

Healthy Eating Week



Healthy Eating Week

This week is Healthy Eating Week.

Healthy Eating Week is about improving our health through eating healthy food and being active.



How Can We Stay Healthy?

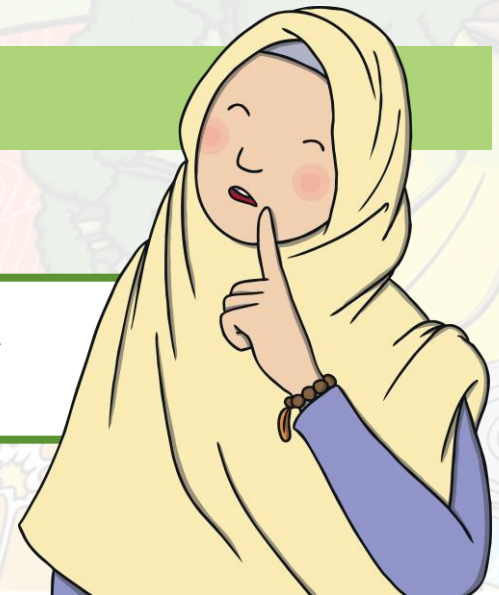
Food:

Our bodies need fuel. We need fuel to give us energy to work, to play, to run to walk – in fact for everything we do.

We get our energy from the food we eat. Some foods are very good for us. They give us lots of energy and help us to fight off illnesses.

Some foods are not so good for us.

Can you think of any examples of food that is good for us?



Fruit and Vegetables

Fruit and vegetables are a good source of vitamins and minerals, including vitamin C and potassium. They also help to keep our digestion working properly.



Fruit and Vegetables can help our bodies to repair themselves and fight off infections. Fruit and vegetables taste delicious and there's a wide variety to choose from.

Fruit and Vegetables

We should aim to eat five portions of fruit and vegetables a day.

A **portion of fruit:**

One slice or half a large **fruit** e.g. a slice of melon or half a grapefruit.

One medium size **fruit** e.g. an apple

Two small size **fruits** e.g. two plums or satsumas

Three heaped tablespoons of cooked vegetables

Two small size **fruits** e.g. two plums or satsumas

What is one portion of fruit and vegetables?

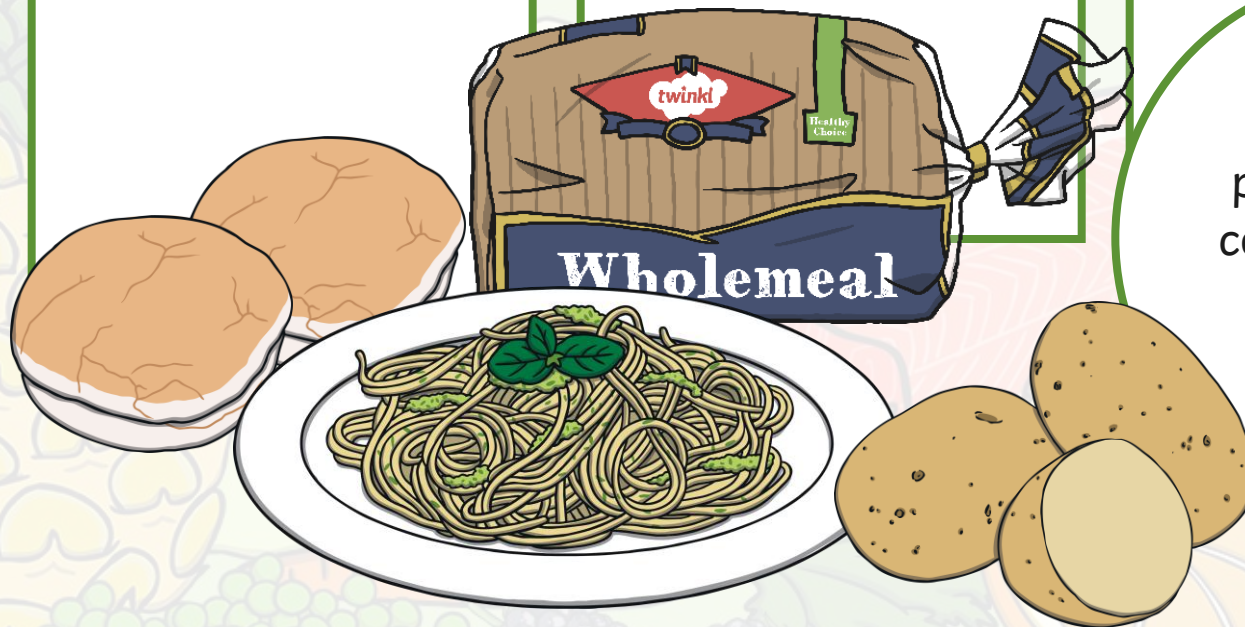
Bread, Rice, Potatoes and Pasta

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 everyday.

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



Milk and Dairy

Milk and dairy products 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.

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

What counts as one portion of Milk and Dairy?

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

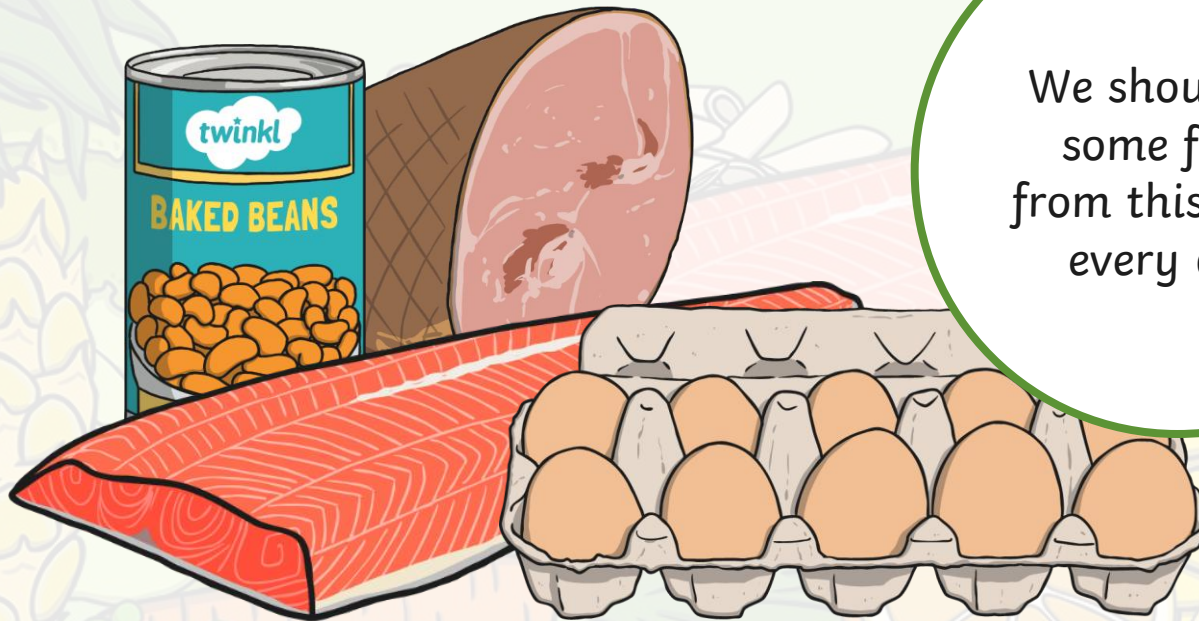
You should eat 2-3 portions of these every day.

Meat, Fish, Eggs and Beans

Meat is 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.

We should eat
some foods
from this group
every day.



Fat

Fat is a part of our food. Some food like fruit and vegetables have very little fat in them. Some of our food has lots of fat. Fat isn't always bad for us. In fact our bodies need a little bit of fat to work properly.

But there are different types of fat and some are much better for us than others.

There are three main types of fat:

Saturated

Polyunsaturated

Monounsaturated

It is better for your health to eat polyunsaturated and monounsaturated fats. Oily fish like salmon and tuna, as well as nuts, contain these fats.



Saturated Fat

Saturated fat is not good for us. Too much raises the level of 'bad' cholesterol in our bodies. This increases our risk of heart disease and other diseases.

These are some of the foods that have saturated fat in them:

fatty cuts of meat

biscuits, cakes and pastries

meat products, including sausages and pies

confectionery (chocolate and sweets)

butter, ghee and lard

coconut oil and cream

cheese, especially hard cheese

palm oil

cream, soured cream and ice cream



Fizzy and Sugary Drinks

We need to drink to keep our bodies working, but we need to choose our drinks carefully.

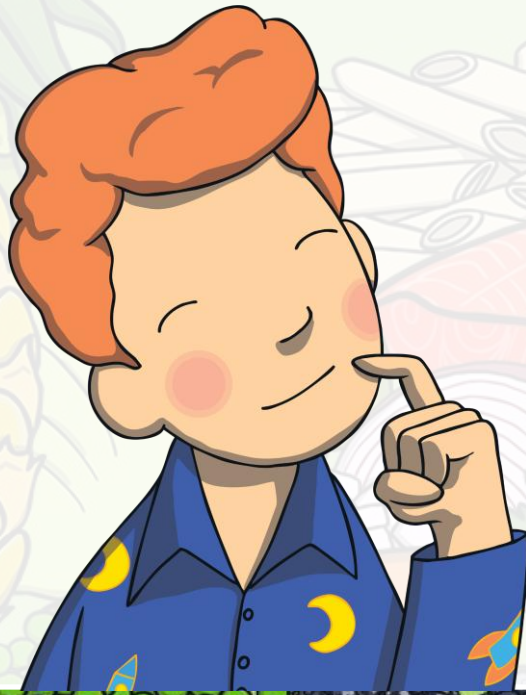
Fizzy drinks and some juices contain a lot of sugar. This can damage our teeth and make us gain weight – which can cause many diseases.

The best drinks for us are water and low fat milk.



How Else Can We Stay Healthy?

What other things do you think we need to do to stay healthy?



Staying Healthy

There are many ways to stay healthy. Some of these ways are:

running

Swimming

cycling

eating more fruit snacks



Exercising is Fun!

Doing regular exercise will help us all feel great and keep our bodies strong!

Our hearts need to be kept active and pumping.

Exercise also burns fat.



Ways to Stay Active

Walking



Playing games



Dancing



Can you think of other examples?

Healthy Eating Week

This week is all about developing good healthy habits, learning about cooking and where our food comes from.

There will be lots of activities going on and challenges for you to complete.

Can you think of a way you are going to aim to be more healthy?

Set yourself a target.





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