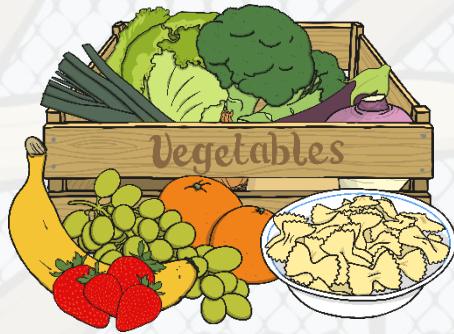# Healthy Eating

Basic Needs

Humans and other animals need certain things to keep alive. These are called basic needs. Can you remember what they are?
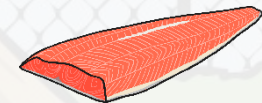
| ? | ? | ? |

Basic Needs

All animals need particular kinds of food to keep them healthy and strong. Can you match the food to the animal that eats it?

Basic Needs

Some animals only need to eat one kind of food.

Other animals need to eat lots of different kinds of food to stay healthy.

Koalas only eat the leaves of the eucalyptus tree.

Panda bears only eat bamboo.

Black bears eat roots, leaves, fruit, nuts, insects, eggs, meat, fish and honey.

What about humans?

Basic Needs

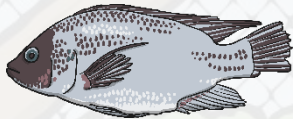Humans need to eat lots of different kinds of food to stay healthy. We call this 'a balanced diet'.
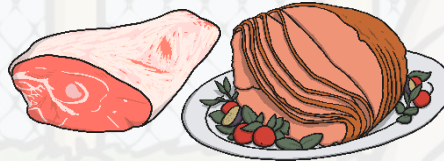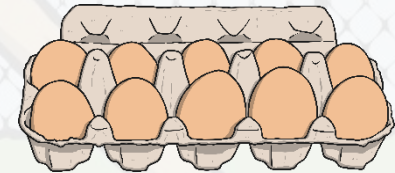
Lettuce

Wheat

Fruit

Milk

Fish

Meat

Eggs

Lots, Some or Only a Little?

We need to eat a balanced diet because different kinds of food, do different jobs in our bodies.

Some kinds of food are very good for us. We can eat as much of these as we like.

Some of the foods we eat are good for us, but only if we don't eat too much.

Some of the foods are not good for us. It is fine to eat a small amount of these foods, but if we eat too much it could make us less healthy.
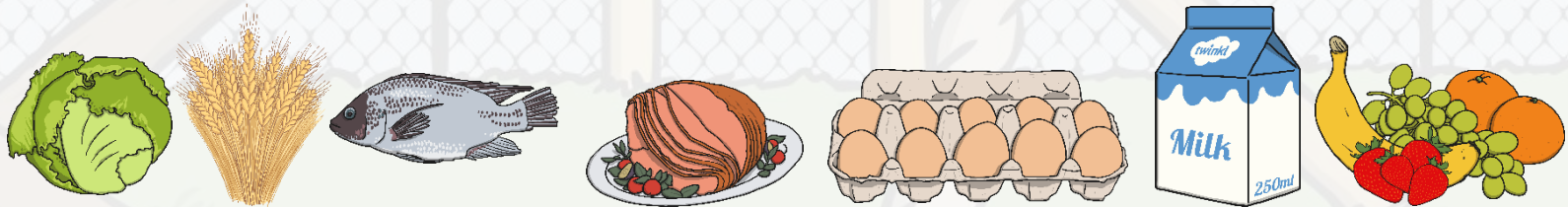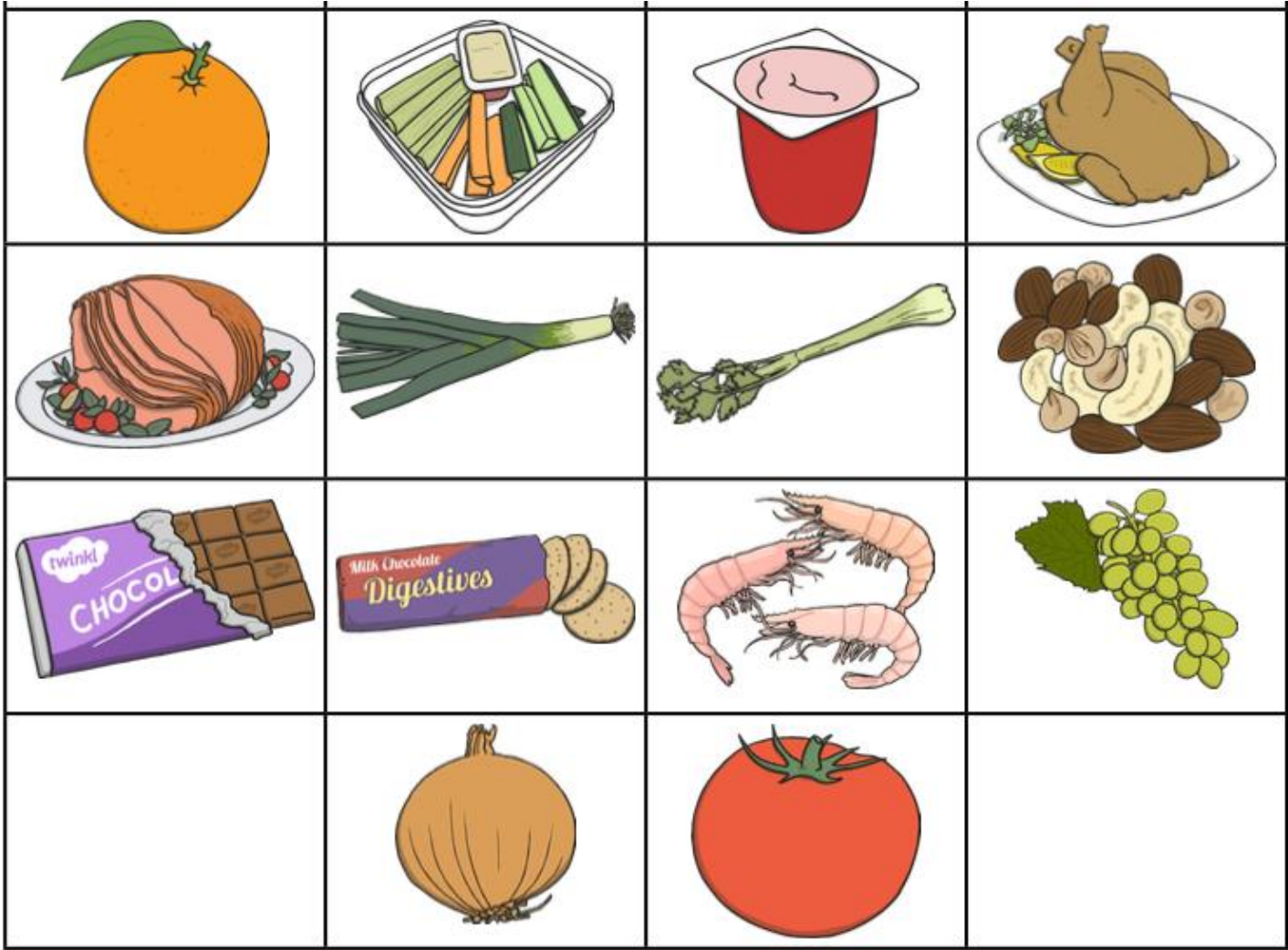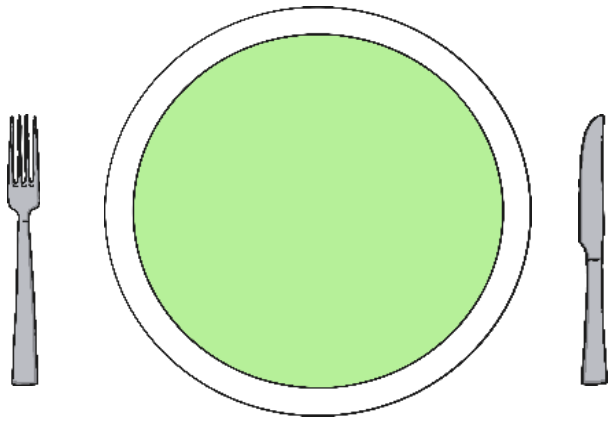
Task 1: Lots, Some or Only a Little?

Sort the foods onto the different plates, depending on how much of them you should eat.

Remember: You don't need to print the task to be able to complete it! There are lots of ways to complete this activity; you could discuss each food with a family member and then decide which plate you would sort it onto, or you could draw out your own plates using a piece of scrap paper from home and then sort the foods by writing or drawing them.
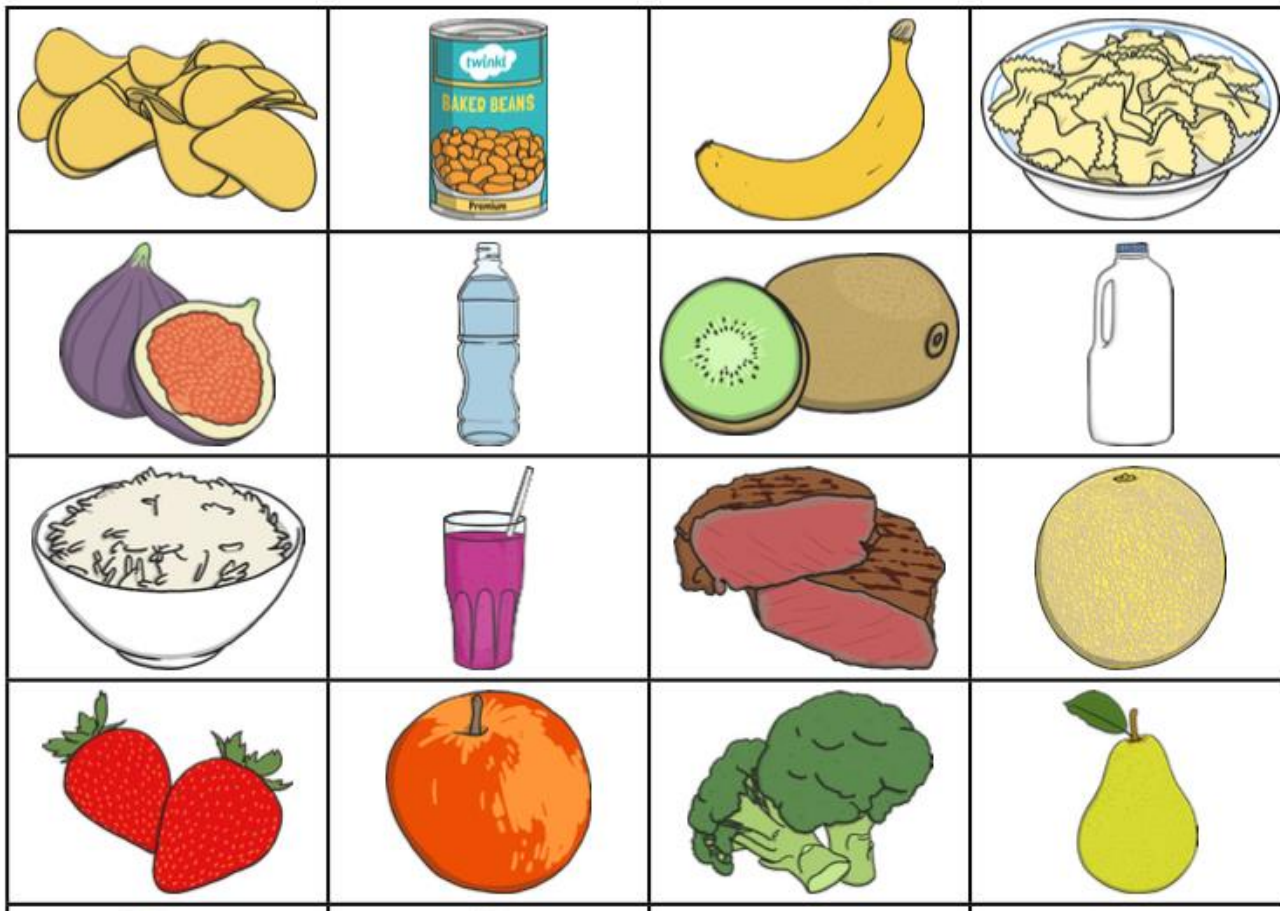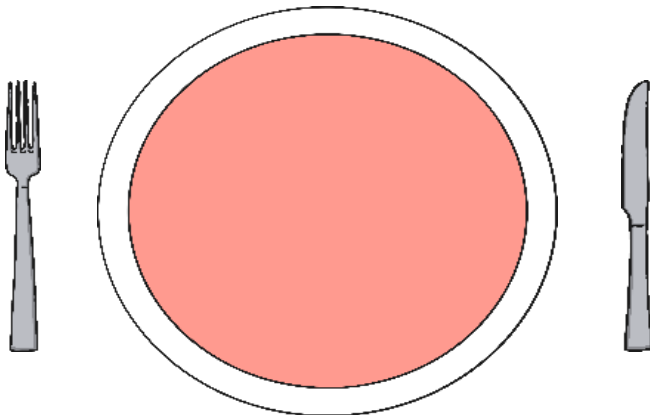
I should eat lots of these foods (at every meal).
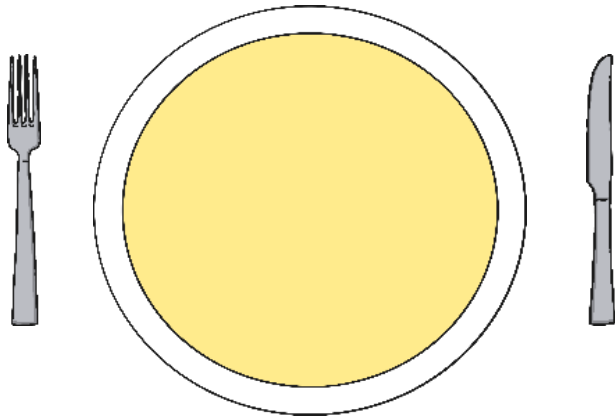
I should eat these foods sometimes (a few times a day).

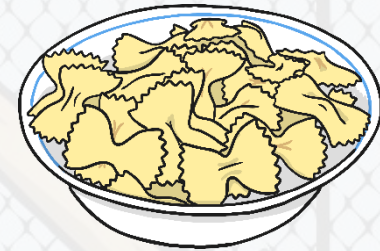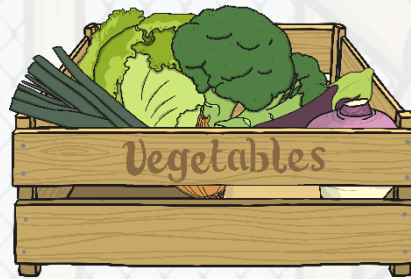I should only eat a little bit of these foods (only as a treat).

Lots, Some or Only a Little?

Lots

Fruit and vegetables.

Starchy food like bread, pasta and potatoes.

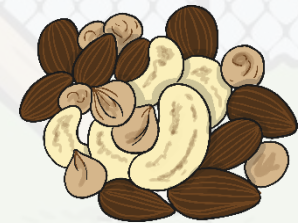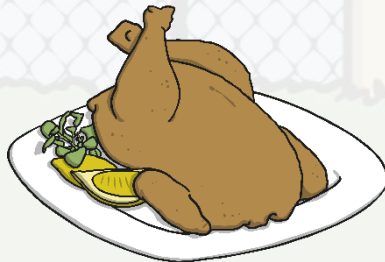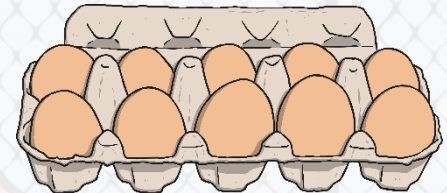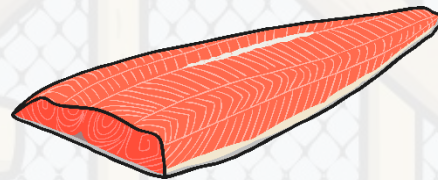Eat these at every meal and for snacks.

Lots, Some or Only a Little?

Some

High protein foods like meat, fish, beans, eggs and nuts.

Dairy foods like cheese, milk and yogurt.

Eat these two or three times a day.

Lots, Some or Only a Little?

Only a little

Food that is high in sugar or fat.

Eat food like this no more than once a day.

Task 2: Healthy Eating Journal

We call the things that we eat, our 'diet'.

Looking at our diet can tell us if we are already eating healthily, or if we could improve our eating habits.

What good eating habits can you see in this Healthy Eating Journal?

How could we improve this diet to make it healthier?

Sample Sheet Healthy Eating Food Journal

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Chocolate cereal with milk	Toast and jam	Rice cereal with milk and sugar	Toast and chocolate spread	Cornflakes with milk	Eggs on toast	Chocolate cereal with milk
Lunch	Jam sandwich with a chocolate biscuit and a yoghurt	Chocolate spread roll with a cup cake and crisps	Cheese sandwich with an apple and jelly	Chicken sandwich with an orange and biscuits	Cheese pastry with cake and a yoghurt	Chicken soup with bread and butter	Sausage sandwich with ketchup
Dinner	Chicken, mashed potato and peas	Beef curry with rice and chapatti	Cheese pizza and garlic bread	Meatballs in tomato sauce with pasta	Fish fingers, chips and beans	Fish and chips	Roast beef with potatoes and gravy
Snacks	Banana Rice cake	Yoghurt Orange	Crisps Ice cream	Yogurt Cake	Crisps Apple Sweets	Popcorn Yogurt	Apple pie with custard Banana
Drinks	Milk Squash Water	Orange juice Milk Water	Squash Fizzy pop Water	Apple juice Milk Water	Squash Water	Fizzy pop Milk Water	Milk Hot chocolate Water

What good eating habits do you have?

How could you improve your diet?

Task 3: Healthy Menu Plan

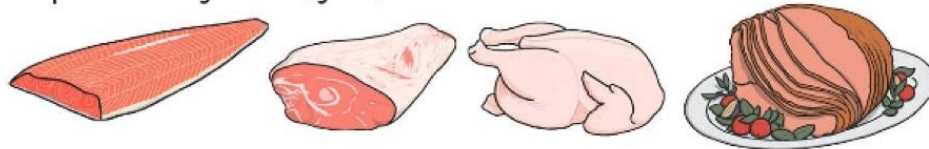Think about what you have learned today.

You are going to design a menu for day of healthy eating.

Your menu should have:

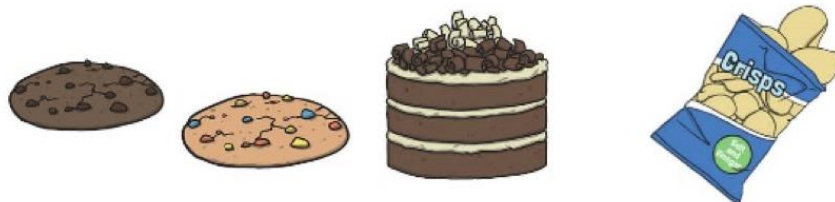Fruit, vegetables and starchy food at every meal and for snacks.

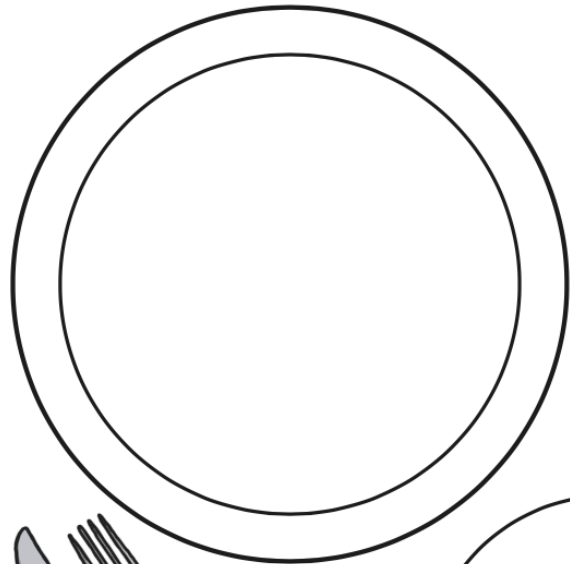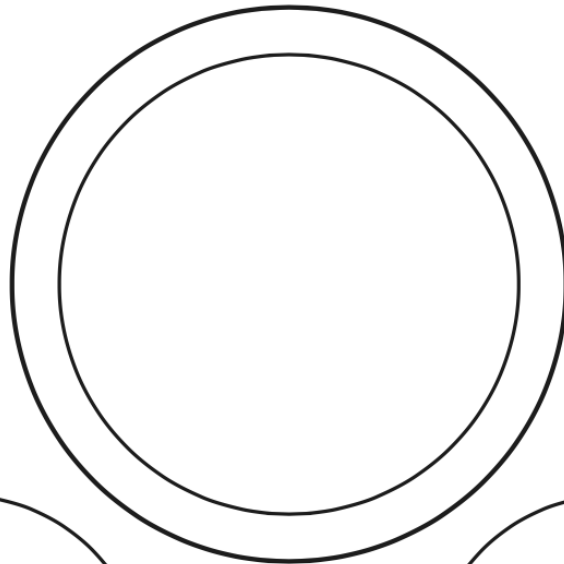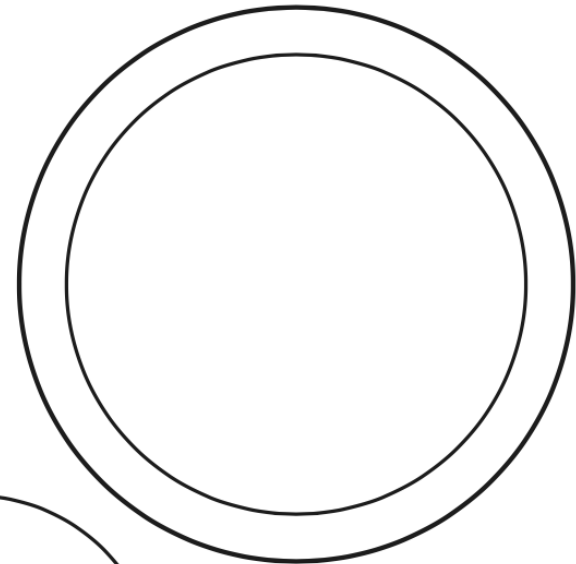2-3 portions of meat, fish, beans or nuts.

2-3 portions of dairy food.
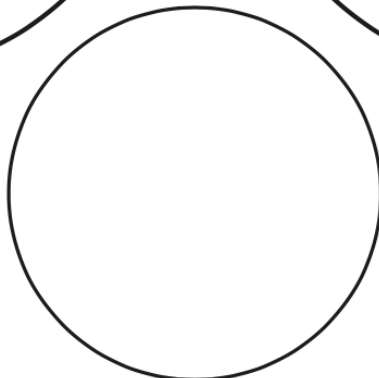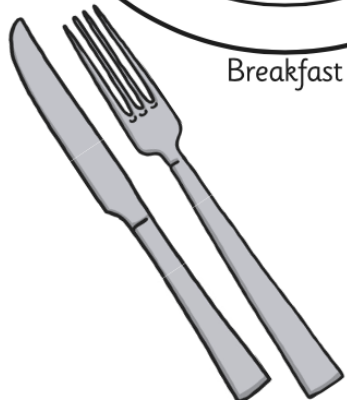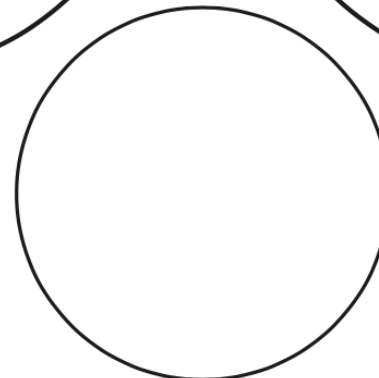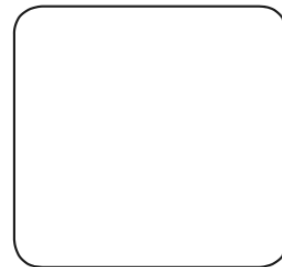
No more than 1 sugary or fatty treat.

Healthy Menu Plan

Breakfast

Lunch

Dinner

Snacks

Snacks

Drinks