

## Adult Guidance

When teaching children about food and healthy eating, we try to avoid labelling any food or food group as 'healthy' or 'unhealthy'. Food is neither good nor bad - it is simply fuel for our bodies. A variety of foods from different food groups should be eaten in different proportions for a healthy, balanced diet. These foods may be fresh, frozen, tinned or packaged or processed in another way. More information can be found on the [NHS Eatwell Guide website](#). Everyone has different likes and dislikes, and some people may have allergies or choose not to eat some foods for a variety of different reasons.

Children should be encouraged to focus on how different foods can affect their bodies (e.g. fruits and vegetables help you poo regularly) and how they feel both physically and mentally after eating them. Support them to think about the sensory aspects of food, for example comparing foods that taste sweet and foods that taste salty, or foods that crunch and those that don't. You may also like to explore where different foods come from, for example fruits and vegetables that grow in the ground or are picked from a tree.



## Menu

Eating well is essential for good health and well-being. A balanced diet provides all the **nutrients** your body needs to function correctly and stay healthy. Different food groups contain varying nutrients that are required by our bodies in different quantities. A healthy diet includes a variety of foods from all the food groups. This balance looks different for everyone because we all have different likes and dislikes.

In addition to this, some people may have **allergies** or choose not to eat some foods for personal or religious reasons. Luckily, all the nutrients we need are found in a wide variety of foods. There are five main food groups.



## Carbohydrates

Carbohydrates (the main source of energy for your body) provide glucose, which is the fuel that your body uses to function correctly. Foods such as bread, rice, pasta and potatoes are good sources of carbohydrates.

Wholegrain varieties of these are also good sources of fibre. This includes wholegrain bread and breakfast cereals as well as potatoes with their skins on.



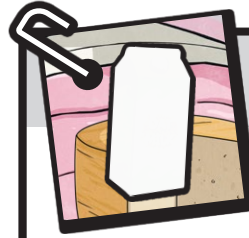
## Proteins

Proteins are important for building and repairing your body tissues. Foods such as meat, fish, eggs, beans and lentils are **rich** in protein. Protein is contained in every cell in the human body - they are the building blocks of life. Protein is especially beneficial in a child's diet for its role in healthy growth and development.



## Fats

Fats are needed in small amounts for healthy skin and hair as well as to provide energy. Foods such as nuts, seeds, olive oil and avocados are examples of healthy fats. All oils and spreads, including butter, are rich sources of fat and should be eaten in moderation as part of a balanced diet.



## Milk and Dairy

Milk and dairy foods provide **calcium**, which is essential for healthy bones and teeth. Milk, cheese and yoghurt are good sources of calcium. Babies and children especially benefit from milk and dairy as this food group encourages the development of strong and healthy bones and teeth.



## Fruits and Vegetables

Fruits and vegetables are packed with vitamins, minerals and **fibre**. They help to keep your body healthy and protect against diseases. Eating a variety of colours ensures that you get all the different nutrients. Fruits and vegetables also provide fibre that helps us go to the toilet regularly, which is important for our digestive health.

## In Moderation

Eating too much sugar and salt is not good for our bodies. Sugary drinks, sweets and cakes should be eaten sparingly. Sugar in moderation gives short bursts of energy but too much sugar can contribute to problems, such as tooth decay. Salt is found naturally in some foods but most is found in processed foods, ready meals and snacks. Salt in our diet helps with nerve and muscle health but too much in your diet over a long period of time can cause raised blood pressure and heart problems.

A balanced diet should include a variety of foods from all the food groups in the right amount to keep your body healthy. It is also important to drink plenty of water to keep your body **hydrated**.

## Did You Know...?

Guidance suggests that humans should drink approximately 6-8 glasses of water every day!

## Glossary

**allergies:** A medical condition that causes you to react badly or feel ill when you eat or touch a particular substance.

**calcium:** A mineral your body needs to build and maintain strong bones and teeth.

**fibre:** The part of food that helps to keep a person healthy by keeping the bowels working.

**hydrated:** The state of having enough water.

**nutrients:** A substance that is needed to keep a living thing alive and to help it to grow.

**rich:** Containing or providing a large supply of something.

# Questions

1. How many main food groups are there? Tick one.

- ☐ two
- ☐ three
- ☐ four
- ☐ five

2. Which of these foods is a carbohydrate? Tick one.

- ☐ fish
- ☐ milk
- ☐ eggs
- ☐ rice

3. Look at the section called **Proteins**.

Find and copy one word that means the same as 'plentiful'.

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4. Give **two** examples of foods that contain healthy fats.

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5. Fill in the missing words.

Salt is found \_\_\_\_\_ in some foods but most is found in \_\_\_\_\_ foods,  
ready meals and snacks.

6. Summarise why it is important to eat or consume enough calcium-rich foods.

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7. Explain what eating **in moderation** means.

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8. Explain why protein may be especially important in a child's diet.

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# Answers

1. How many main food groups are there? Tick one.

- ☐ two
- ☐ three
- ☐ four
- ☒ **five**

2. Which of these foods is a carbohydrate? Tick one.

- ☐ fish
- ☐ milk
- ☐ eggs
- ☒ **rice**

3. Look at the section called **Proteins**.

Find and copy one word that means the same as 'plentiful'.

**rich**

4. Give **two** examples of foods that contain healthy fats.

**Accept any two of the following: nuts; seeds; olive oil; avocados.**

5. Fill in the missing words.

Salt is found **naturally** in some foods but most is found in **processed** foods, ready meals and snacks.

6. Summarise why it is important to eat or consume enough calcium-rich foods.

**Pupils' own responses, such as: It is important to eat enough foods with calcium so our bones and teeth stay healthy and strong.**

7. Explain what eating **in moderation** means.

**Pupils' own responses, such as: Eating in moderation means that we should be careful not to eat too much of a certain food. For example, a little salt is good for us but too much can cause health problems so we should eat it in moderation.**

8. Explain why protein may be especially important in a child's diet.

**Pupils' own responses, such as: Protein is especially important for children to eat because children are growing and developing and protein is needed for our bodies to grow and develop.**



# All About Healthy Eating

Eating well is essential for good health and well-being. A balanced diet provides all the **nutrients** your body needs to function correctly and stay healthy. Different food groups contain varying nutrients that are required by our bodies in different quantities. A healthy diet includes a variety of foods from all the food groups. This balance looks different for everyone because we all have different tastes and preferences.



In addition to this, some people may have **allergies** or choose not to eat some foods for personal or religious reasons. Luckily, all the nutrients we need are found in a wide variety of foods. There are five main food groups. The nutrients contained in our food are processed by our digestive system and distributed around the body to benefit different organs, structures and processes.



## Carbohydrates

Carbohydrates (the main source of energy for your body) provide glucose, which is the fuel that your body uses to function correctly. Foods such as bread, rice, pasta and potatoes are good sources of carbohydrates. Wholegrain varieties of these are also good sources of **fibre**. This includes wholegrain bread and breakfast cereals as well as potatoes with their skins on. Carbohydrates release energy slowly in the body, making them the best fuel for exercise and physical activity.



## Proteins

Proteins are important for building and repairing your body tissues. Foods such as meat, fish, eggs, beans and lentils are rich in protein. Protein is contained in every cell in the human body - they are the building blocks of life. Protein is especially beneficial in a child's diet for its role in healthy growth and development. Protein-rich foods also help us build a strong immune system and are vital in the circulatory system in the transport of oxygen around the body.



## Fruits and Vegetables

Fruits and vegetables are packed with vitamins, minerals and fibre. They help to keep your body healthy and protect against diseases.

Eating a variety of colours ensures that you get all the different nutrients. Fruits and vegetables also provide fibre that helps us go to the toilet regularly, which is important for our digestive health. Guidance suggests that humans should consume at least five pieces of fruit or vegetables each day as part of a healthy, balanced diet.



## Milk and Dairy

Milk and dairy foods provide **calcium**, which is essential for healthy bones and teeth. Milk, cheese and yoghurt are good sources of calcium. Babies and children especially benefit from milk and dairy as this food group encourages the development of strong and healthy bones and teeth. When someone doesn't consume enough calcium, it can lead to a **deficiency** which can then lead to weakened bones and other health conditions.







## Fats

Fats are needed in small amounts for healthy skin and hair as well as to provide energy. Foods such as nuts, seeds, olive oil and avocados are examples of healthy fats.

All oils and spreads, including butter, are rich sources of fat and should be eaten in moderation as part of a balanced diet.

## In Moderation

Eating too much sugar and salt is not good for our bodies. Sugary drinks, sweets and cakes should be eaten sparingly. Sugar in moderation gives short bursts of energy but too much sugar can contribute towards health problems, such as tooth decay. Salt is found naturally in some foods but most is found in processed foods, ready meals and snacks. Salt in our diet helps with nerve and muscle health but too much in your diet over a long period of time can cause raised blood pressure and heart problems.

A balanced diet should include a variety of foods from all the food groups in the right amount to keep your body healthy. It is also important to drink plenty of water to keep your body hydrated. NHS guidelines suggest we should drink around 6-8 glasses of water a day.



## Glossary

**allergies:** A medical condition that causes you to react badly or feel ill when you eat or touch a particular substance.

**calcium:** A mineral your body needs to build and maintain strong bones and teeth.

**deficiency:** The state of not having enough of something that is essential.

**fibre:** The part of food that helps to keep a person healthy by keeping the bowels working.

**nutrients:** A substance that is needed to keep a living thing alive and to help it to grow.

# Questions

1. Meat is rich in...? Tick one.

- ☐ dairy
- ☐ protein
- ☐ carbohydrate
- ☐ calcium

2. Which food group gives us the most energy? Tick one.

- ☐ protein
- ☐ fat
- ☐ vegetable
- ☐ carbohydrates

3. Look at the opening paragraphs.

Find and copy the word that is closest in meaning to 'transported'.

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4. Which food group is best for keeping your hair healthy?

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5. How much water is it suggested that humans drink in a day?

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6. Why might some people avoid eating certain foods?

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7. Explain what you think is meant by a **balanced diet**.

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8. Why is it important to eat salty foods in moderation?

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9. Summarise why it is important to eat enough fruits and vegetables.

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# Answers

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- ☒ **protein**
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2. Which food group gives us the most energy? Tick one.

- ☐ protein
- ☐ fat
- ☐ vegetable
- ☒ **carbohydrates**

3. Look at the opening paragraphs.

Find and copy the word that is closest in meaning to 'transported'.

**distributed**

4. Which food group is best for keeping your hair healthy?

**The food group 'fats' is best for keeping your hair healthy.**

5. How much water is it suggested that humans drink in a day?

**It is suggested that humans drink 6-8 glasses of water a day.**

6. Why might some people avoid eating certain foods?

**Pupils' own responses, such as: Some people might avoid certain foods due to personal preference, religious beliefs or an allergy.**

7. Explain what you think is meant by a **balanced diet**.

**Pupils' own responses, such as: A balanced diet is when we eat a variety of foods from the different food groups in moderation to give us the nutrients our bodies need.**

8. Why is it important to eat salty foods in moderation?

**Pupils' own responses, such as: It is important to eat the right amount of salt because it helps with our nervous system and muscles but too much salty food can lead to raised blood pressure.**

9. Summarise why it is important to eat enough fruits and vegetables.

**Pupils' own responses, such as: It is important to eat enough fruits and vegetables as they contain lots of vitamins and minerals that help keep us healthy and protect against illness. They also contain fibre that helps us go to the toilet regularly.**



# All About Healthy Eating

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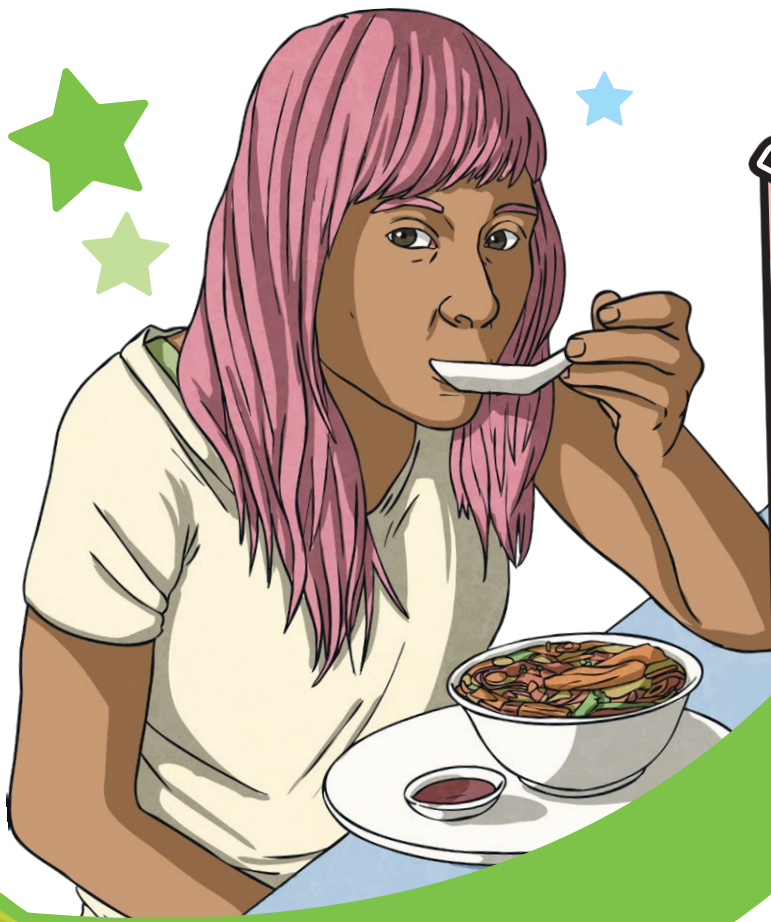
balanced diet provides all the nutrients your body needs to function correctly and stay healthy. Different food groups contain varying nutrients that are required by our bodies in different quantities. The nutrients contained in our food are processed by our digestive system and distributed around the body to benefit different organs, structures and processes. A healthy diet includes a variety of foods from all the food groups. This balance looks different for everyone because we all have different tastes and preferences.

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## Proteins

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## Fruits and Vegetables

Fruits and vegetables are abundant with vitamins, minerals and fibre. They help to keep your body healthy and protect against diseases. Eating a variety of colours ensures that you get all the different nutrients. Fruits and vegetables also provide fibre that helps us go to the toilet regularly, which is necessary for our digestive health. Guidance suggests that humans should consume at least five pieces of fruits or vegetables each day as part of a healthy, balanced diet.



## Milk and Dairy

Milk and dairy foods provide calcium, which is essential for healthy bones and teeth. Milk, cheese and yoghurt are good sources of calcium. Babies and children especially benefit from milk and dairy as this food group encourages the development of strong and healthy bones and teeth. Green leafy vegetables, such as curly kale and okra, are also great sources of calcium. Interestingly, spinach contains very high levels of calcium but we are unable to digest all of it. Calcium is vital for our health; it benefits some of the most important functions in your body.



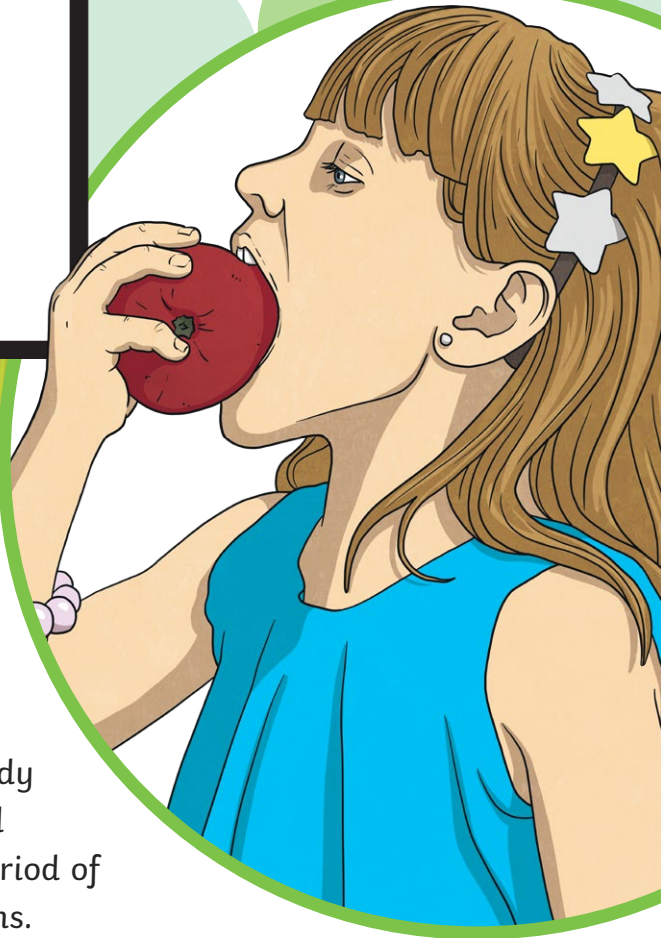


## Fats

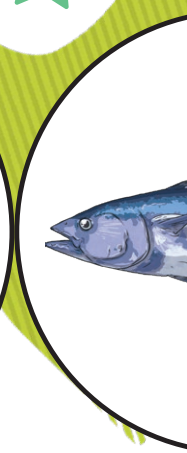
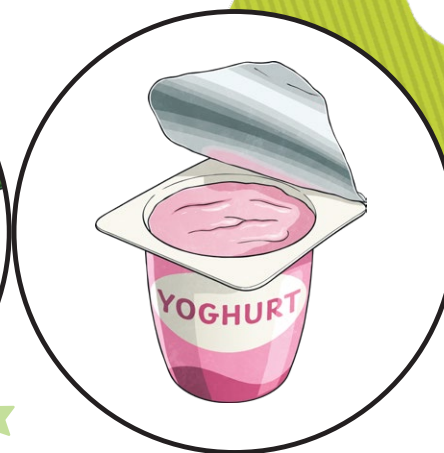
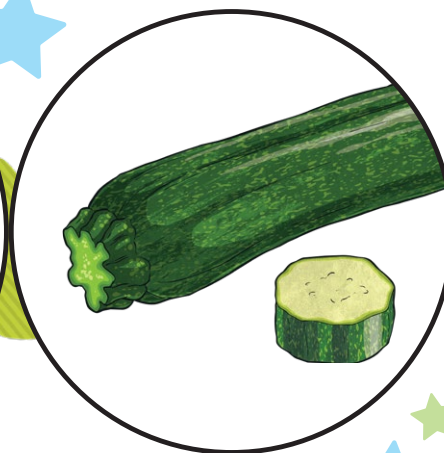
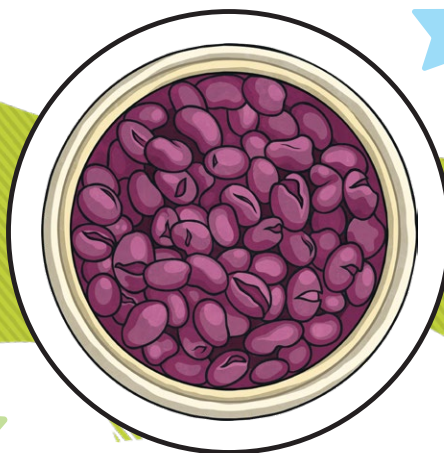
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## In Moderation

Eating too much sugar and salt is not good for our bodies. Sugary drinks, sweets and cakes should be eaten sparingly. Sugar in moderation gives short bursts of energy but too much sugar can lead to health problems, such as tooth decay. Salt is found naturally in some foods but most is found in processed foods, ready meals and snacks. Salt in our diet helps with nerve and muscle health but too much in your diet over a long period of time can cause raised blood pressure and heart problems.



A balanced diet should include a variety of foods from all the food groups in the right amount to keep your body healthy. It is also important to drink plenty of water to keep your body hydrated. Guidance suggests we should be drinking at least 6-8 glasses of water a day!



# Questions

1. Which of these foods does **not** contain calcium? Tick one.

- ☐ cheese
- ☐ yoghurt
- ☐ oil
- ☐ curly kale

2. Draw **four** lines and match each food group to how it helps us.

proteins	healthy skin and hair
carbohydrates	help us repair
milk and dairy	give us energy
fats	high in calcium

3. Look at the paragraph called **Carbohydrates**.

Which carbohydrates are richest in fibre?

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4. Fill in the missing words.

\_\_\_\_\_ -rich foods also help us build a strong immune system (the system that protects us against infection and illness) and are vital in the \_\_\_\_\_ system in the transport of oxygen around the body.

5. Which sources of fat are considered the healthiest?

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6. Look at the section called **Fruits and Vegetables**.

Find and copy one word that is closest in meaning to 'plentiful'.

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7. Summarise how fats benefit us.

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8. Explain what the guidance is around consuming sugar and salt.

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9. Explain what you understand by the phrase **in moderation**.

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10. Why do you think the author describes protein as **the building blocks of life**?  
Explain your answer fully using evidence from the text.

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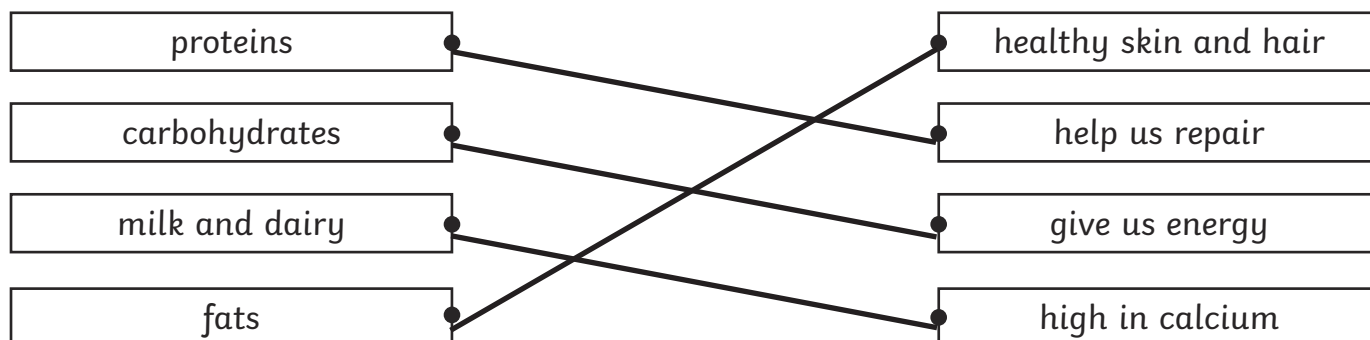
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# Answers

1. Which of these foods does **not** contain calcium? Tick one.

- ☐ cheese
- ☐ yoghurt
- ☒ **oil**
- ☐ curly kale

2. Draw **four** lines and match each food group to how it helps us.



3. Look at the paragraph called **Carbohydrates**.

Which carbohydrates are richest in fibre?

**Wholegrain bread and cereals as well as potatoes with their skins on are rich in fibre.**

4. Fill in the missing words.

**Protein**-rich foods also help us build a strong immune system (the system that protects us against infection and illness) and are vital in the **circulatory** system in the transport of oxygen around the body.

5. Which sources of fat are considered the healthiest?

**Nuts, seeds, olive oil and avocados are considered the healthiest fats.**

6. Look at the section called **Fruits and Vegetables**.

Find and copy one word that is closest in meaning to 'plentiful'.

**abundant**

7. Summarise how fats benefit us.

**Pupils' own responses, such as: Foods rich in fat help keep our hair and skin healthy. They also provide energy.**

8. Explain what the guidance is around consuming sugar and salt.

**Pupils' own responses, Although salt and sugar are useful to our bodies, we have to be careful with how much we eat as they can be harmful to our health if not eaten in moderation.**

9. Explain what you understand by the phrase **in moderation**.  
**Pupils' own responses, such as: In moderation means eating just the right amount of foods as part of a balanced diet.**
10. Why do you think the author describes protein as **the building blocks of life**?  
Explain your answer fully using evidence from the text.  
**Acceptable points:**
- **AP1. The author says that protein is contained in every cell of the body.**
  - **AP2. The author says that human tissue is repaired by protein.**
  - **AP3. The author says that protein is important for children when growing.**
- Award 3 marks** for **two** acceptable points, at least **one** with evidence, e.g.
- The author describes protein as the building blocks of life as every cell in the human body contains protein. The text also says that protein repairs tissues in the body, suggesting that protein comes together to build our tissues like building blocks.
- Award 2 marks** for either **two** acceptable points, or **one** acceptable point with evidence, e.g.
- The author describes protein as the building blocks of life as every cell in the human body contains protein suggesting that protein helps create our cells, which come together like building blocks to create our bodies.
- Award 1 mark** for **one** acceptable point, e.g.
- The author says that protein is contained in every cell of the body.
  - The author says that human tissue is repaired by protein.
  - The author says that protein is important for children when growing.