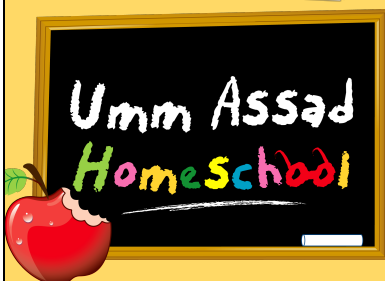




# Healthy Eating

## GUIDE PACK

(Drawing & Colouring)



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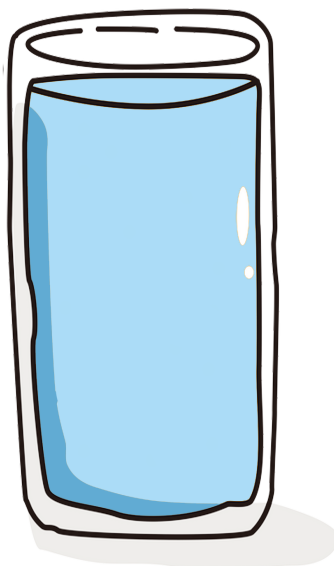
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**This book belongs to:**

## Introduction:

The information in this pack has been taken from the following link:

<https://www.nhs.uk/Livewell/Goodfood/Pages/the-eatwell-guide.aspx>

The Eatwell Guide shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet. You don't need to achieve this balance with every meal but try to get the balance right over a day or even a week.

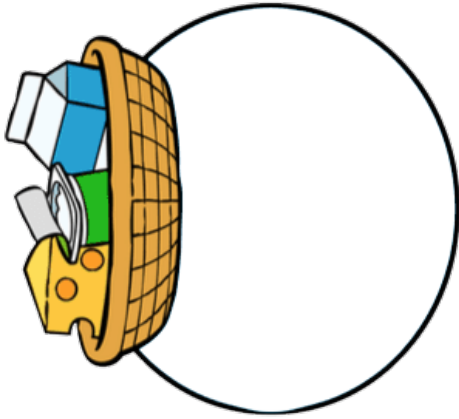
The Eatwell Guide divides the foods we eat and drink into five main food groups. Try to choose a variety of different foods from each of the groups to help you get the wide range of nutrients your body needs to stay healthy.

The Eatwell Guide doesn't apply to children under the age of two, because they have different nutritional needs. Between the ages of two and five, children should gradually move to eating the same foods as the rest of the family, in the proportions shown in the Eatwell Guide.

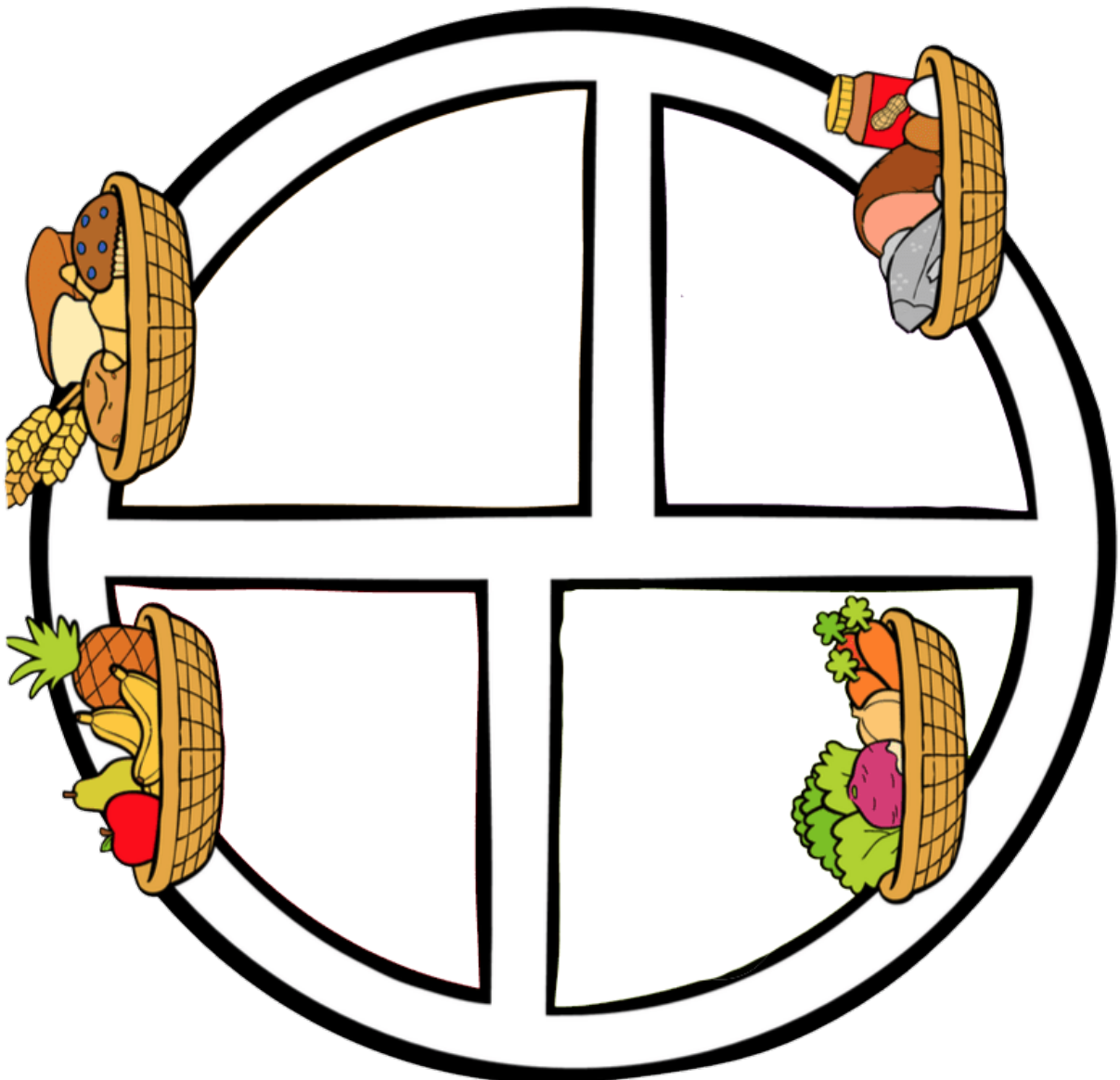
# Healthy Food Pyramid:



Below is a Healthy Portion Plate (based on 1,200 calories per day for children). Read the list of food groups and point to the correct image.



- Fruits
- Vegetables
- Grains
- Proteins
- Dairy



Colour in the following picture:



Trace the following words below:

Fruit

Vegetable

Grain

Protein

Carbohydrate

Dairy

Fat

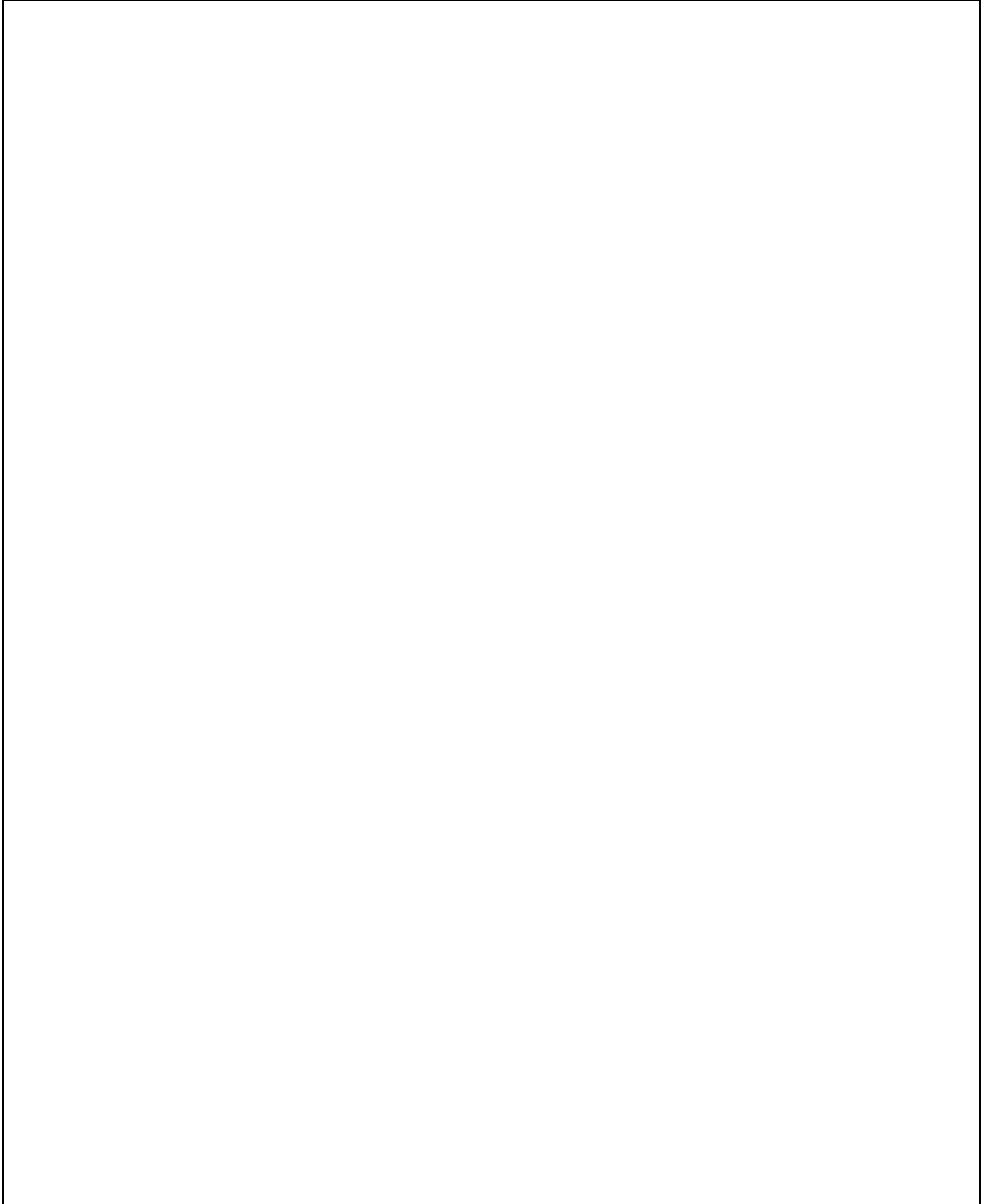
Fluid

Write the words shown on the previous page:

Handwriting practice lines consisting of 10 sets of three horizontal lines (top solid, middle dashed, bottom solid).

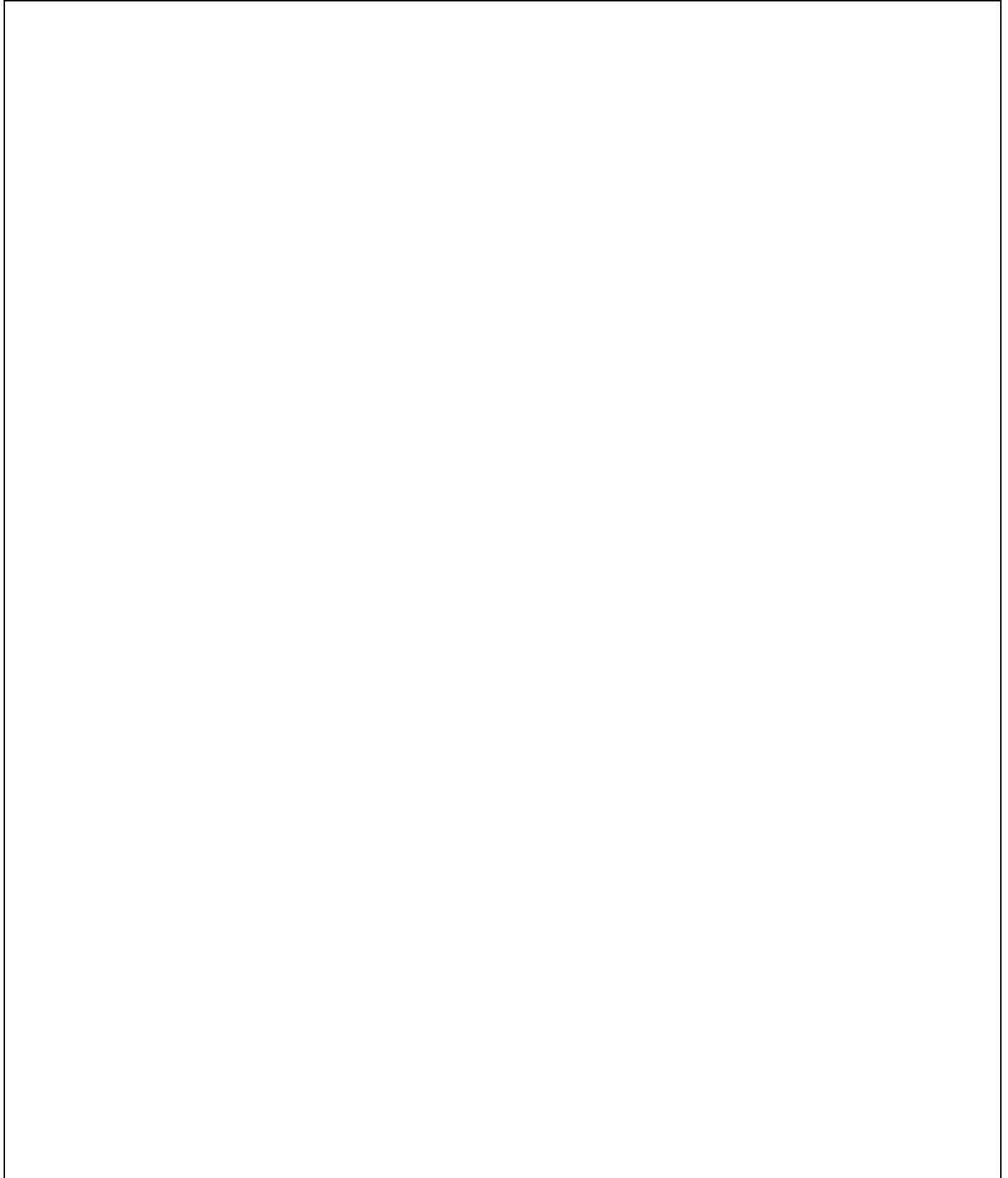
## Fruits and Vegetables:

Eat at least five portions of a variety of fruit and vegetables a day. Draw 5 different fruits and vegetables below and colour them in.



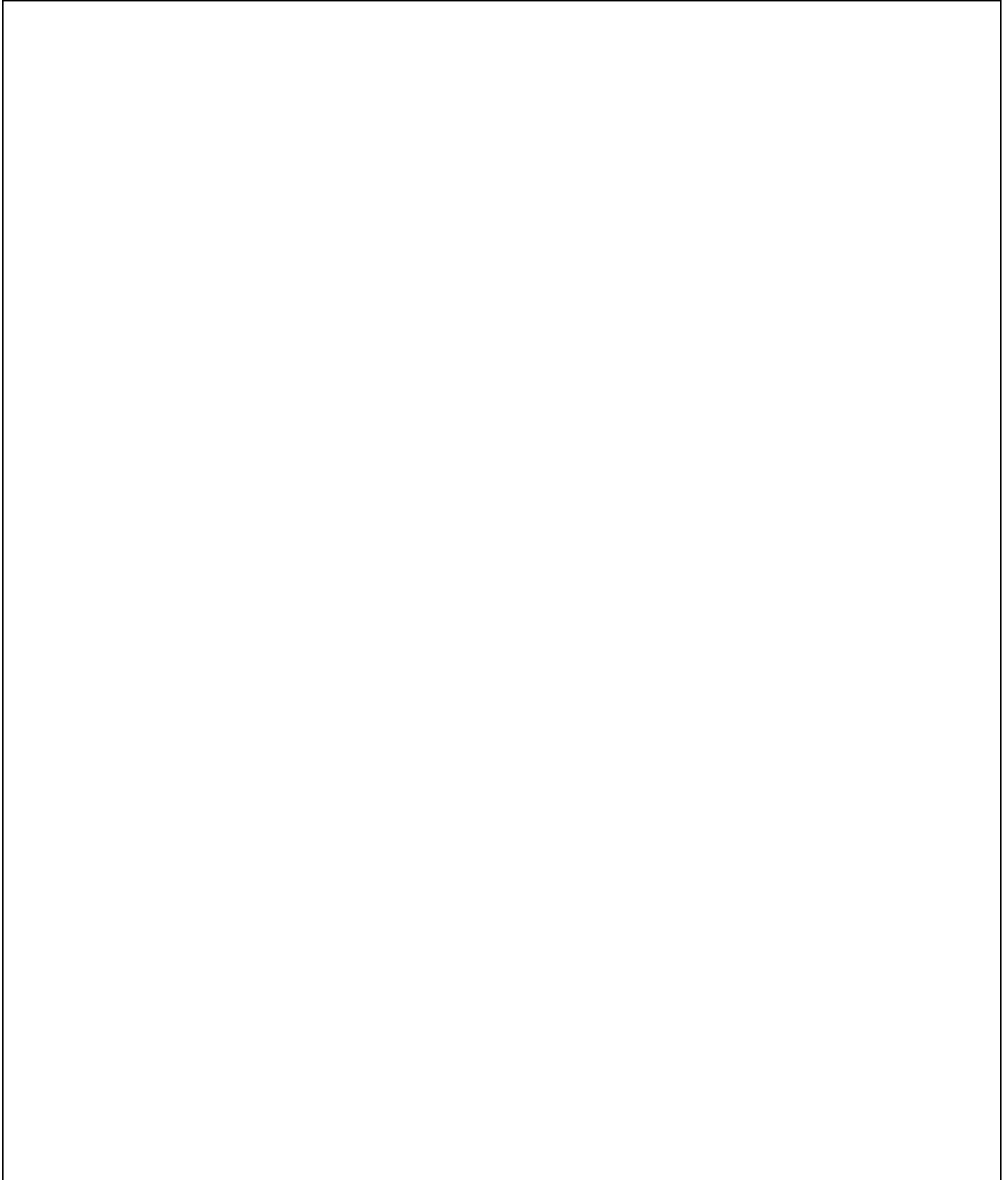
## Carbohydrates:

Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates. Choose wholegrain and fibre rich foods where possible. Draw 5 different carbohydrates below and colour them in.



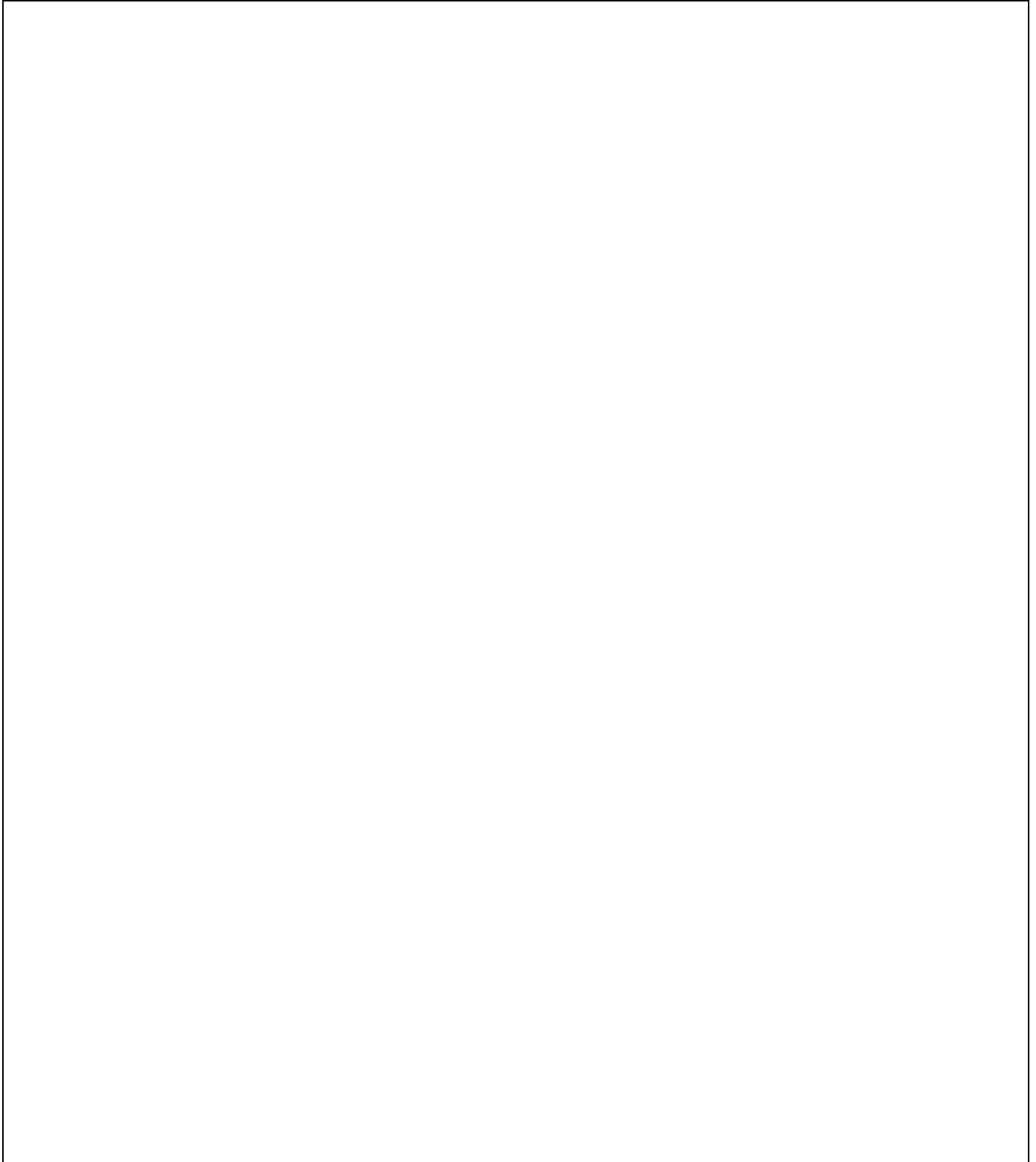
## Dairy:

Have some dairy or dairy alternatives (such as soya drinks and yoghurts). Choose lower-fat and lower-sugar options. Draw different dairy products below and colour them in.



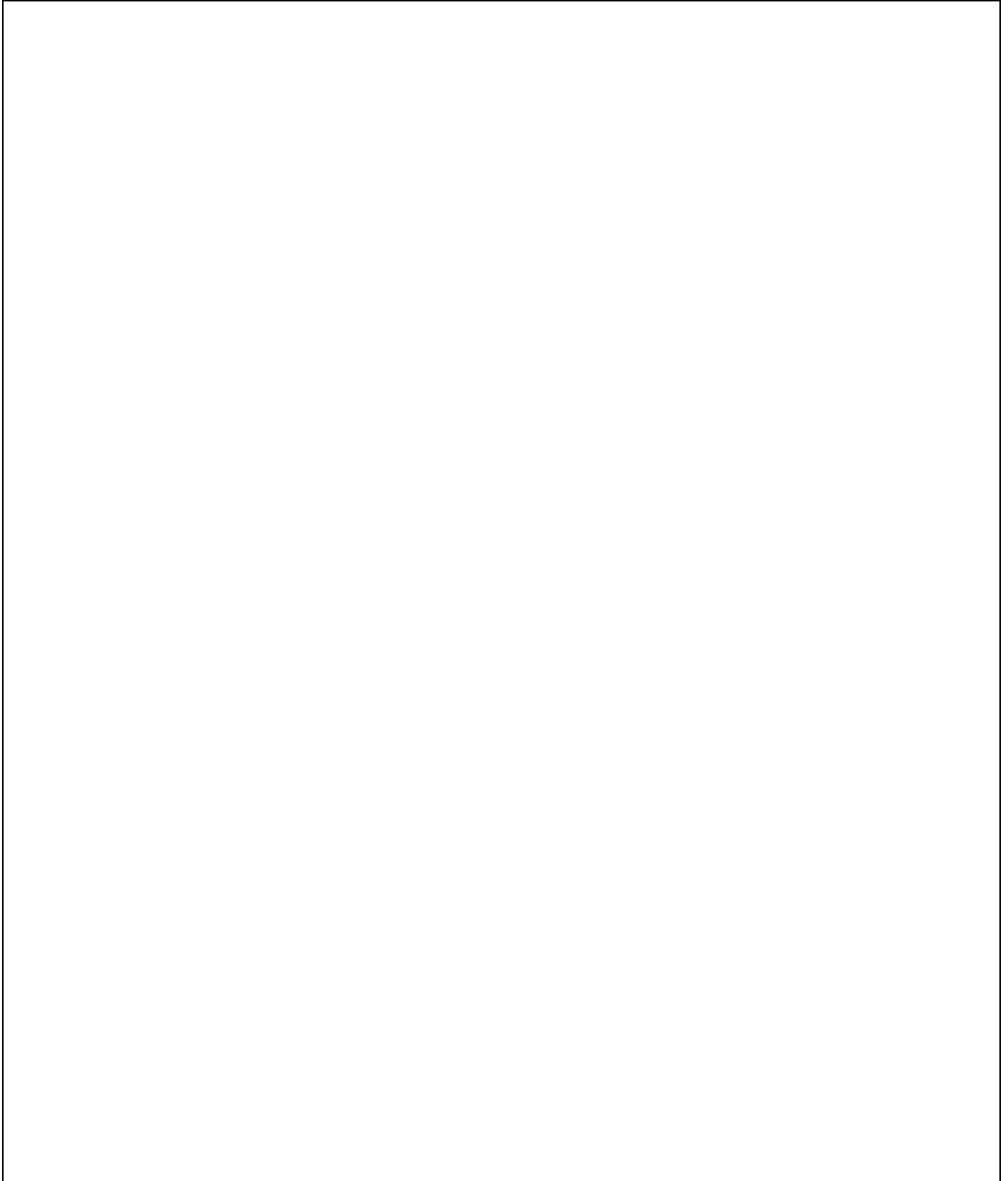
## Protein:

Eat some beans, pulses, fish, eggs, meat and other proteins. Aim for at least two portions of fish every week – one of which should be oily, such as salmon or mackerel. Draw 5 different proteins below and colour them in.



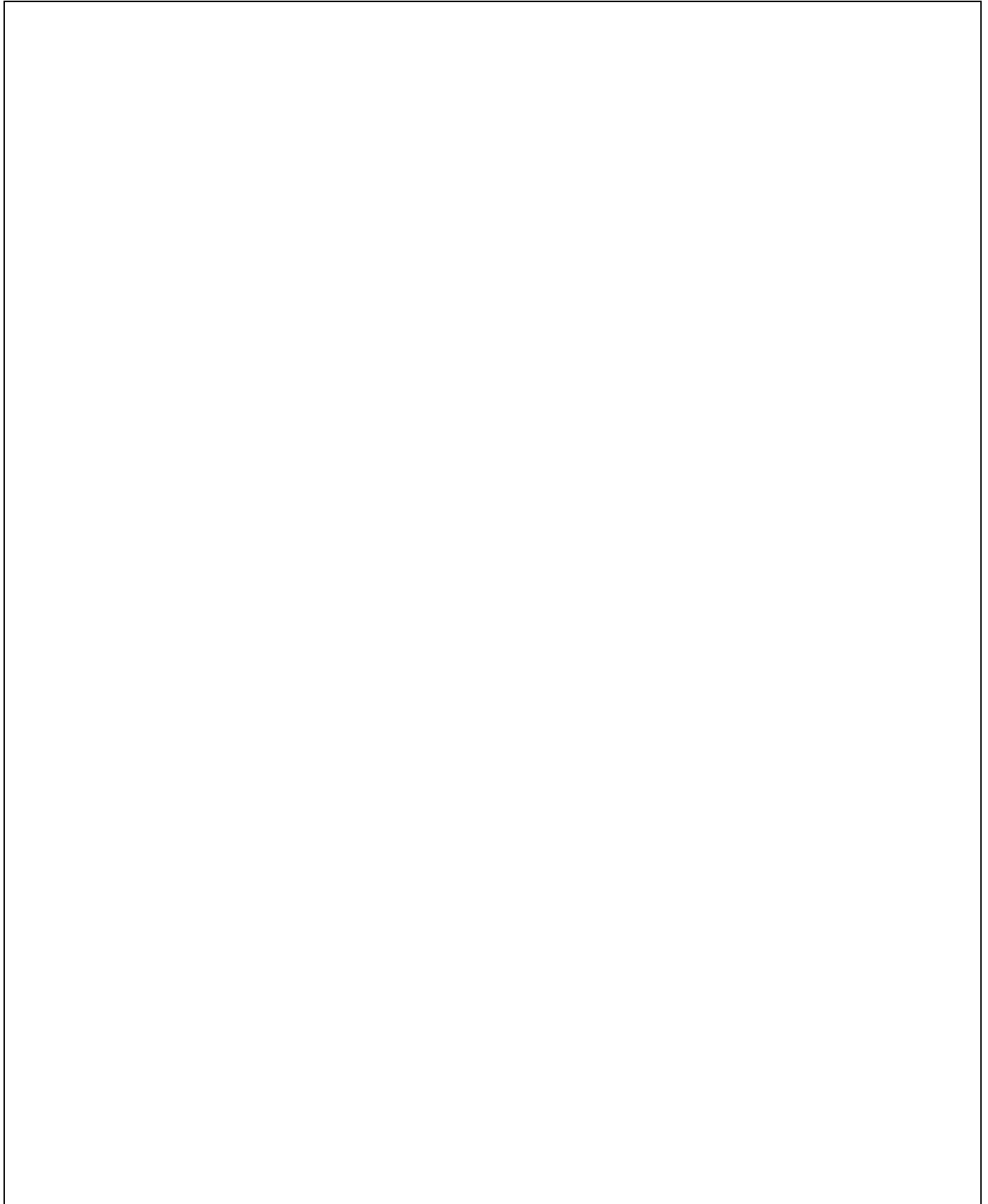
## Fats:

Choose unsaturated oils and spreads and eat in small amounts. Also, eat other healthy fats such as nuts, seeds and avocado. Draw 5 different healthy fats below and colour them in.



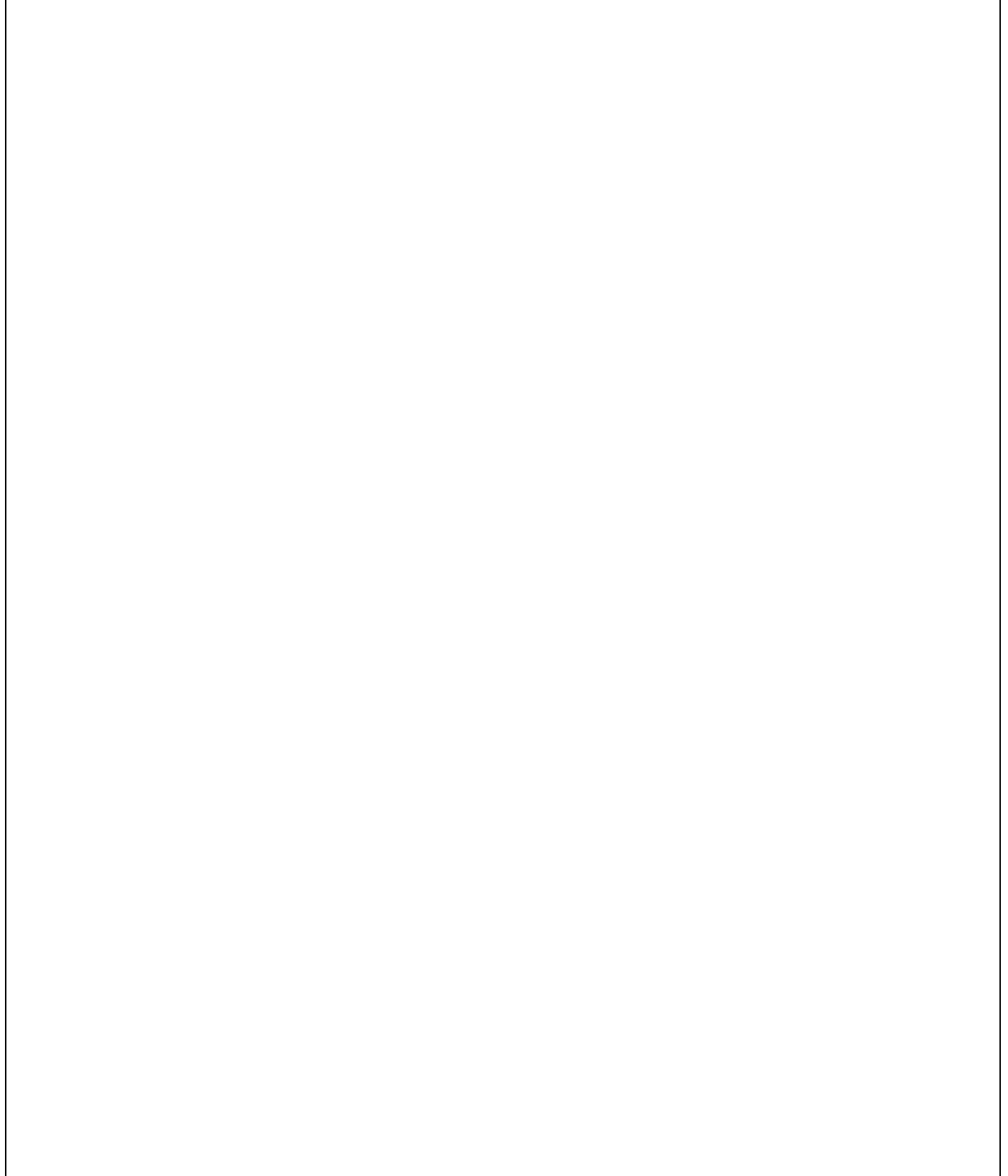
**Food to eat less of:**

**Eat high fat, salt and sugar foods less often and in small amounts. Draw 5 different unhealthy and high fat foods below and colour them in.**



## Fluids:

Drink plenty of fluids – the government recommends 6-8 cups/glasses a day but this depends on various facts such as age, level of activity, whether, your health condition and so on.





## Quiz Time:

1. Name the 5 food groups:

2. Name some carbohydrate foods:

3. Name some protein foods:

4. Name some healthy fat foods:

5. Name some unhealthy fat foods:

6. Name some fluids:

7. How much exercise is recommended per day?



Hello, I'm water. Drink mee...

