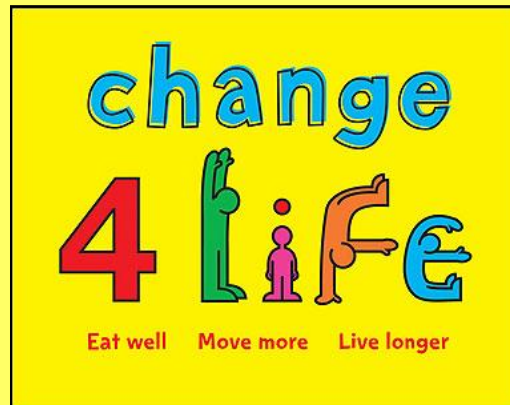


# Healthy Eating

Eat Well...Stay Well



# How can I be Healthy?

Being healthy means looking after yourself



Eating healthy food



Keeping Active



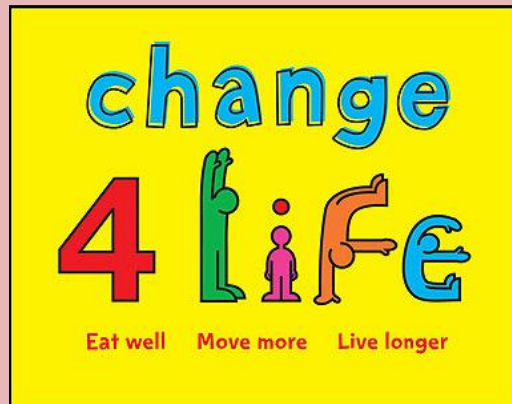
Feeling good



# Why do we need food?

Food gives us energy to be able to do things during the day.

Food keeps us healthy and help us grow.



# What should I be Eating??

Fruit & vegetables



Bread, rice, potatoes, pasta



Meat, fish, eggs, beans



Milk & dairy foods



Foods & drinks high in fat and/or sugar



# Fruit and Vegetables



Healthy Body  
Fight Infections  
Growth

Can you think of the names of 3 vegetables and 3 pieces of fruit? What is your favourite? Can you find any examples of fruit and vegetables in your kitchen?

# Fruit and Vegetables



Healthy Body  
Fight Infections  
Growth

Carrots, Apples,  
Broccoli, Grapes,  
Peppers, Strawberries

# Bread, Rice, Potatoes & Pasta

and other starchy foods

Energy for Sports  
Energy for Moving  
**Growth**

What is your favourite  
out of these foods? Can  
you find any examples of  
them in your kitchen?



# Bread, Rice, Potatoes & Pasta

and other starchy foods

Energy for Sports  
Energy for Moving  
**Growth**

Bread, Rice  
Potatoes, Pasta  
Cereal

These foods are often called  
carbohydrates. Can you say  
car-bo-hy-drates? 😊



# Milk and Dairy

Growth

Strong Bones

Strong Teeth

Can you think 2 things that would go in this group? What is your favourite? Can you find any examples of milk and dairy in your kitchen?



# Milk and Dairy

Growth

Strong Bones

Strong Teeth

Milk, Yoghurt, Cheese







# Fatty and Sugary Food & Drink

Energy  
Warmth  
Protection

What is your favourite? Can you find any examples in your kitchen?



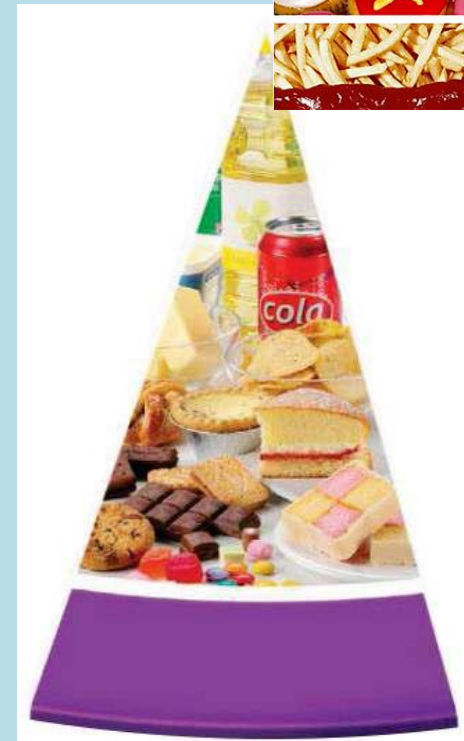
# Fatty and Sugary Food & Drink

Energy

Warmth

Protection

Cakes, Biscuits, Coca Cola,  
Chips, Cream, Ice Cream,  
Sugar



# Can I eat unhealthy food?

We can eat some unhealthy food but not too much.



Eating lots of unhealthy food can make us put on weight, makes us very tired, can make us ill, and our bodies unhealthy.

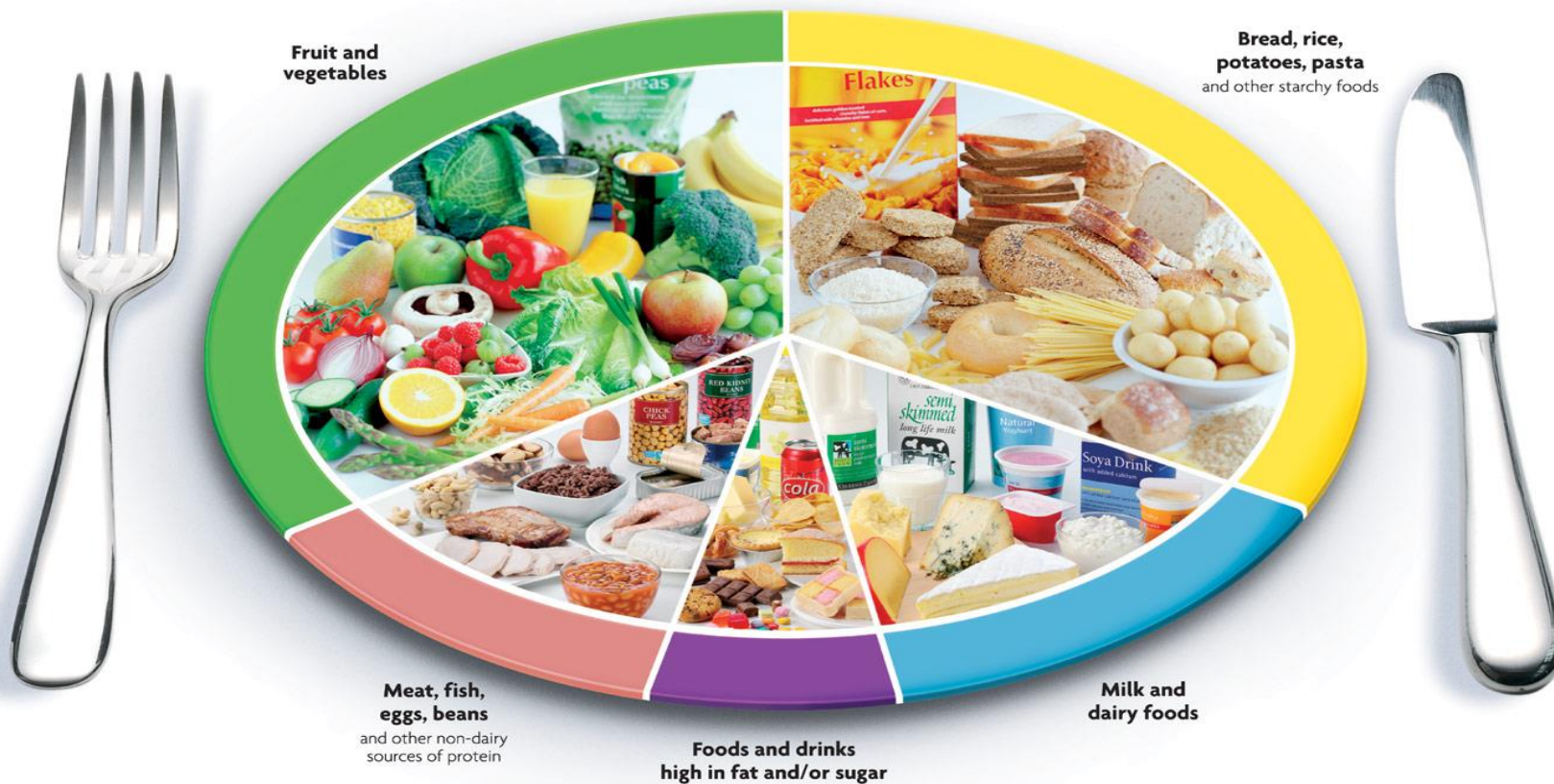
We should try to eat lots of healthy food.

# The healthy eating plate.

## The eatwell plate



Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Can you work out which foods go into each area according to the eatwell plate on the previous slide?

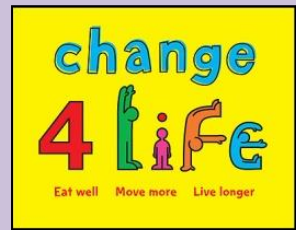
**Eat lots of these**

**Eat some of these**

**Eat a little of these**



# Keeping Active



Strong heart

Makes you feel good

Helps you to be good at sport

Fight infections

Helps you to sleep



# Why is exercise important?

Children exercise all the time without even thinking about it! Just being active, like when you run around outside or play ball at school, is a kind of exercise.

What else counts as exercise? Playing sports, dancing, doing push-ups, and even reaching down to touch your toes.

When you exercise, you're helping build a strong body that will be able to move around and do all the stuff you need it to do.

Be active every day and your body will thank you later!

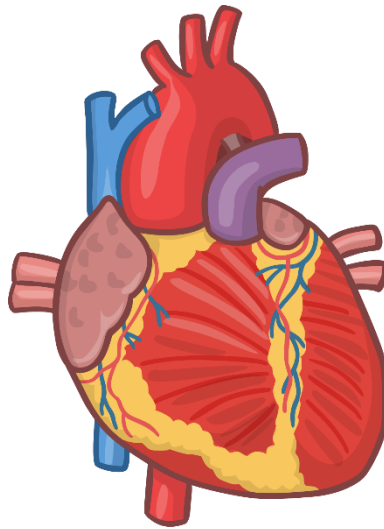


# Exercise Makes Your Heart Happy

You may know that your heart is a muscle. It works hard, pumping blood every day of your life. You can help this important muscle get stronger.

Exercise can get your heart pumping, make you sweaty, and quicken your breathing.

When you give your heart this kind of workout on a regular basis, your heart will get even better at its main job — delivering oxygen to all parts of your body.

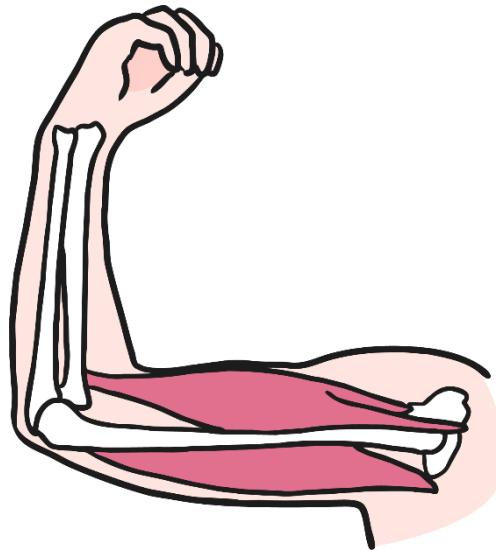


# Exercise Strengthens Muscles

Exercise can also help make your muscles stronger.

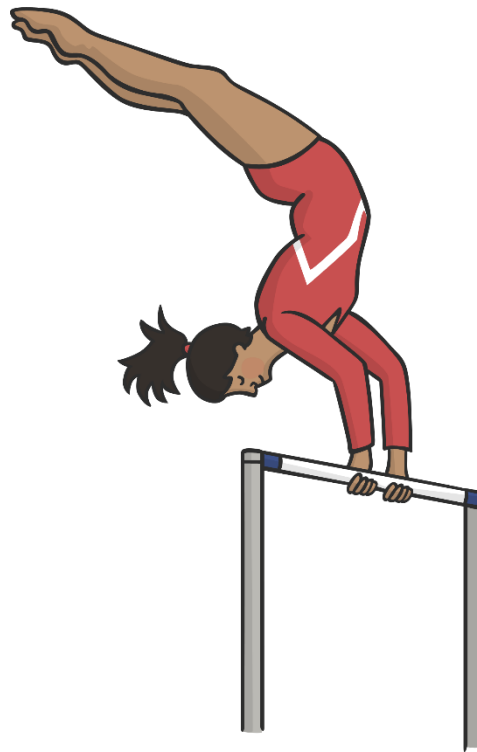
This type of exercise builds strength.

By using your muscles to do powerful things, you can make them stronger.



## Exercise Makes You Flexible

Being flexible is having “full range of motion”, which means you can move your arms and legs freely without feeling tightness or pain.



# Exercise Keeps the Balance

Your body needs a certain amount of calories from food every day just to function.

If you're active, your body needs an extra measure of calories or energy. If you're not very active, your body won't need as many calories.

Whatever your calorie need is, if you eat enough to meet that need, your body weight will stay about the same. If you eat more calories than your body needs, it may be stored as excess fat.



## Exercise Makes You Feel Good

It feels good to have a strong, flexible body that can do all the activities you enjoy — like running, jumping, and playing with your friends. It's also fun to be good at something, like scoring a goal, or perfecting a dive.

But you may not know that exercising can actually put you in a better mood. When you exercise, your brain releases a chemical which may make you feel happier!



What do you do to exercise?

What else could you do?

Do you exercise every day?



# Boost your learning!

Can you make a poster showing the importance of exercise?

Think of a powerful title.

What information do you want to include?  
Only use the most important parts.

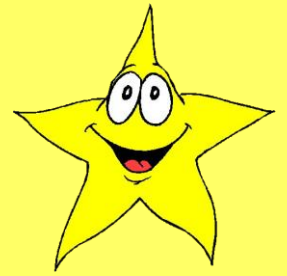
Which pictures will you choose to help your writing to tell the reader the message?

Don't forget to make your poster look eye-catching.





# Top Tips!



- Eat lots of different types of foods.
- Don't eat lots of unhealthy foods.
  - Keep active.
  - Enjoy your food.
- Be Happy and Feel Good.

Name one reason why  
we need food?

**A** To sleep

**B** To become famous

**C** To help us grow

**D** To be funny

Name one reason why  
we need food?

**A** To sleep

**B** To become famous

**c** To help us grow

**D** To be funny

Which of these foods  
belong to the Milk and  
Dairy group?

**A** Yoghurt

**B** Milk

**C** Cheese

**D** All of the above

Which of these foods  
belong to the Milk and  
Dairy group?

**A** Yoghurt

**B** Milk

**C** Cheese

**D** All of the above

Which foods should we eat lots and lots of?

**A** Fruit and Vegetables

**B** Fats and Sugars

**C** Milk and Dairy

**D** Meat, Fish, Eggs & Beans

Which foods should we eat lots and lots of?

**A** Fruit and Vegetables

**B** Fats and Sugars

**C** Milk and Dairy

**D** Meat, Fish, Eggs & Beans

What can happen if we eat lots of unhealthy food?

**A** We can become ill

**B** We can put on weight

**C** It can make us tired

**D** All of the above

What can happen if we eat lots of unhealthy food?

**A** We can become ill

**B** We can put on weight

**C** It can make us tired

**D** All of the above

Which of these foods are part of the Bread, Rice, Potatoes and Pasta group?

**A** Spaghetti

**B** Water

**C** Peas

**D** Chicken

Which of these foods are part of the Bread, Rice, Potatoes and Pasta group?

**A** Spaghetti

**B** Water

**C** Peas

**D** Chicken

Why should we keep active?

**A** It helps you to sleep

**B** It gives you a strong heart

**C** It helps us to feel good

**D** All of the above

Why should we keep active?

**A** It helps you to sleep

**B** It gives you a strong heart

**C** It helps us to feel good

**D** All of the above

Which of these foods are part of the Meat, Fish, Eggs and Beans group?

**A** Crackers

**B** Chicken

**C** Apples

**D** Cheese

Which of these foods are part of the Meat, Fish, Eggs and Beans group?

A Crackers

B Chicken

C Apples

D Cheese

# Tasks

(Could draw straight into book if prefer).

- Exercise worksheet 1 and/or 2.
- Design a healthy meal by looking at the eatwell plate then drawing and labelling the foods you'd choose.
- Keep a food journal for the week, you could even colour code some of the things you eat according to their different food groups. E.g. protein=red, carbohydrates=yellow.
- Optional- wordsearch, healthy eating and living board game, make a poster for healthy living, make a menu for a healthy meal.