

Healthy Eating



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A Balanced Diet

We all have food that we like to eat lots of.

Talk
about
it!

What is your favourite food?

Click the
words in
bold to find
out what
they mean.

To be healthy, we need to have a balanced diet. This means we need to eat the right amounts of different types of food. When we do this, we get all the nutrients our bodies need.

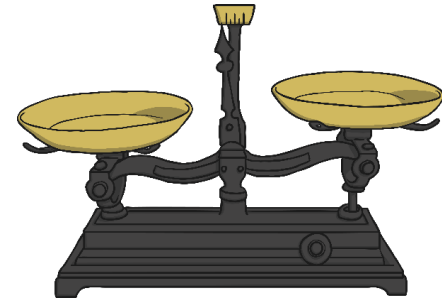


Why Do We Need Food?

Food keeps us **healthy** and help us **grow**.

Food gives us **energy** to be able to do things during the day.

Without proper nutrition, your body can't survive.



When you eat a balanced diet, your body obtains the **fuel and nutrients** it needs to function properly.

For example:

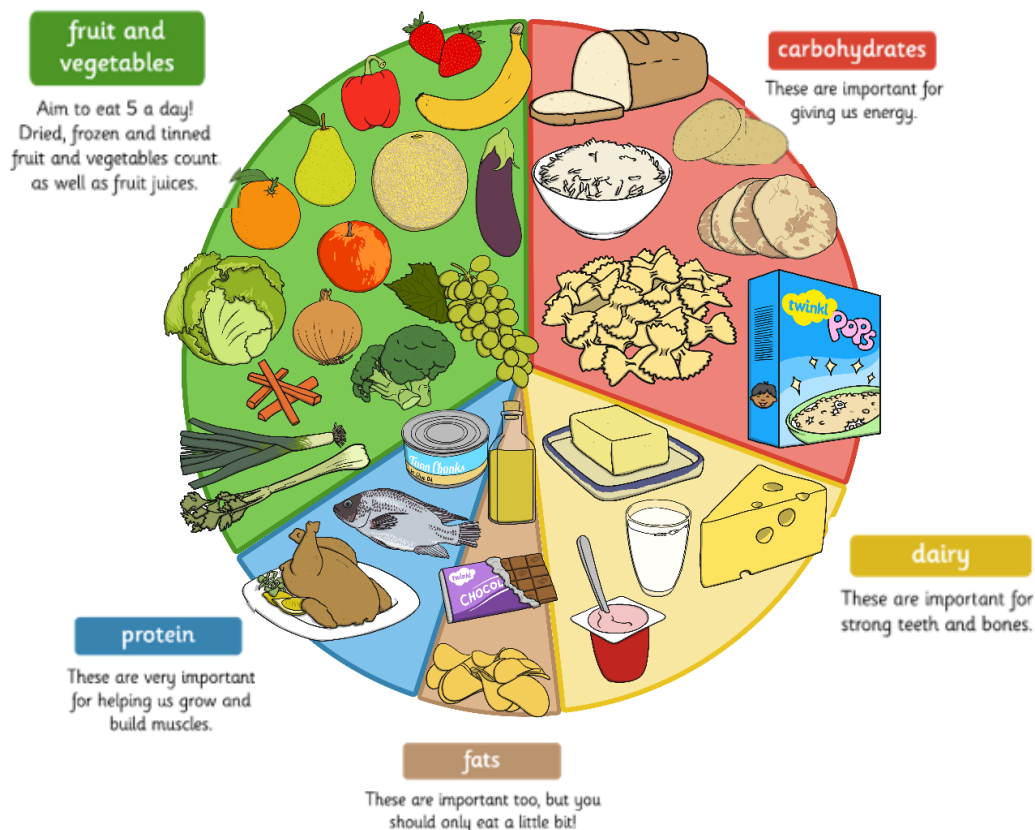
- Your body needs minerals to make hormones, build bones and regulate your heartbeat.
- Water is needed to flush out toxins, transport nutrients to cells and perform other vital bodily processes.

What Should We Be Eating?

'The Eat well Plate'

To be healthy, nutritious food is needed to provide energy for the body. **A variety of food is needed in the diet because different foods contain different substances that are needed to keep you healthy.**

An average meal should be made up of **one-third carbohydrates and one-third fruit and vegetables, with the remaining one-third split between dairy, protein and a little bit of fat.**



Click on each section to find out more.

How Can We Make the Right Food Choices?

Fruit and Vegetables

Fruit and vegetables are a good **source of vitamins and minerals, including vitamin C and potassium.**

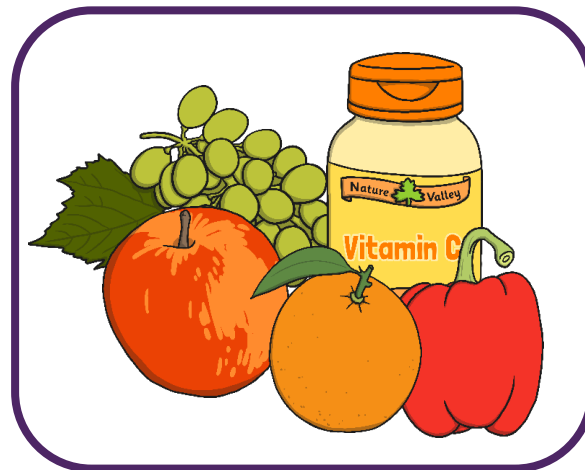
They're an excellent source of **dietary fibre**, which Vitamins and minerals help to keep maintain **healthy digestion.**



A diet high in fibre can also reduce your risk of heart disease, stroke and some cancers.

Vitamins and minerals help to **keep your body healthy, to grow and repair and help to fight infections.**

Fruit and vegetables taste delicious and there's a wide variety to choose from.



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Fruit and Vegetables

What counts as 1 portion of fruit and vegetables?

A portion of fruit (150g) is roughly equivalent to:

- 1 medium apple, banana, orange or pear
- 2 small size apricots, kiwi fruit or plums
- 1 cup of diced or canned fruit (no added sugar)

A portion of vegetables (75g) is roughly equivalent to:

- $\frac{1}{2}$ cup cooked green or orange vegetables (for example, broccoli, spinach, carrots or pumpkin)
- $\frac{1}{2}$ cup cooked dried or canned beans, peas or lentils (preferably with no added salt)
- 1 cup green leafy or raw salad vegetables
- $\frac{1}{2}$ cup sweet corn
- $\frac{1}{2}$ medium potato or other starchy vegetables (sweet potato)
- 1 medium tomato

Eat at least 5 every day!



Bread, Rice, Potatoes & Pasta

(and other starchy foods)

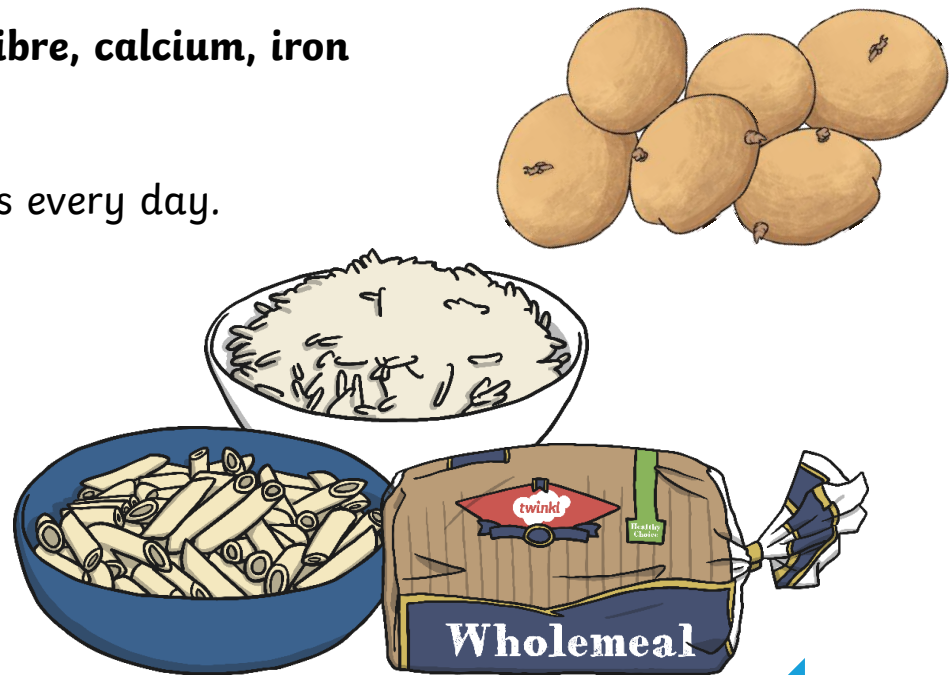
Starchy foods are a good **source of energy** and the **main source of a range of nutrients in our diet**.

As well as starch, they contain **fibre, calcium, iron and B vitamins**.

You should eat lots of these foods every day.

Watch out for the added fats used when you cook and serve them; this is what increases the calorie content.

Remember - potatoes don't count as one of your fruit or vegetables!



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Milk and Dairy

Milk and dairy products are great **sources of protein and calcium**. To make healthier choices, go for lower-fat milk and dairy foods.

Our bodies need protein to work properly and to **grow or repair** themselves. Calcium helps to keep our bones and teeth strong.

The calcium in dairy foods is particularly good for us because our bodies absorb it easily.



What counts
as 1 portion
of milk and
dairy?

200ml glass of milk;
150g or a pot of yogurt;
30g or a matchbox-sized piece of hard cheese.

You should eat
2-3 portions of
these every
day.

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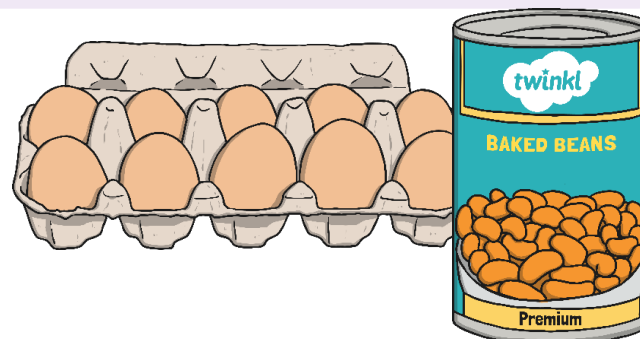
Meat, Fish, Eggs and Beans

(and other non-dairy products)

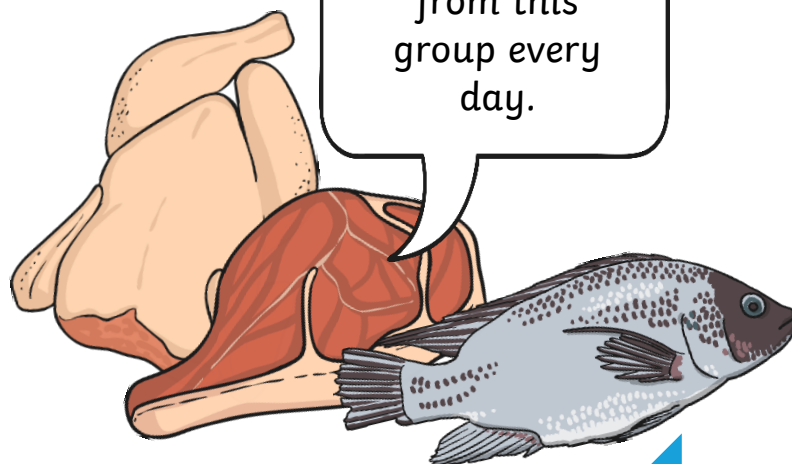
These products are a good **source of protein, vitamins and minerals** in your diet.

These foods help the body to **grow and repair itself and keep hair, skin, muscles and nails strong.**

Some meats are high in saturated fat, which can raise blood cholesterol levels.



We should eat some foods from this group every day.



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Foods and Drinks High in Fat and Sugar

These foods provide the body with **energy, warmth and insulation around vital organs**.

Too much fat in your diet can **raise cholesterol**, which increases the risk of heart disease.

A small amount of fat is an essential part of a healthy, balanced diet. Fat is a **source of essential fatty acids** such as omega-3 because the body can't make them itself. Fat helps the body **absorb vitamins A, D and E**.



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How Can We Make the Right Food Choices?

Food labelling

Nutrition labels can help you choose between products as they let you know whether the food is high in salt, fat or added sugars.

Colour-coded nutritional information tells you if the food has high, medium or low amounts of fat, saturated fat, sugars and salt.



Sugar 0.9g	Fat 20.9g	Sat Fat 10.8g
1%	29%	54%

LOW MEDIUM HIGH

Green is a low amount, amber is a medium amount and red is a high amount. If you buy a food that has all or mostly green on the label, it's a healthier choice.

Can you sort out the food in the correct group ?

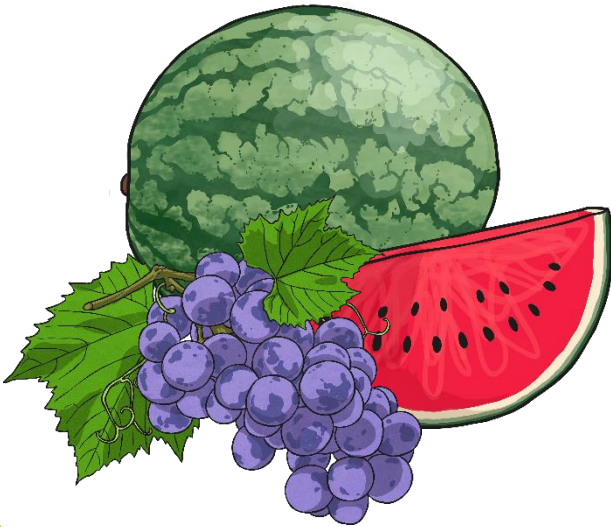
Let's go!

Glossary

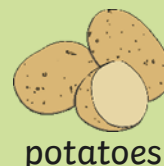
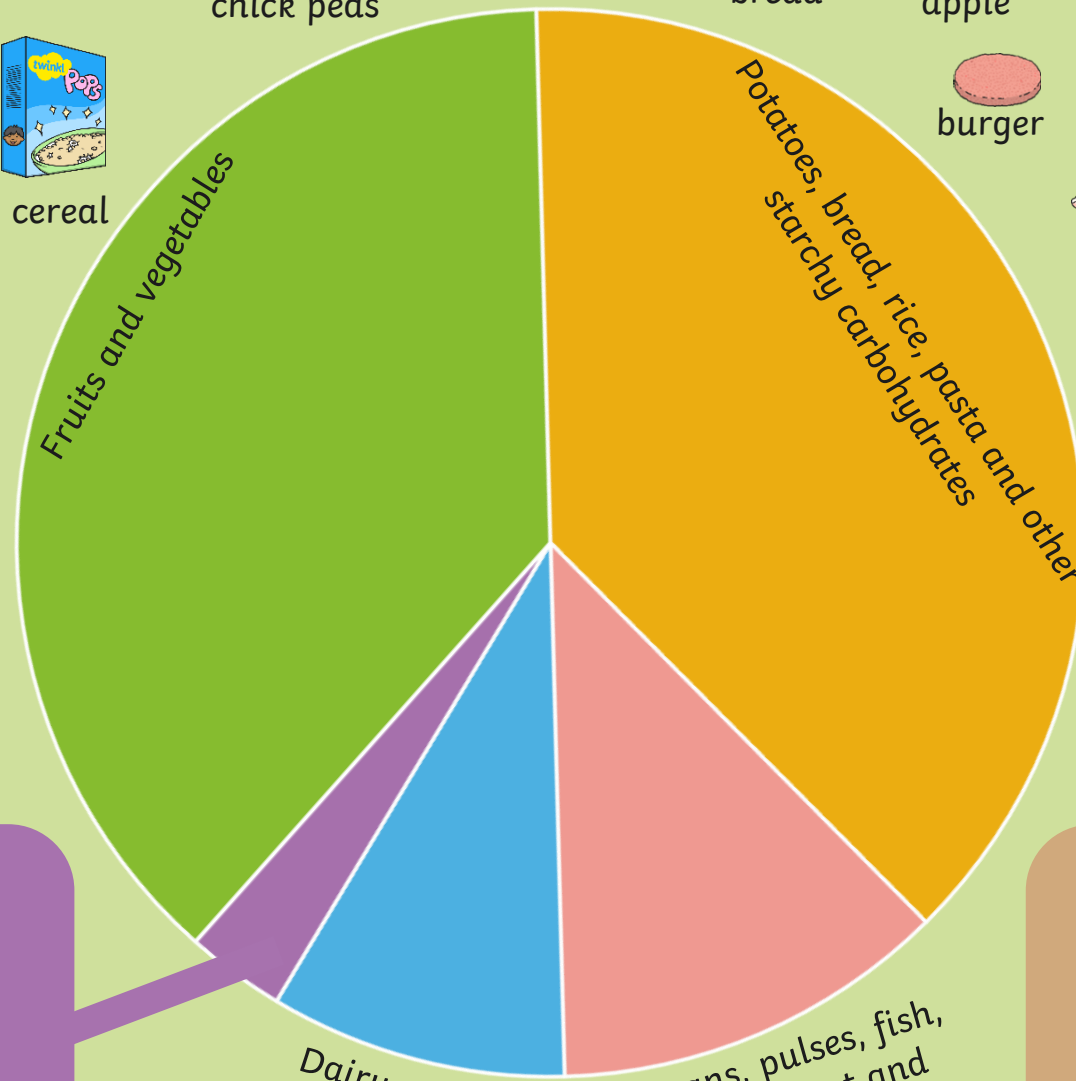
Click the words
in **bold** to go
back to the
original page in
the slideshow.

Diet = What we eat.

Nutrients = The vitamins, minerals and other things that keep us healthy.



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High in fat, salt and sugar

The food groups' benefits

Use colouring to match the name of the food group with its benefits.

Carbohydrates		They are a good source of vitamins and minerals , including vitamin C and potassium which help to keep your body healthy, to grow and repair and help to fight infections.
Fruit and vegetables		They are a good source of energy and the main source of a range of nutrients in our diet. They contain fibre, calcium, iron and B vitamins.
Proteins		They provide the body with energy, warmth and insulation around vital organs.
Dairy products		They are a good source of protein, vitamins and minerals in your diet which help the body to grow and repair itself and keep hair, skin, muscles and nails strong.
Fats		They are great sources of protein and calcium . Our bodies need protein to work properly and to grow or repair themselves. Calcium helps to keep our bones and teeth strong.

Can you give examples of food for each group?

