

Healthy Eating

Term 5
Week 3



This week we are revisiting a topic we did in Term 2.

Do you remember our topic about 'Nutrition' that we did in Term 2?

- We learnt about having a balanced diet and thought about making good food choices to help us stay healthy.
- Can you remember the different food groups?

See if you have remembered them all by looking at the video on the Espresso website and the 'Eatwell Guide' on the following slides...



Website link to 'Discovery Education / Espresso' to view video clip.

<https://online.espresso.co.uk/espresso/login>

- Then use login from workspace area of the HJS website - website passwords
- Then follow the steps, click on - Key Stage 2 -then Science - then 'Eating,moving and growing (lower)' - then videos.

Choose the video titled 'Why do we need food?'

Now look at the Eatwell Guide on the following slides.



Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Check the label on packaged foods

Each serving (150g) contains

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

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Choose wholegrain or higher fibre versions with less added fat, salt and sugar.

potatoes, bread, rice, pasta and other starchy carbohydrates

fruit and vegetables

beanspulses, fish, eggs, meat and other proteins

dairy, and alternatives

oil, & spreads



6-8 a day

Water, lower fat milk, sugar-free drinks including tea and coffee all count.
Limit fruit juice and/or smoothies to a total of 150ml a day.



Eat less often and in small amounts

beanspulses, fish, eggs, meat and other proteins
Eat more sourced fish per week, one of which is oily.
Eat less red and processed meat.

dairy, and alternatives
Choose lower fat and lower sugar options.

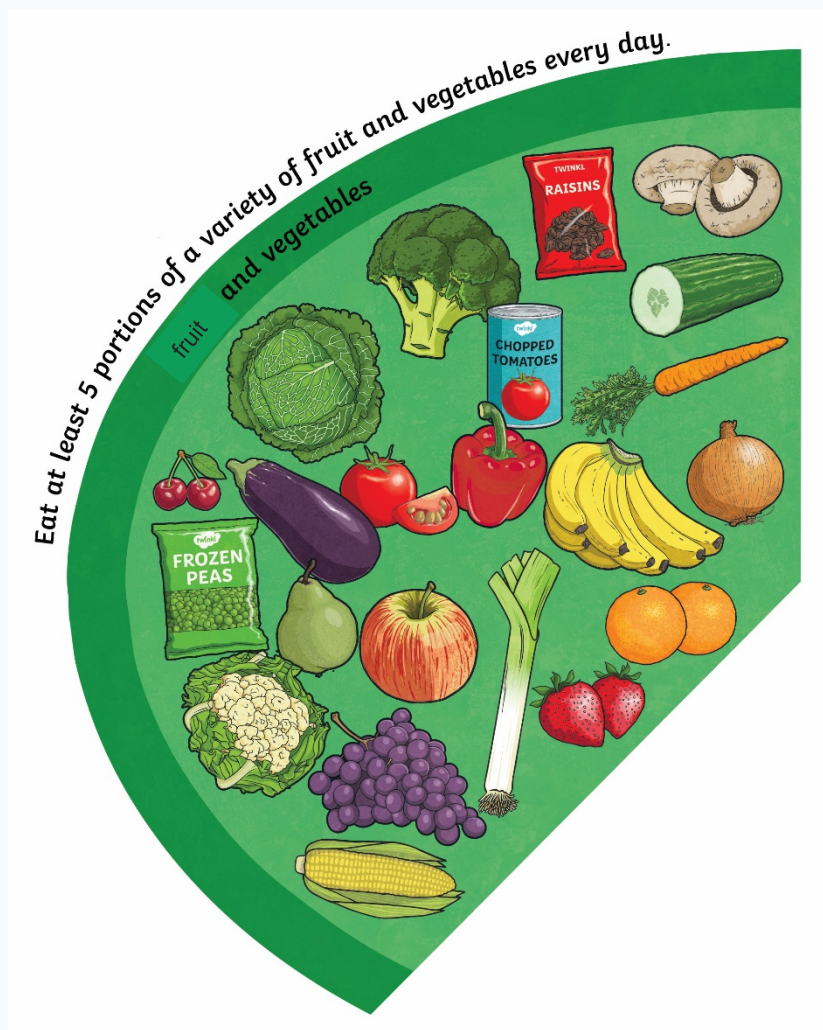
oil, & spreads
Choose unsaturated oils and use in small amounts.

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

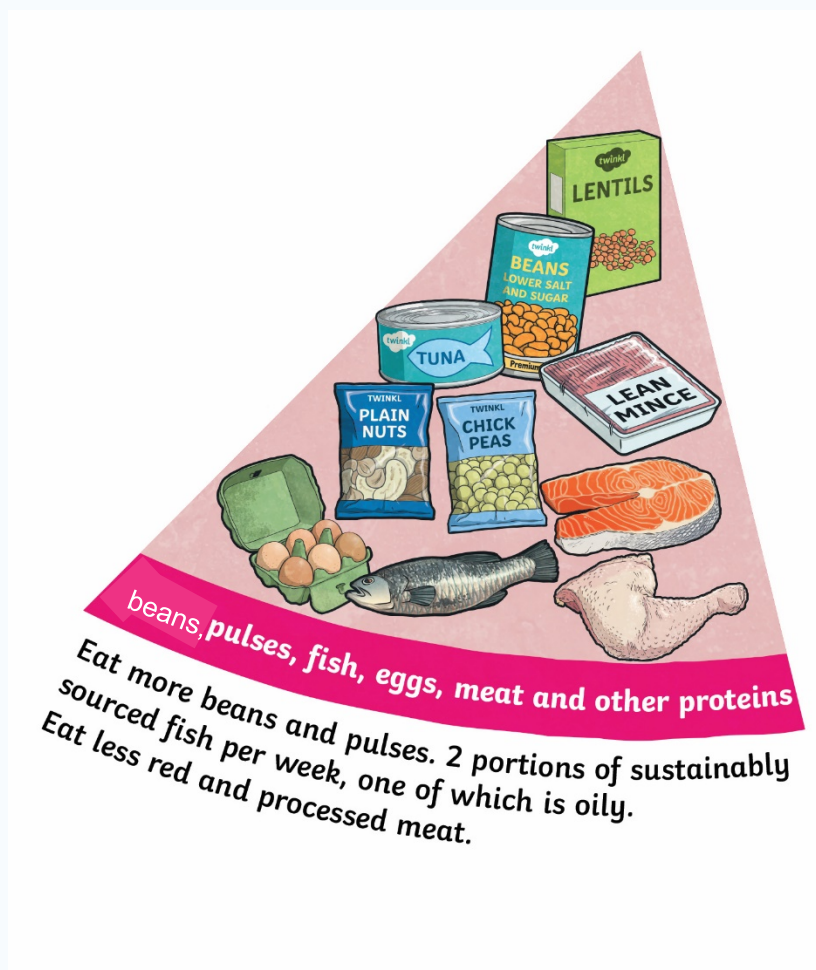
Carbohydrates



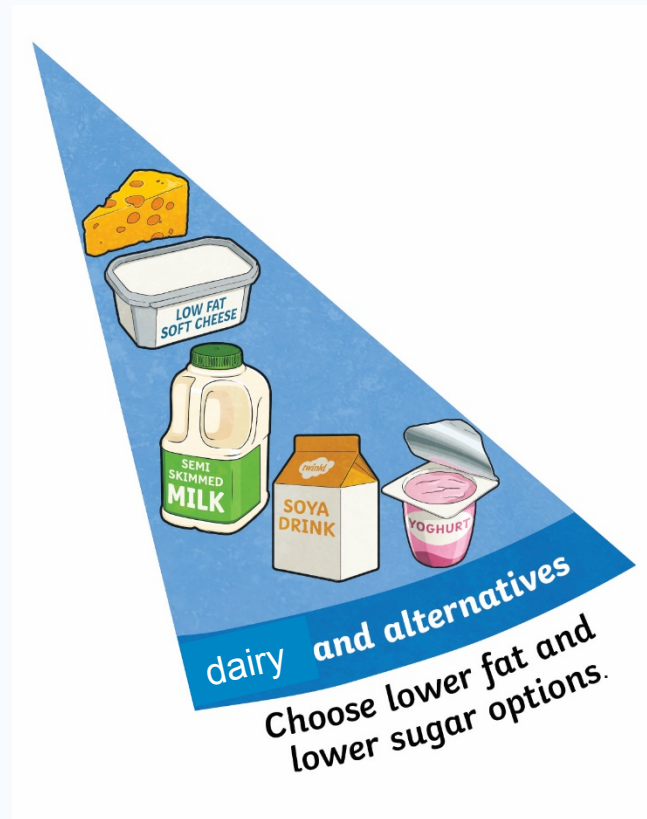
Fruit and Vegetables



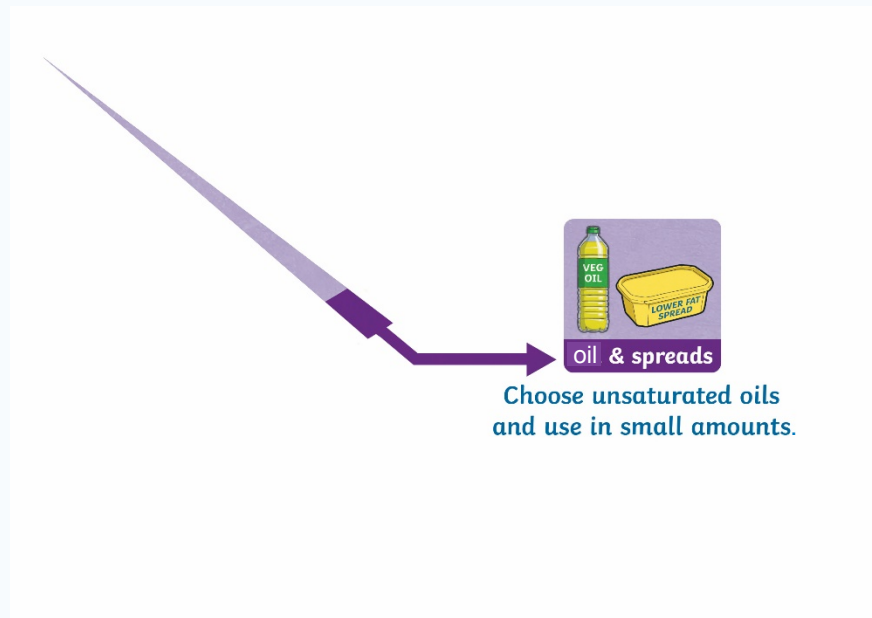
Beans, Pulses, Fish, Meat and Other Proteins



Dairy and Alternatives



Oil and Spreads



Water



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.



Were you able to remember the different groups and what foods they contain?

This week's activity



Can you make a healthy snack for you and your family, using vegetables or fruit?

PLEASE ASK AN ADULT TO HELP YOU CHOOSE WHAT VEGETABLES OR FRUIT TO USE AND SUPERVISE YOU WHEN YOU ARE CUTTING ANYTHING.

You might choose to do this week's art activity- before making your snack (Art is drawing the vegetables or fruit)



- Was your snack tasty?
- Did you choose a good combination of fruit or vegetables?
- What did the others in your family think?



Are there any improvements you would make next time?

