

Wider Curriculum Week 17

PSHE - Healthy Eating

Over the next 2 weeks we are going to be focusing on **Healthy Eating**. It is something that is really important for our mental and physical health, as well as our wellbeing.

Our diet is an extremely important part of having a healthy lifestyle. Food and water have many different purposes:

- It keeps us healthy and helps us to grow
- Food gives us energy to be able to do things during the day
- Without proper nutrition we cannot survive
- 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.

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. The colour represents how high the levels are; red is high, orange is medium and green is low. Too much red can be dangerous to our bodies.

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g LOW	1.3g LOW	34g HIGH	0.9g MED
13%	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/ 167kcal

Activity 1

Look at the food packaging in your home. Not all food item packaging will have the colour codes, but most food will. Can you place the food into 3 groups; **low sugars, medium sugars and high sugars**. Look at the colours to help you.

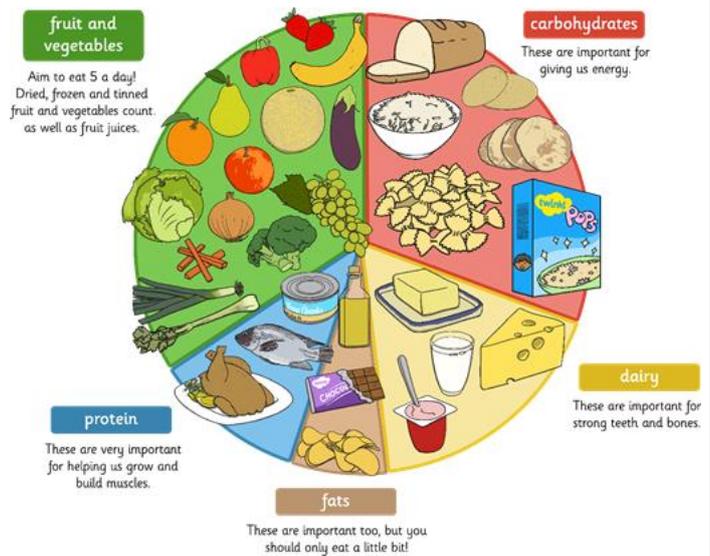
Once you have done this order the same food items but this time looking at the **fat** intake. Finally reorder the food items but looking at the **salt** intake.

What do you start to notice?

Are there any items of food you were surprised about? Were any items of food a lot higher than you expected?

Balanced Diet

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.



Watch this video explaining the different food groups and why each food group is important. <https://www.youtube.com/watch?v=r7VIVmO8Pil>

Activity 2

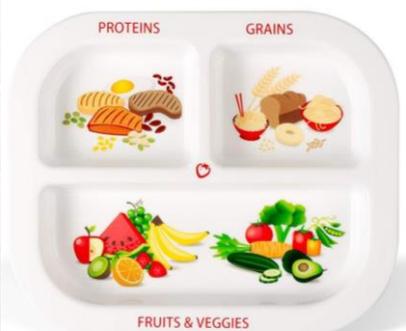
Look at the balanced diet worksheet (attached separately), can you place the food items into the correct food groups.

Extension: Once completed now look for other food items in your home. Write them in the correct food groups.

Summer Holiday Extra Activities

Activity 1 - Portion Plate.

Make your own portion paper plate. It's very easy to eat too many carbohydrates, fats and protein and not enough vegetables, or to eat portion sizes that are too big. A portion plate helps to regulate your meal sizes and eat the correct portions of each food group. You can use this when eating to see if you have a balanced diet. Here are some design ideas that might inspire your own portion plate design.



Activity 2 - Food Diary

Write or draw a daily food diary. Label the food items with their food groups, for example if you had sausages, mash, peas and gravy you would write:

sausages = protein

mash potato = carbohydrates

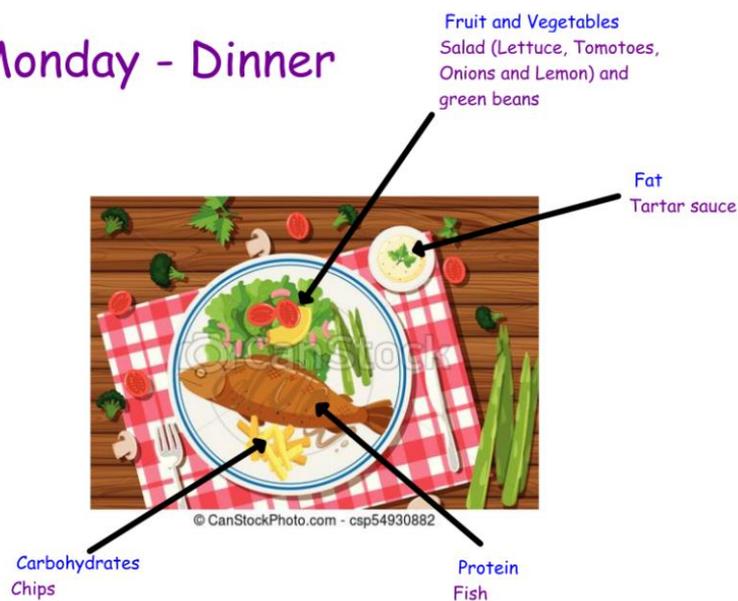
peas = vegetables

gravy = fat

Do this for a week. Try to consciously have a balanced diet for every meal, if you can. You can use your portion plate to help you.

Below are 2 examples of how you could create your food diary. If you would prefer to do a table rather than a drawing, then we have attached a template of a table you can use (attached separately).

Monday - Dinner



My Food Journal

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Snacks							
Drinks							