on an average day
- Which meal/when in the day did children eat the most fruit and vegetables?
- Which meal/when in the day did the children eat the least fruit and vegetables?
- Where could they include more fruit and vegetables?
- Ask the children to come up with some quick and easy ideas to increase their fruit and vegetable intake

Where in the world?

Ask pupils to bring in labels/stickers/packaging/cans from different fruits and vegetables. Display a world map and ask the children to locate the country of origin from the food labels. Use wool/string to join pictures of the fruits and vegetables to their places of origin on the map. Make a list of the fruits and vegetables that travelled long and short distances. Ask which ones travelled the furthest, and what kind of transport might have been used to bring the fruit and/or vegetables to this country? How do the fruit and vegetables arrive at the greengrocers/supermarkets?

Phunky fruit and vegetable advertising

Explain the 5 A Day message to the children. Ask the children to think about how they can promote fruit and vegetables through advertising. Ask the children what adverts they have seen to promote different fruit and vegetables. What are the key factors in those adverts that make them eye catching or memorable? Ask the children to develop their own advert to promote fruit and vegetables (this could be in poster format or as a storyboard for a television advert). In groups the children should decide what fruit or vegetable they will be advertising. They should think about the key factors used in advertising such as a catch phrase/slogan/jingle, large print and limited text.

Smoothies

Smoothies are a fantastic way to get children started on their 5 A Day. You can use fresh, tinned (in natural juice) or frozen fruit – simply choose the cheapest and most convenient!

You can blend the fruit/vegetables with fruit juice, or yoghurt and/or milk to include one of their diary portions too.

You hardly need any equipment (just a knife, chopping board, jug, blender and some cups!) and it's a really quick, easy and fun way to get children thinking about the 5 A Day message.

Try one of the recipes below or get the children to make up their own... the whackier the better!

Recipes

Rhubarb & Raspberry

1 small pot of rhubarb yoghurt
125g raspberries
200ml semi-skimmed milk

Melon & Strawberry

2 slices of watermelon
6 large strawberries
200ml apple juice

Mango & Strawberry

4 slices canned mango
1/2 tin of strawberries
1 small pot of natural yoghurt

Passionate Peach

1 peach
1 passionate fruit
1/2 banana
200ml orange juice

Apple & Grape

15 green grapes
1 apple (peeled)
200ml apple juice

Berry Blast

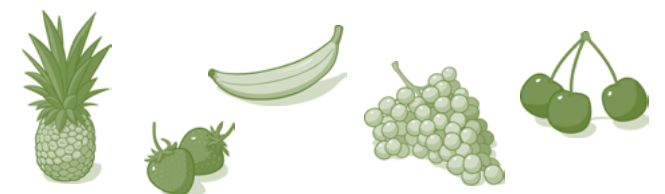
10 cherries
100g blackberries
200ml semi-skimmed milk

Berry Nice!

225g frozen berries
1 pot of strawberry yoghurt
200ml semi-skimmed milk

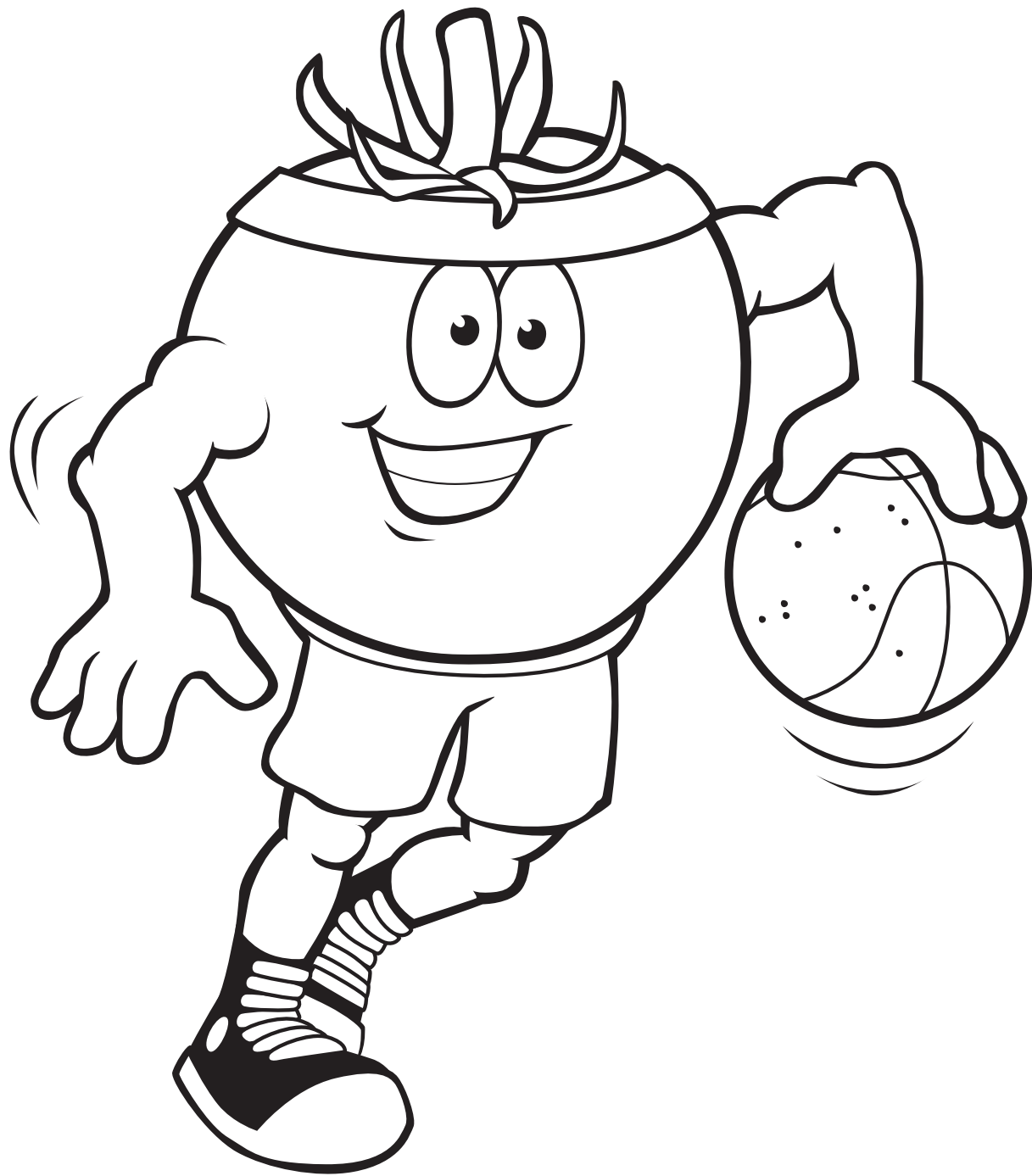
Blueberry & Pineapple

150g fresh blueberries
1 banana
200ml pineapple juice
3 tbsp natural yoghurt

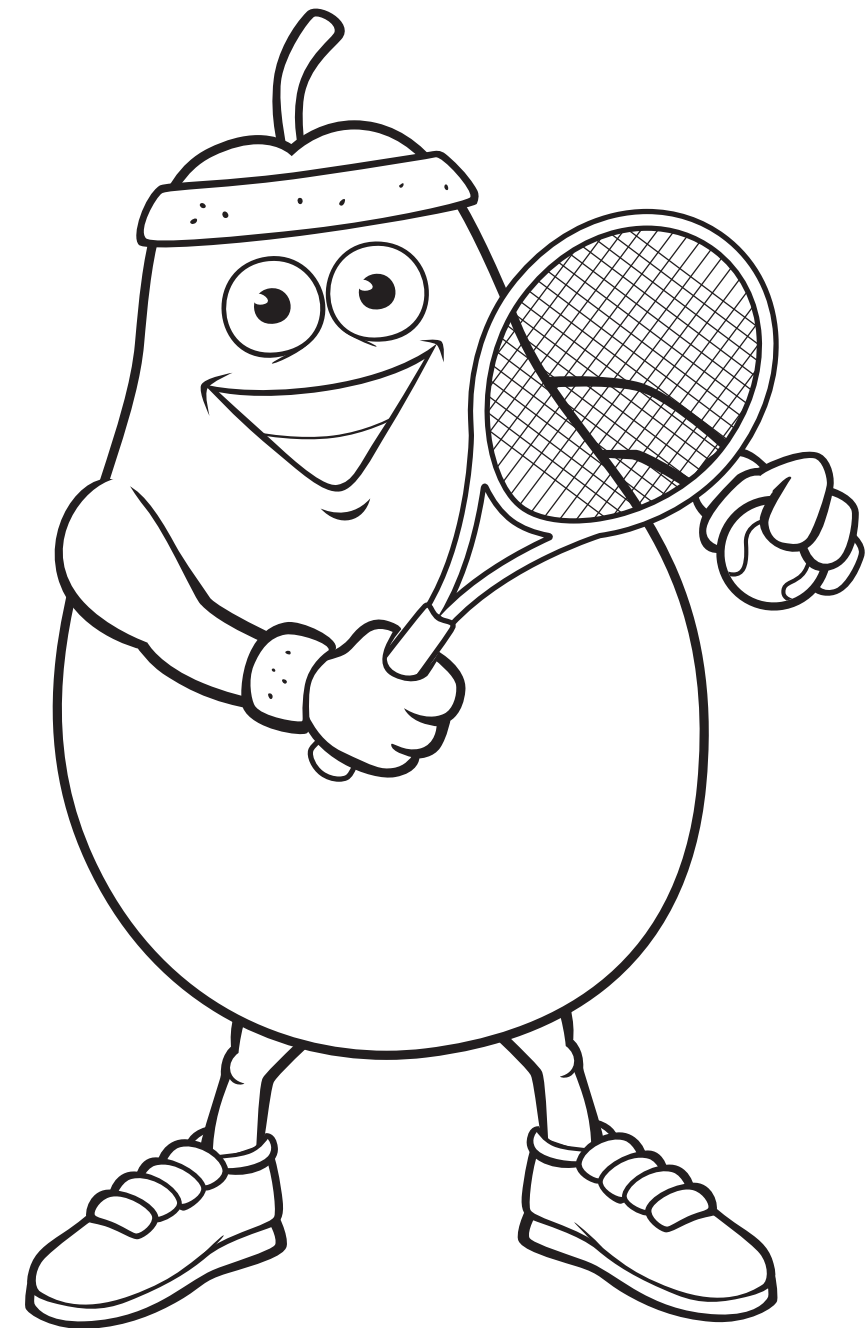




Colour Me Happy!



Colour Me Happy!

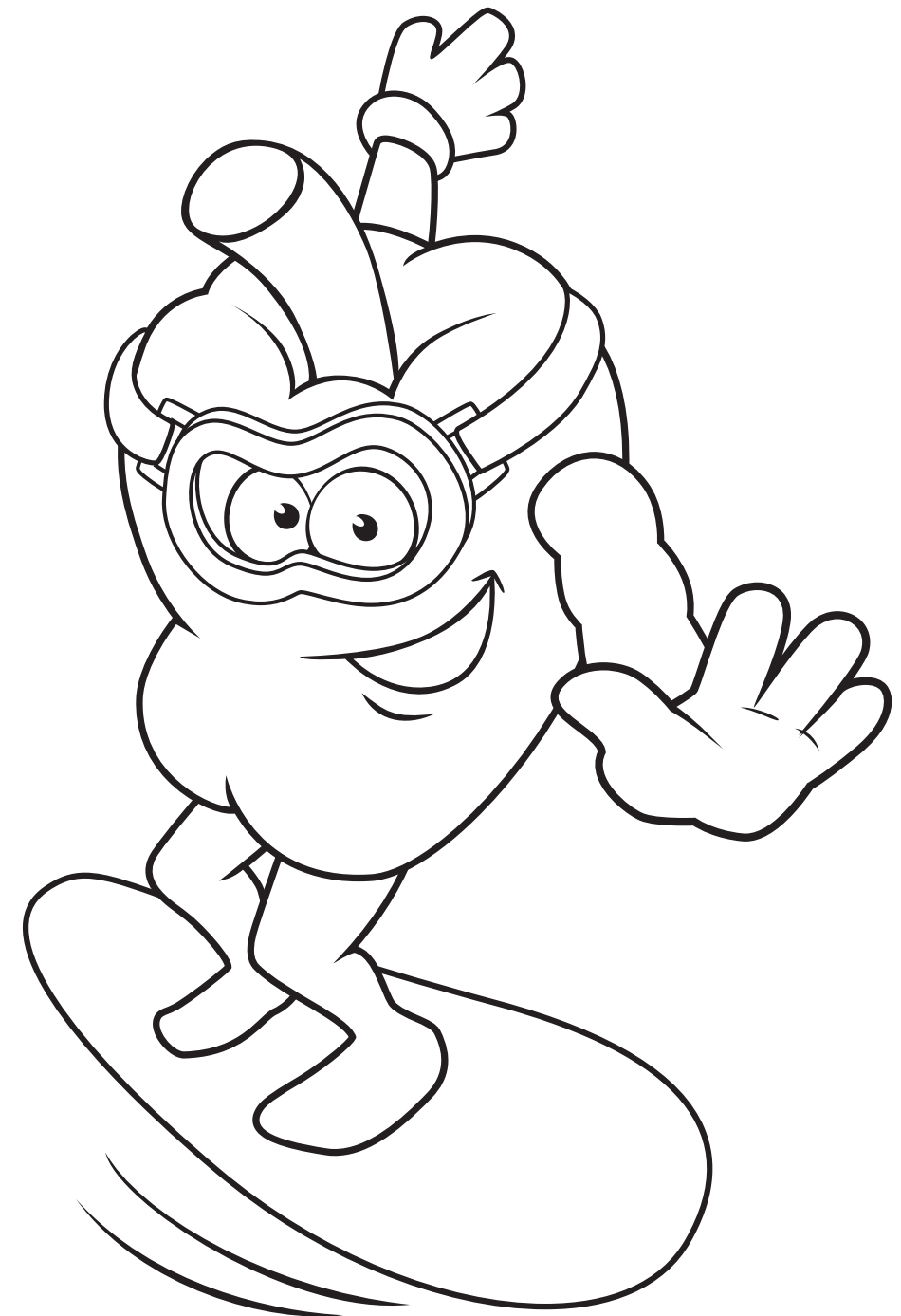




Colour Me Happy!



Colour Me Happy!

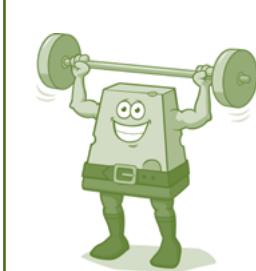




Colour Me Happy!

Here at PhunkyFoods we have a number of mascot friends. These friends are all different foods playing sports. We have Sammy Strawberry, Bobbie Banana and Archie Apple amongst others. We are looking for some new friends, can you design us a new PhunkyFoods mascot?







Fruit & Veggie Patterns

Complete the following patterns...

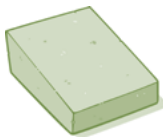
						
						
						
						
						
						



Word Search Wonder

All the foods pictured on this page are hidden in the word square. Can you find them?

p	i	n	e	a	p	p	l	e
g	d	f	a	h	k	e	e	d
k	r	w	p	n	t	u	n	a
g	i	e	p	b	l	f	t	t
n	c	f	l	m	h	h	i	e
i	e	y	e	c	n	b	l	g
m	c	h	e	e	s	e	s	b



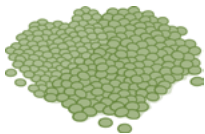
cheese



pineapple



apple



lentils



rice



tuna



Living & Non-Living Things

Here is a picture of Emily playing in the garden. Can you circle 5 living and 5 non living things in the picture?



Inside My Body

Inside your body are organs that need food and water to work properly. Can you cut out the body parts and stick them in the correct places on the body below?



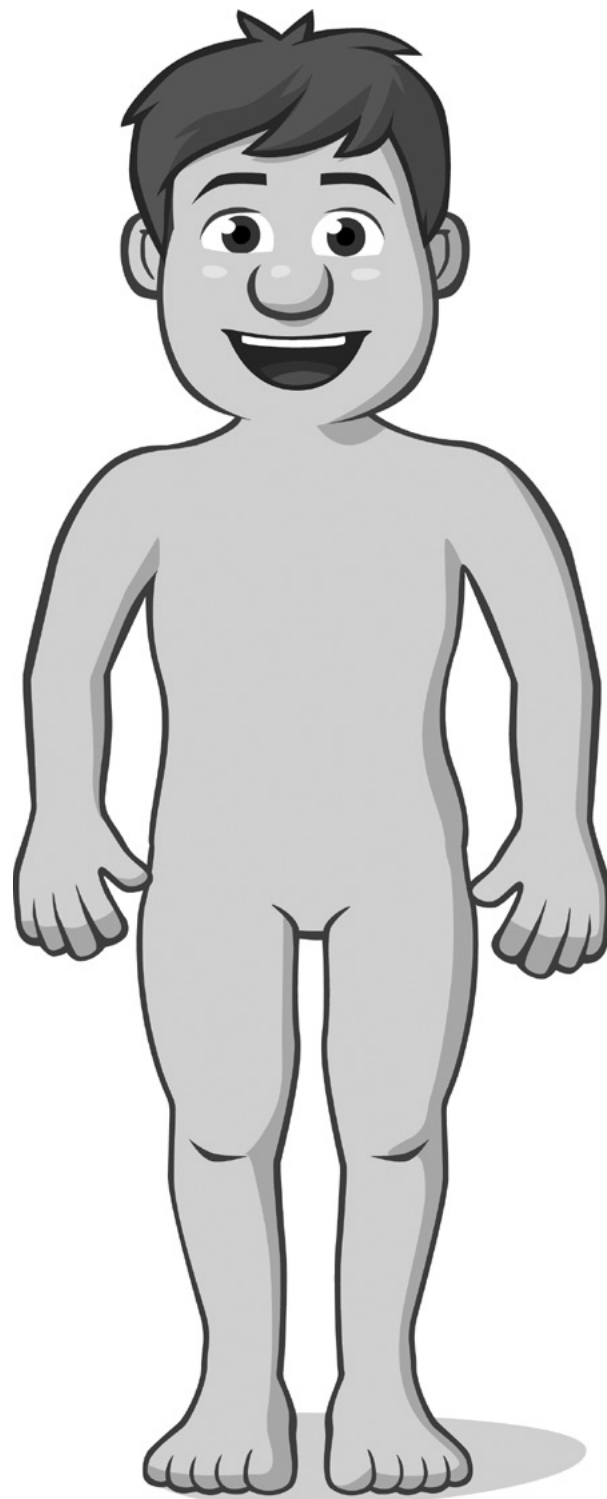
Stomach



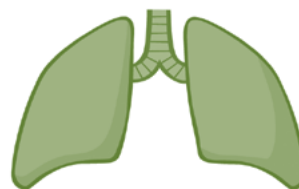
Large Intestine



Heart



Small Intestine



Lungs



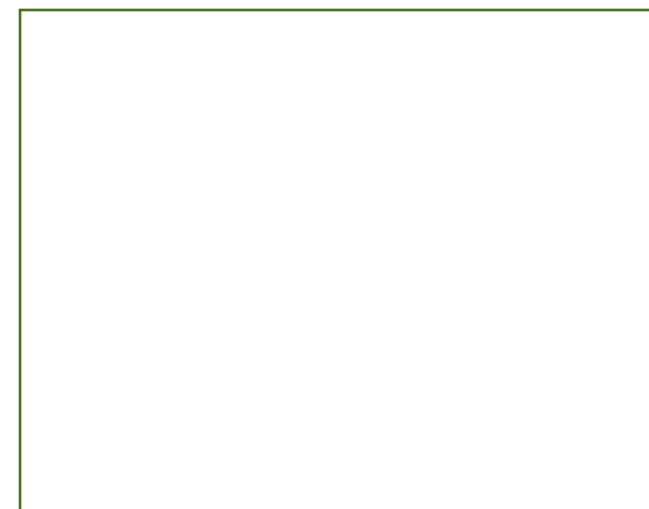
Gullet



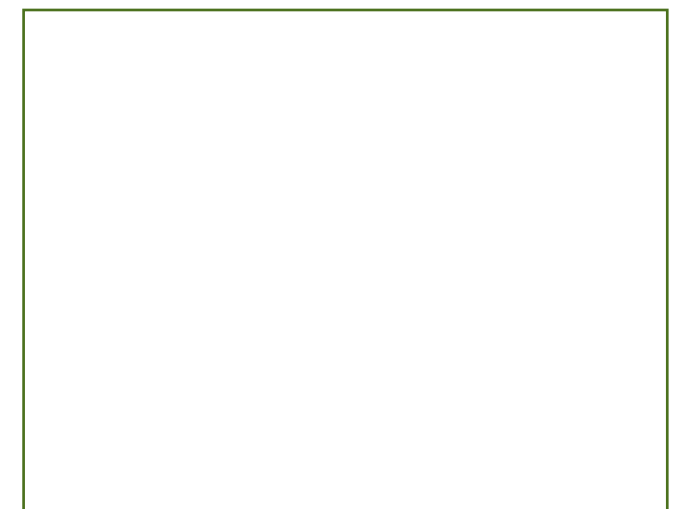
I need food and drink to...

To do all the activities we do everyday such as running, learning, eating, walking and playing with our friends we need food and water. Food and water help our bodies to grow and be healthy.

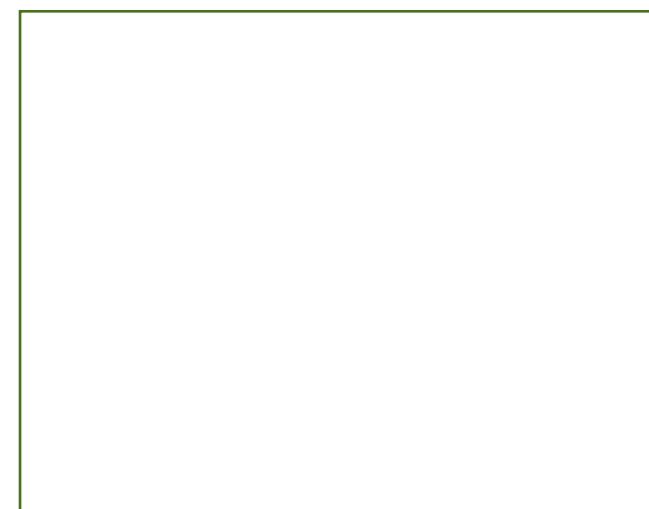
Fill in the four boxes with pictures of what you need food and drink to do. Write a short sentence explaining what you are doing.



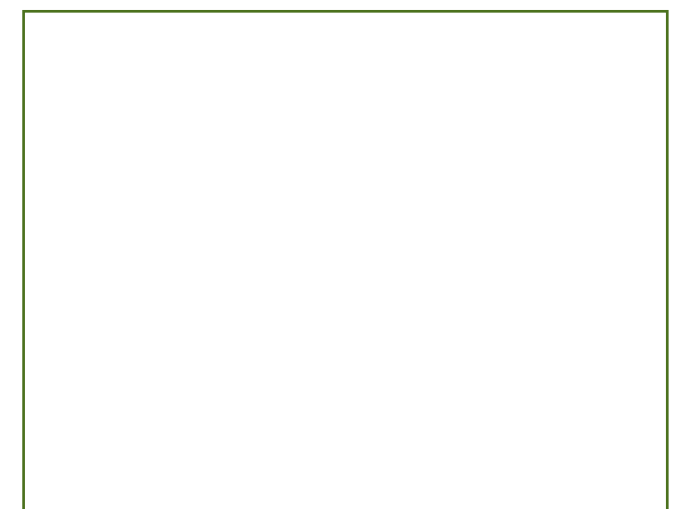
I am...



I am...



I am...



I am...



Being Healthy

It is important that we try and live a healthy lifestyle to keep us safe and well.

Can you think of 3 things we need to be healthy?

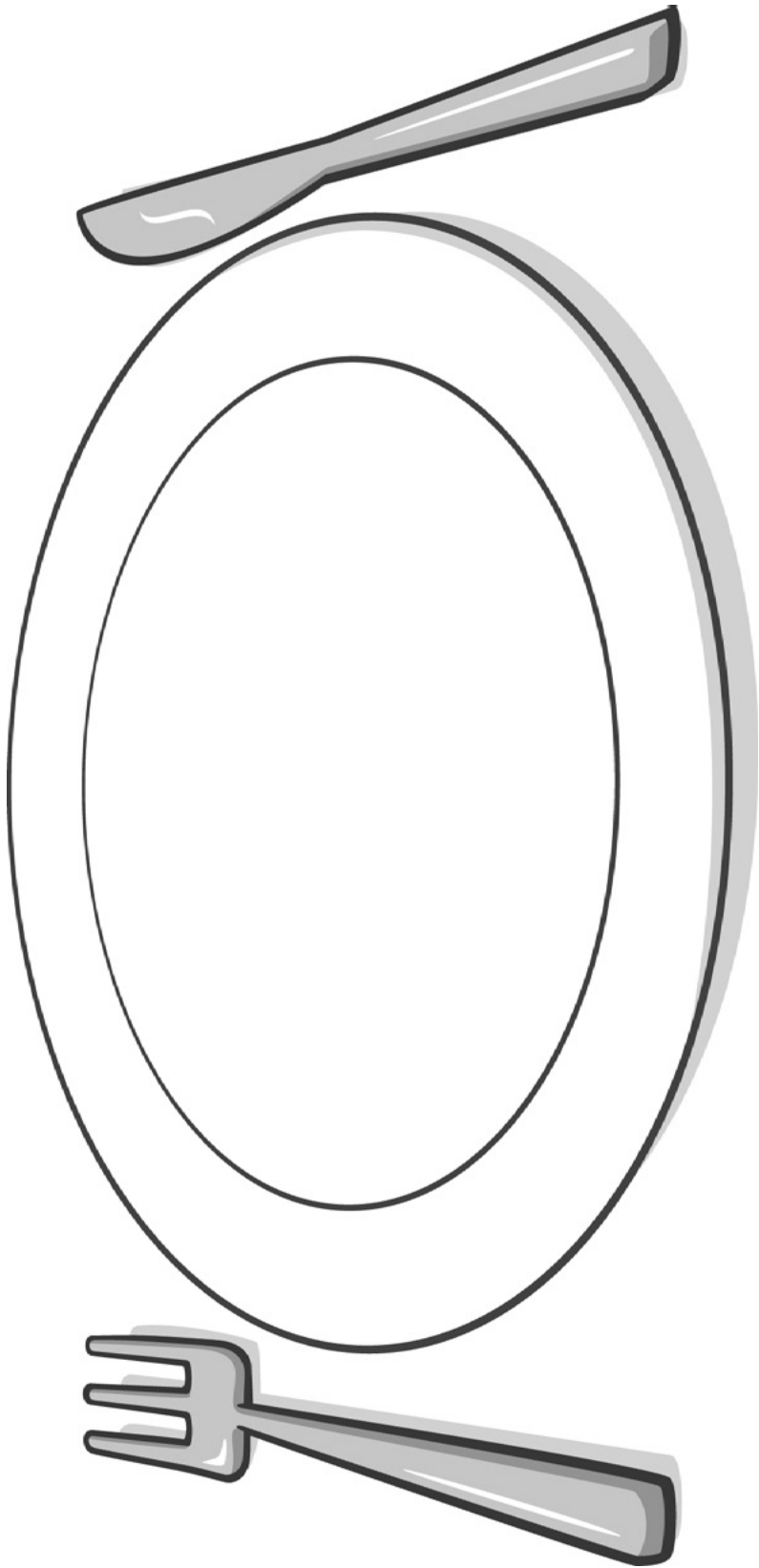
- 1.
- 2.
- 3.

Can you draw a picture below of what being healthy means to you?



My Favourite Meal!

Draw a picture of your favourite meal.

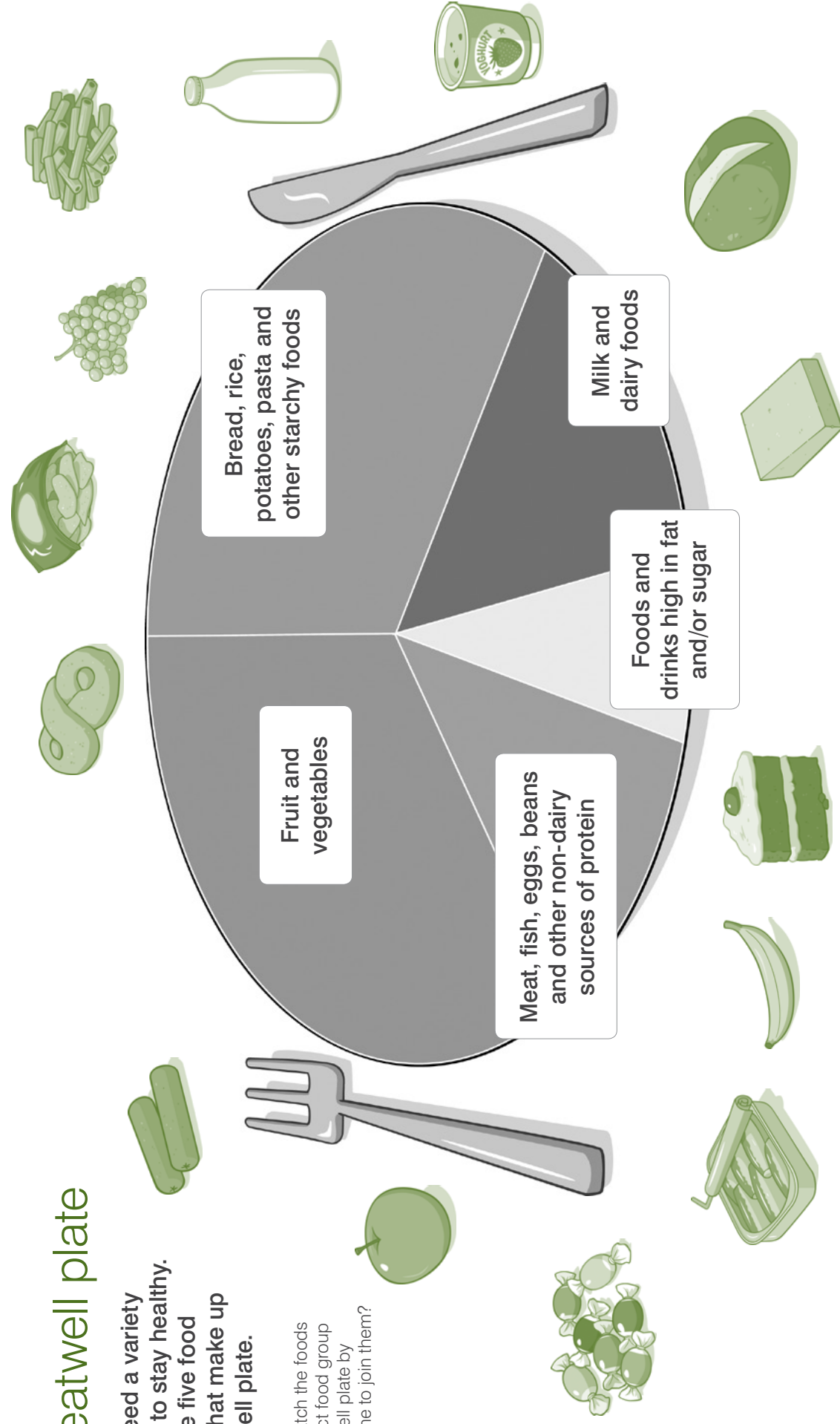




The eatwell plate

We all need a variety of foods to stay healthy. There are five food groups that make up the eatwell plate.

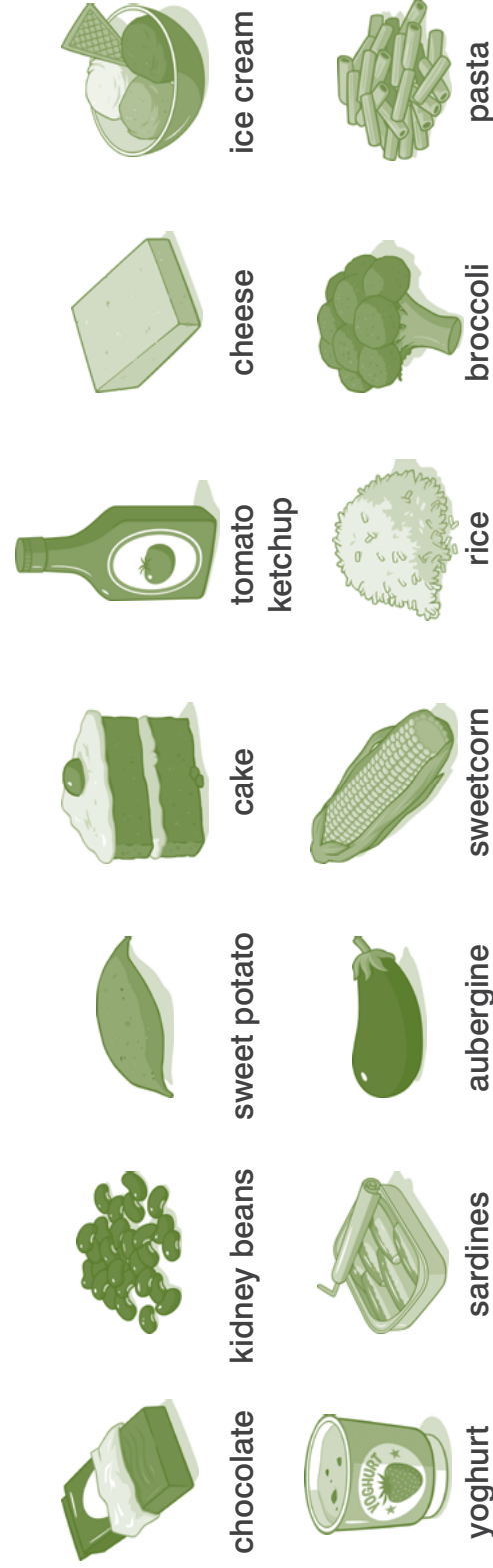
Can you match the foods to the correct food group on the eatwell plate by drawing a line to join them?



Eat more of... Eat less of...

To stay fit and healthy we should eat more of some foods and less of others.

Can you match the foods to the correct plate by drawing a line to join them?



Smoothie Bingo

Smoothies are a great way to achieve one of your 5 A Day and you can include anything in them!

Photocopy two sets of the smoothie bingo cards. Cut one set up into four playing boards and cut the second set up into individual food cards. Choose one person as the caller. The caller mixes the picture cards and draws them one at a time. The player who gets 3 in a row (in any direction) wins.

		
Banana	Pineapple	Grapes
		
Cherries	Orange Juice	Milk
		
Yoghurt	Melon	Strawberries
		
Apple	Strawberries	Fromage Frais
		
Pineapple Juice	Cherries	Kiwi
		
Yoghurt	Melon	Banana

Smoothie Bingo

Smoothies are a great way to achieve one of your 5 A Day and you can include anything in them!

		
Strawberries	Melon	Fromage Frais
		
Orange Juice	Banana	Yoghurt
		
Pineapple	Milk	Grapes
		
Apple	Pineapple	Grapes
		
Cherries	Orange Juice	Milk
		
Yoghurt	Banana	Strawberries



Colour Me Happy!

Here at PhunkyFoods we have a number of mascots; these mascots are different foods playing sports, we have Sammy Strawberry, Bobbie Banana and Archie Apple amongst others. We are looking for some new friends, can you design us a new PhunkyFoods mascot and tell us about them?



My Phunky character is called...

The sport they like best is...

They like this sport because...



Word Search Wonder

All the foods pictured on this page are hidden in the word square. Can you find them?

I	V	B	H	M	A	J	D	K	V	N	P	D
H	B	C	J	N	S	M	S	J	P	I	M	A
K	Y	S	A	L	M	O	N	H	N	T	O	U
P	R	W	P	B	P	N	E	R	I	F	K	B
I	E	E	O	E	O	B	U	G	K	R	P	E
O	W	R	J	D	Y	T	R	F	H	D	A	R
N	K	I	D	N	E	Y	B	E	A	N	S	G
M	G	C	Y	D	N	U	D	R	T	D	T	I
C	W	E	C	V	Y	J	U	D	E	F	A	N
E	C	H	O	C	O	L	A	T	E	I	O	E
N	T	R	S	D	C	E	W	S	A	G	F	P



salmon



kidney beans



pasta



rice



chocolate



aubergine



turnip



Crossword Confusion

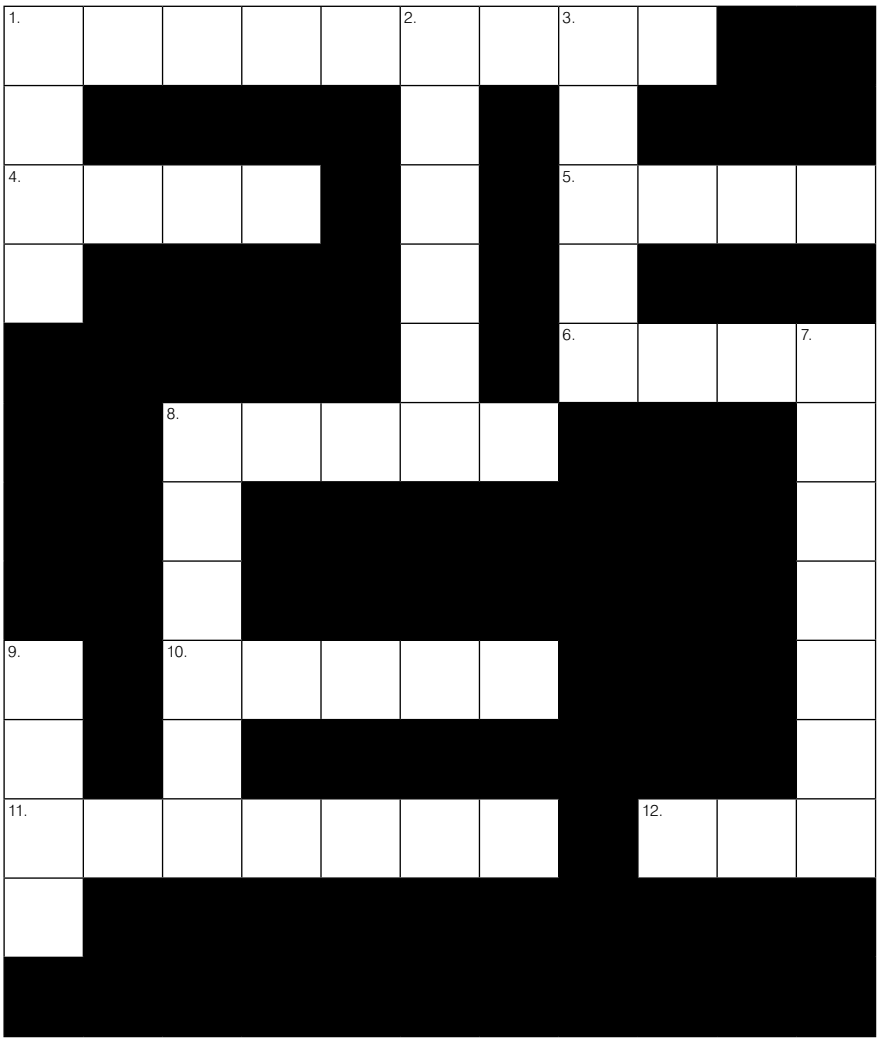
Can you complete the crossword below?

Clues Across

- 1. This large juicy fruit is yellow on the inside and has large green sprouting leaves on top (9).
- 4. Delicious served with curry (4).
- 5. A type of herb that tastes great with lamb, or maybe in a potato salad (4).
- 6. Almonds, pistachios and cashews are all different types of ____ (4).
- 8. One of the five food groups of the eatwell plate is called "Milk and ____ _ foods" (5).
- 10. The smallest food group on the Eatwell plate is called "Food and drinks that are high in fat and/or ____ _". (5).
- 11. This food comes from the "Meat, fish, eggs & beans" food group of the eatwell plate and is the main ingredient in dahl (7).
- 12. This sweet green vegetable comes out of a pod (3).

Clues Down

- 1. This type of meat comes from a pig (4).
- 2. This vegetable tastes great in a stir fry or salad – green, red, orange or yellow! (7).
- 3. This yellow citrus fruit is often sliced and added to drinks (5).
- 7. A traditional orange fruit to find in your stocking at Christmas (7).
- 8. A type of fruit; a little bit like a plum (6).
- 9. A healthy drink, rich in calcium and really good for our bones and teeth (4).



eatwell plate

Do you know what the eatwell plate is? Use the picture below to help you describe it.



Can you give 2 examples of foods that fit into each section of the eatwell plate. See if you can find two examples that are not shown on the picture already!

Bread, rice, potatoes, pasta and other starchy foods

1.
2.

Fruits and vegetables

1.
2.

Milk and dairy foods

1.
2.

Meat, fish, eggs, beans and other non-dairy sources of protein

1.
2.

Foods and drinks high in fat and/or sugar

1.
2.

A Healthy Balanced Meal

We need lots of different foods to stay fit and healthy

Each of the five food groups provides our bodies with different nutrients. Below are the main nutrients provided by each group. Can you draw a line between the food group and the main nutrient(s) they provide?

Bread, potatoes, pasta and other starchy foods

Fruit and vegetables

Milk and dairy

Meat, fish, eggs, beans and other non-dairy sources of protein

Foods and drinks high in fat and sugar

Calcium

Protein

Fat and sugar

Carbohydrates

Vitamins and minerals

Eating a good balance of foods is important for our health. Can you design a healthy balanced meal that includes the food groups in the right amounts?



5 A Day fun

Eating 5 portions of fruit and vegetables every day is really important as they contain essential vitamins and minerals which help us stay fit and healthy.

Do you know how much one portion should weigh? Decide from the four options below and circle the correct answer.

45g 80g 110g 60g

Which food from the four below is commonly confused as a portion of fruit or vegetables? Why does this food not count towards your 5 A Day?



Strawberries



Raisins



Potatoes



Orange Juice

Eating 5 portions of fruit and vegetables every day can help to reduce our risk of getting diseases later in life, disease like heart disease and some types of cancer.

Do you eat 5 portions a day? What are your top three favourite fruits and vegetables?

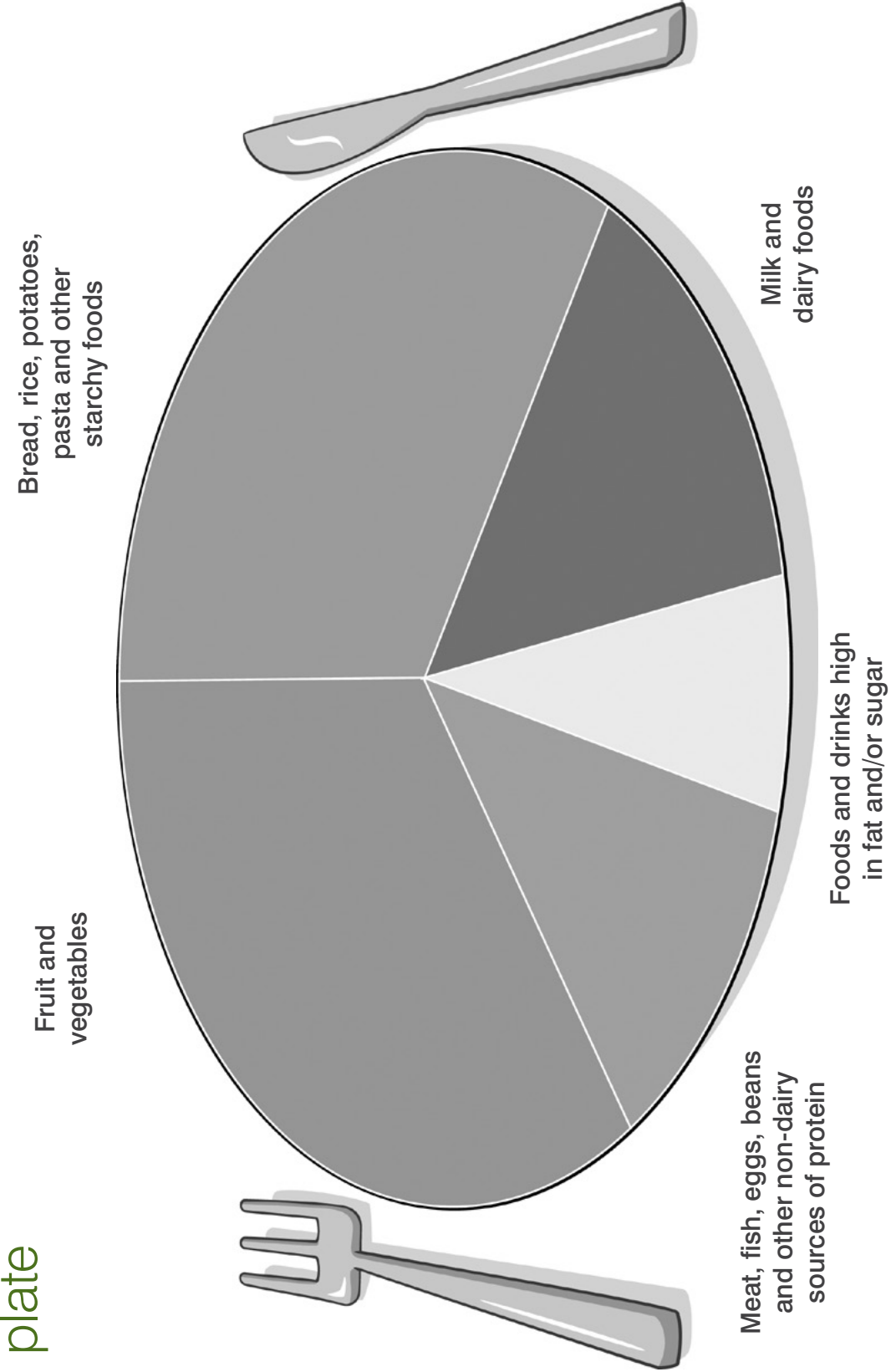
1.
2.
3.

Here are some top tips to help you get your 5 A Day, can you think of 3 more?

1. Add a handful of fresh or frozen vegetables into pasta, soup or noodles.
2. Add crunch to your sandwiches with lettuce, tomatoes, cucumber or grated carrot.
3.
4.
5.



eatwell plate



5 A Day Wall Chart

Mark a box with a tick or a drawing of the fruit or vegetable you ate							
Portions	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1							
2							
3							
4							
5							
+							



Notes

Lined area for notes on page 30.

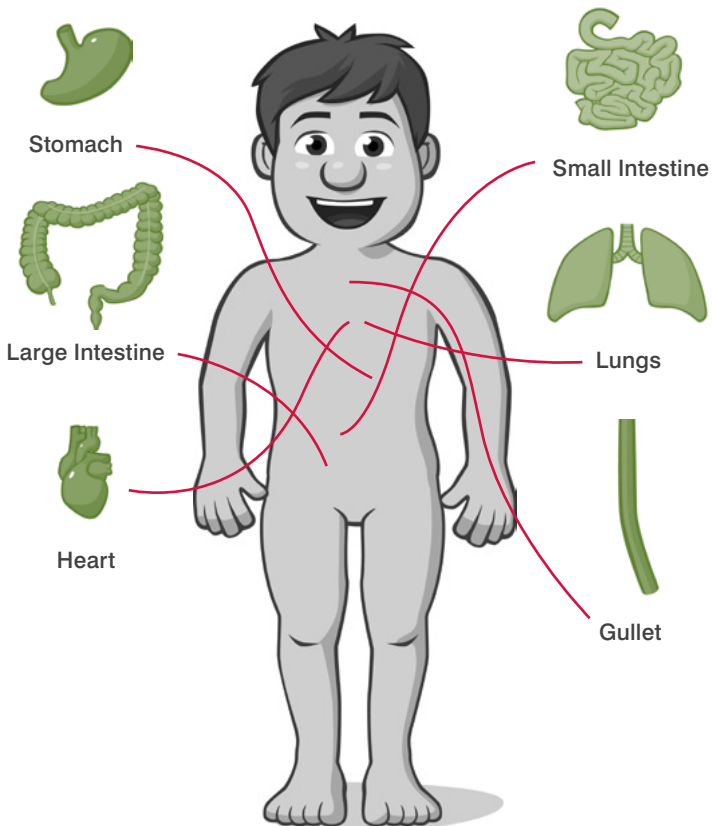
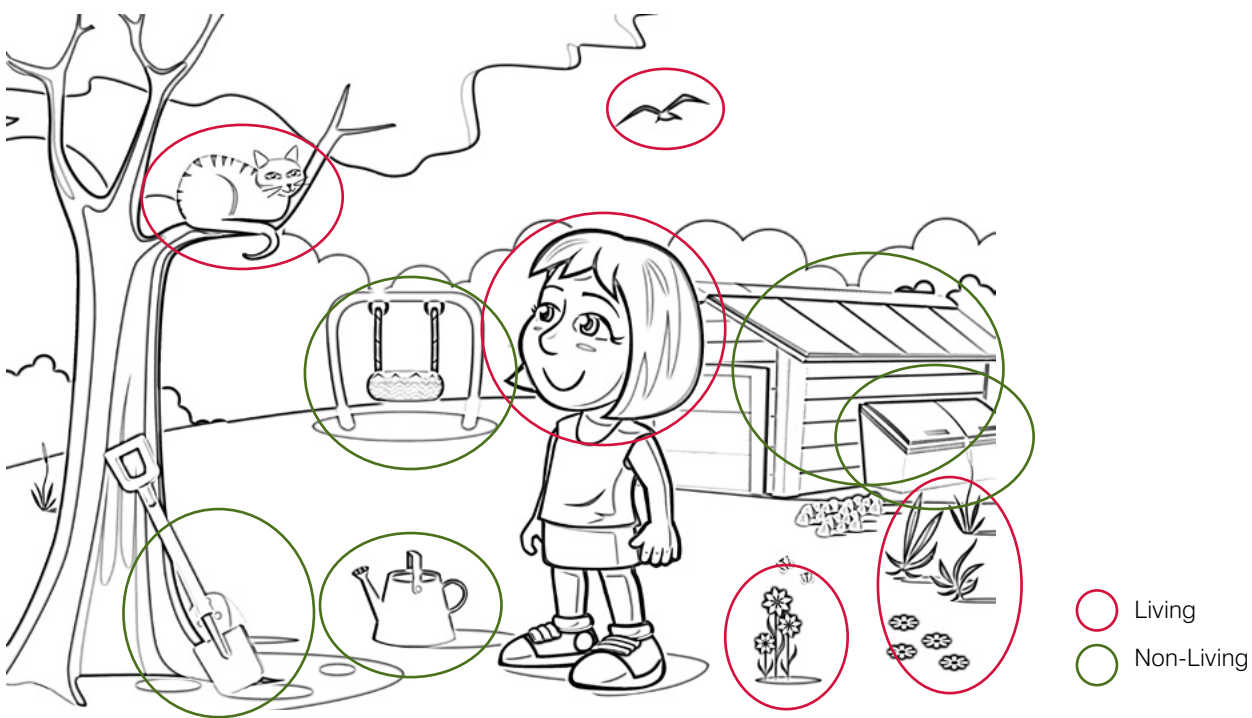


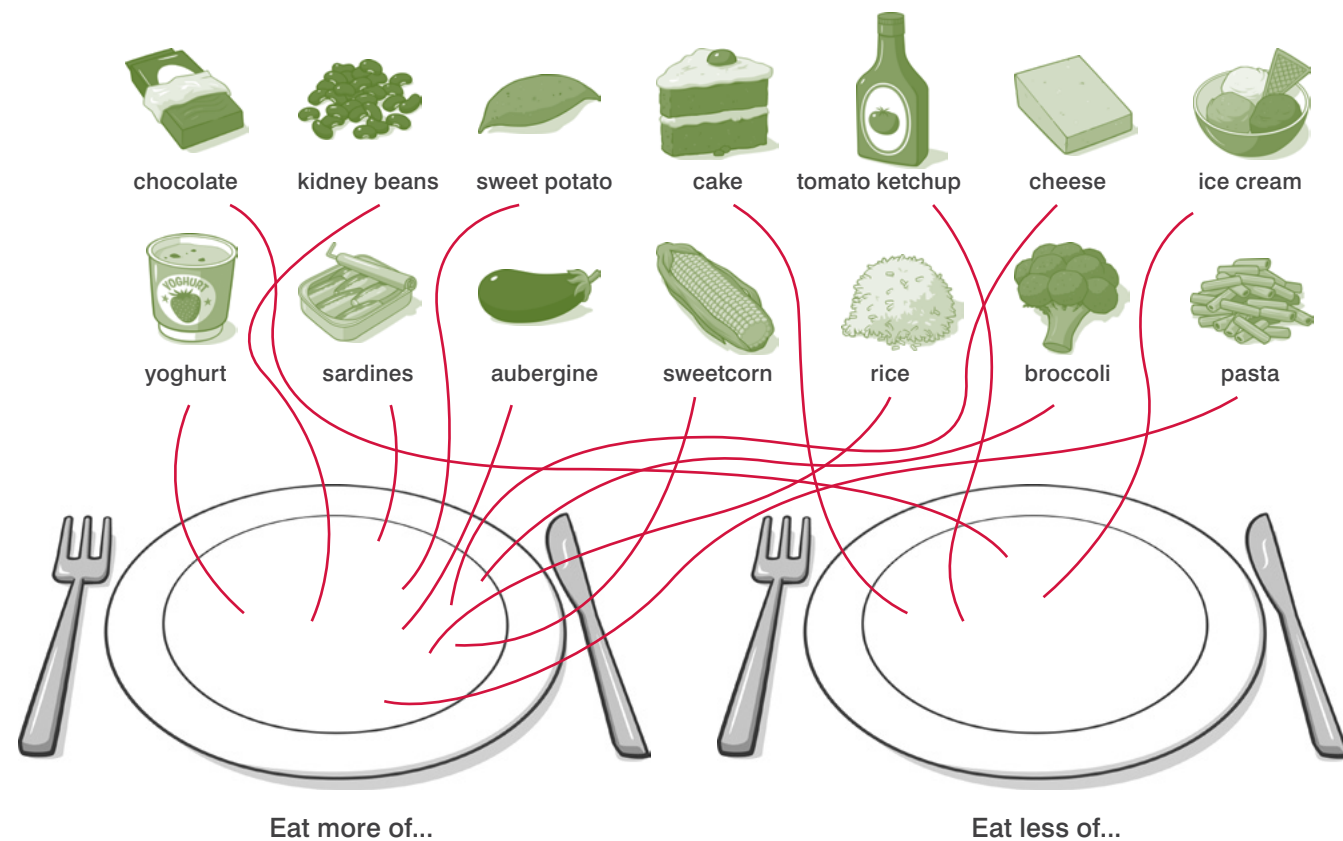
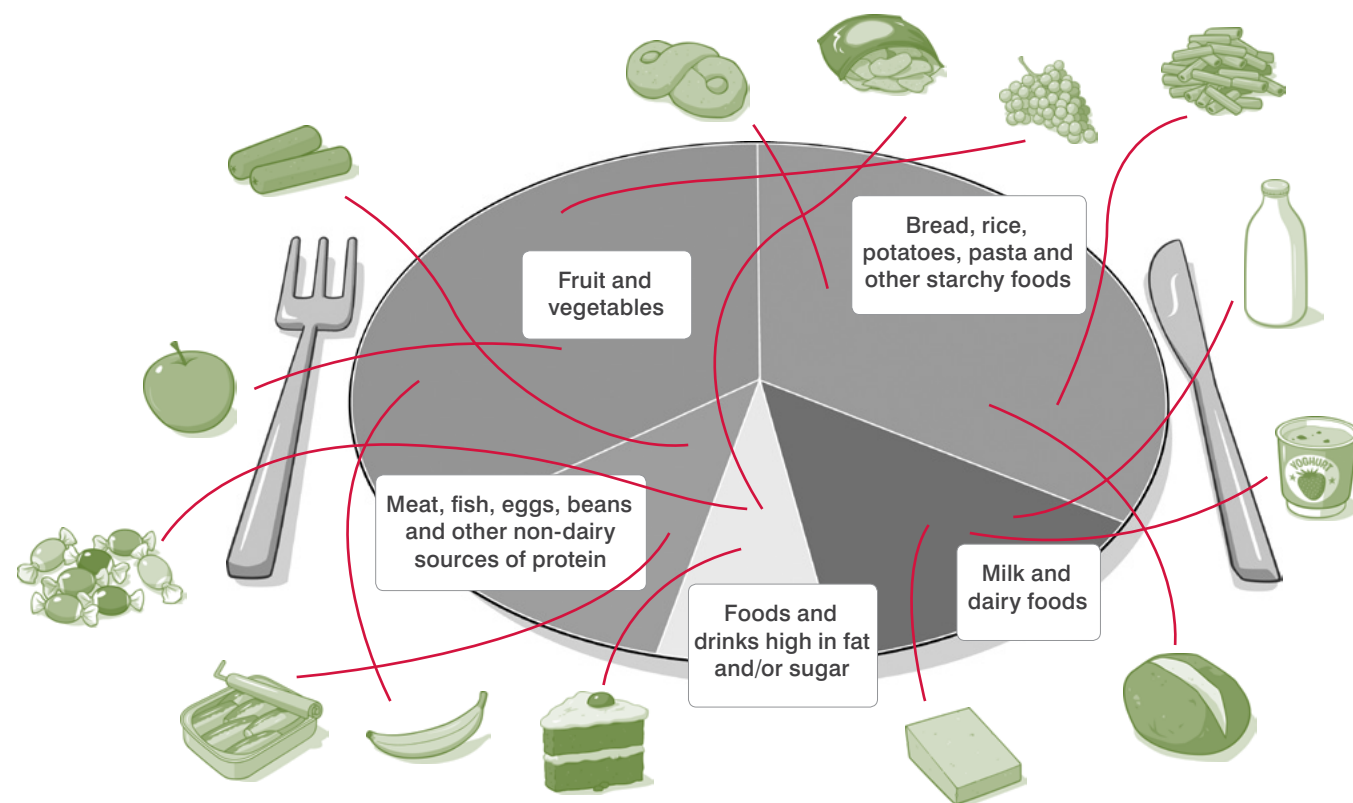
Notes

Lined area for notes on page 31.



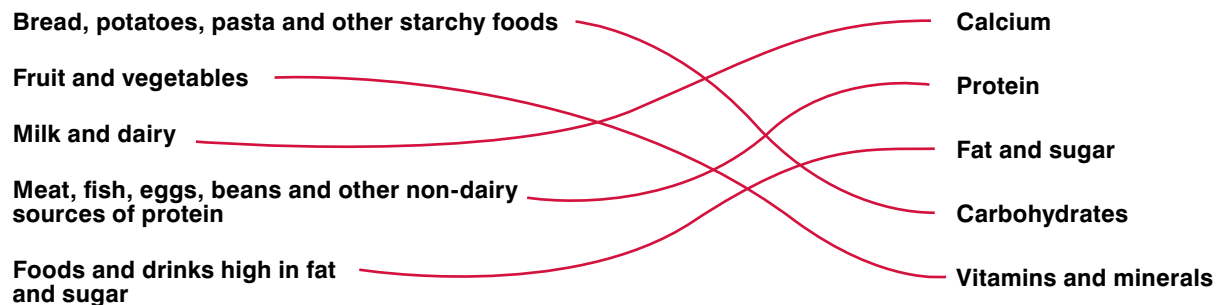
p	i	n	e	a	p	p	l	e
g	d	f	a	h	k	e	e	d
k	r	w	p	n	t	u	n	a
g	i	e	p	b	l	f	t	t
n	c	f	l	m	h	h	i	e
i	e	y	e	c	n	b	l	g
m	c	h	e	e	s	e	s	b





I	V	B	H	M	A	J	D	K	V	N	P	D
H	B	C	J	N	S	M	S	J	P	I	M	A
K	Y	S	A	L	M	O	N	H	N	T	O	U
P	R	W	P	B	P	N	E	R	I	F	K	B
I	E	E	O	E	O	B	U	G	K	R	P	E
O	W	R	J	D	Y	T	R	F	H	D	A	R
N	K	I	D	N	E	Y	B	E	A	N	S	G
M	G	C	Y	D	N	U	D	R	T	D	T	I
C	W	E	C	V	Y	J	U	D	E	F	A	N
E	C	H	O	C	O	L	A	T	E	I	O	E
N	T	R	S	D	C	E	W	S	A	G	F	P

[illegible]



Do you know how much one portion should weigh? Decide from the four options below and circle the correct answer.

45g

80g

110g

60g

Which food from the four below is commonly confused as a portion of fruit or vegetables? Why does this food not count towards your 5 A Day? **Because potatoes are a starchy food.**



Strawberries



Raisins



Potatoes



Orange Juice