

Name:

Date:

# Healthy eating and physical activity



- People around the world choose and combine different food to make meals and snacks. The total amount and range of food and drinks consumed is called the diet.
- A healthy diet is made from a variety of different food and drinks, as depicted in The Eatwell Guide.
- Being active is important for health, making the body fitter and stronger.

**There are many different types of food from around the world.**

**People all around the world need a variety of food from different food groups to have a healthy diet.**

**Dishes and meals eaten around the world often comprise similar food (or ingredients) combined in different ways.**

**The Eatwell Guide shows the proportions in which different types of foods are needed for a well-balanced and healthy diet.**

The Eatwell Guide can be used to devise meals and snacks.

**Meals and snacks can be sorted into The Eatwell Guide food groups.**



**Tomato sauce**  
Fruit and vegetables

**Base**  
Potatoes, bread, rice, pasta and other starchy carbohydrates

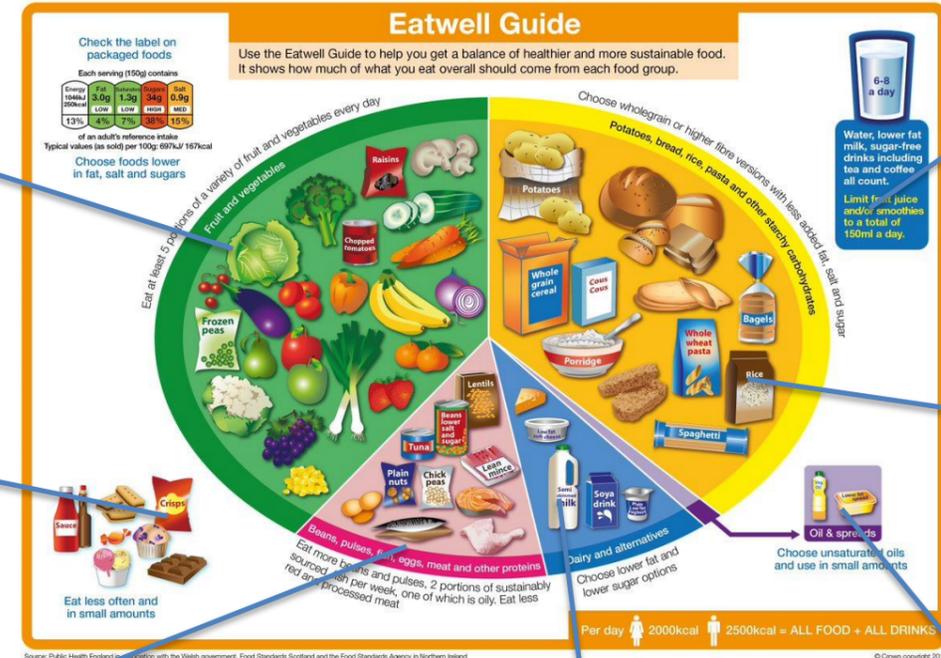
**Ham**  
Beans, pulses, fish, eggs, meat and other proteins

**Cheese**  
Dairy and alternatives

**Fruit and vegetables**  
Eat at least five portions every day.

**Foods high fat, salt and sugar**  
This type of food is not needed to be healthy. If eaten, have less often and in small amounts.

**Beans, pulses, fish, eggs, meat and other protein**  
Eat some foods every day.



**Hydration**  
Water and lower fat milk are healthier drink choices. A max of 150ml of juice or smoothie a day.

**Potatoes, bread, rice, pasta or other starchy carbohydrates**  
Eat a food from this group at every meal. Go for wholegrain varieties.

**Oils and spreads**  
Eat in small amounts.

**Dairy and alternatives**  
Have some of these foods every day, e.g. a pot of yogurt and a cheese sandwich.

**Activity** should make:

- you feel warmer;
- you breathe harder;
- your heart beat faster.



**Moderate** activity includes:

- dancing;
- riding a bike.

**Vigorous** activity includes:

- football;
- swimming.

**Being active is important for health.**



**Children should be active for 60 minutes a day.**

**Task:** Plan a menu for a day that applies the principles of The Eatwell Guide.

To find out more, go to: <https://bit.ly/2YSetUw>