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.

All About Healthy Eating

Eating lots of different foods is a good way to keep your body happy and well. Everyone has different likes and dislikes. Some people do not eat certain foods because they can make them feel poorly or because they prefer not to.

Fruits and vegetables

These foods contain vitamins and minerals. They help our bodies work properly.

Carbohydrates

These foods give us lots of energy. Pasta and potatoes are carbohydrates.

Protein

These foods help our bodies heal and grow. Meat and fish are proteins. Eggs and lentils are proteins too.

Milk and dairy

These foods are high in calcium. They include cheese and yoghurt. Some people use cow's milk but some people use other types of milk, such as soya or nut milk.

Oil and spreads

These foods are high in fat. They include olive oil and butter. Our bodies need fat for energy.

Questions

1. Which of these foods is a carbohydrate? Tick one.
   - ◯ fish
   - ◯ pasta
   - ◯ eggs

2. Which of these foods is a protein? Tick one.
   - ◯ bread
   - ◯ milk
   - ◯ lentils

3. Which food group gives us lots of calcium? Tick one.
   - ◯ carbohydrates
   - ◯ milk and dairy
   - ◯ oils and spreads

4. Which type of milk do some people drink? Tick one.
   - ◯ nut milk
   - ◯ tree milk
   - ◯ wood milk

5. Which food group gives us lots of energy? Tick one.
   - ◯ oils and spreads
   - ◯ protein
   - ◯ carbohydrates

Answers

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

   - ◯ fish
   - ✓ **pasta**
   - ◯ eggs

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

   - ◯ bread
   - ◯ milk
   - ✓ **lentils**

3. Which food group gives us lots of calcium? Tick one.

   - ◯ carbohydrates
   - ✓ **milk and dairy**
   - ◯ oils and spreads

4. Which type of milk do some people drink? Tick one.

   - ✓ **nut milk**
   - ◯ tree milk
   - ◯ wood milk

5. Which food group gives us lots of energy? Tick one.

   - ◯ oils and spreads
   - ◯ protein
   - ✓ **carbohydrates**

All About Healthy Eating

Eating lots of different foods is an important way of keeping your body happy and well. Being active, drinking plenty and getting lots of sleep also helps keep our bodies in tip-top condition. Different foods give us different nutrients so it is important to eat a variety of things.

Everyone has different likes and dislikes and some people have allergies or choose not to eat some foods.

There are five main food groups.

Fruits and vegetables

These foods provide many vitamins, minerals and nutrients. We need these to make sure all the different parts of our bodies can work properly.

Carbohydrates

These foods give us lots of energy. Pasta, bread, rice and potatoes are carbohydrates.

Protein

These foods help our bodies heal and grow. Our bodies use protein as building blocks for new cells and muscles. Meat, fish, eggs, lentils and tofu are proteins.

Milk and dairy

These foods are high in calcium. They include milk, cheese and yoghurt. Some people choose milk from cows but others use alternatives, such as soya or nut milk.

Oil and spreads

These foods are high in fat. Our bodies need fat for energy and to keep our brains healthy. Olive oil, sesame oil and butter are in this group.

Eat the Rainbow!

There are so many wonderful fruits and vegetables to try! Think about eating five different coloured things every day. Different colours mean different nutrients!

Questions

1. Pasta is a _____. Tick one.

   ◯ dairy
   ◯ protein
   ◯ carbohydrate

2. Eggs are a _____. Tick one.

   ◯ protein
   ◯ fat
   ◯ vegetable

3. Look at this sentence. Circle the word which means when certain foods make some people poorly.

   Everyone has different likes and dislikes and some people have allergies or choose not to eat some foods.

4. Find and copy one word from the box called **Eat the Rainbow** which means 'amazing' or 'brilliant'.

   _____

5. Which food group contains milk, cheese and yoghurt?

   _____

Answers

1. Pasta is a _____. Tick one.

   ◯ dairy
   ◯ protein
   ✓ **carbohydrate**

2. Eggs are a _____.

   ✓ **protein**
   ◯ fat
   ◯ vegetable

3. Look at this sentence. Circle the word which means when certain foods make some people poorly.

   Everyone has different likes and dislikes and some people have ***allergies*** *or choose not to eat some foods.*

   Award 1 mark for:

   • **allergies**

4. Find and copy one word from the box called **Eat the Rainbow** which means 'amazing' or 'brilliant'.

   wonderful

5. Which food group contains milk, cheese and yoghurt?

   The milk and dairy food group contains milk, cheese and yoghurt.

All About Healthy Eating

Eating lots of different foods is an important way of keeping our bodies happy and well. Being active, drinking plenty and getting lots of sleep also helps keep our bodies in tip-top condition.

Being healthy is not about avoiding some foods and only eating others. It is all about balance and variety. Eating lots of different types of foods and trying new things can help you find new foods to enjoy as well as giving your body all the nutrients and energy it needs. Everyone has different likes and dislikes. You sometimes need to try a new food a few times to get used to the flavour. Some people may have allergies or choose not to eat some foods.

There are five main food groups.

Fruits and vegetables

These foods provide many vitamins, minerals and nutrients. We need these to make sure all the different parts of our bodies can work properly.

Carbohydrates

These foods give us lots of energy. You can choose wholegrain options, which have extra fibre and nutrients. Pasta, bread, rice and potatoes are carbohydrates.

Protein

These foods help our bodies heal and grow. Our bodies use protein as building blocks for new cells and muscles. Meat, fish, eggs, lentils and tofu are proteins.

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Milk and dairy

These foods are high in calcium and other nutrients. Calcium is important for our teeth and bones. Some people choose milk from cows but others use alternatives made with other foods such as nuts, soya or oats.

Oil and spreads

These foods are very high in fat. Our bodies need fat for energy and to keep our brains healthy. Olive oil, sesame oil and butter are in this group.

Eat the Rainbow!

There are so many wonderful fruits and vegetables to try! Think about eating five different coloured things every day. Different colours mean different nutrients!

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Questions

1. Draw **three** lines and match each food group to how it helps us.

protein	high in calcium
carbohydrate	help us heal
milk and dairy	give us energy

2. Which of these is **not** a way of looking after your body? Tick one.

   ◯ drinking plenty
   ◯ getting up early
   ◯ eating different foods

3. Look at the second paragraph.
   Find and copy a word which means 'lots of different things'.

   _____

4. Fill in the missing words.

   Some people may have _____ or choose not to eat some foods.

5. Which food group are meat and eggs in?

   _____

6. How can you keep your body healthy?

   _____

   _____

   _____

Answers

1. Draw **three** lines and match each food group to how it helps us.

protein	high in calcium
carbohydrate	help us heal
milk and dairy	give us energy

2. Which of these is **not** a way of looking after your body? Tick one.

   ○ drinking plenty
   ✓ **getting up early**
   ○ eating different foods

3. Look at the second paragraph.
   Find and copy a word which means 'lots of different things'.

   variety

4. Fill in the missing words.

   Some people may have **allergies** or choose not to eat some foods.

5. Which food group are meat and eggs in?

   Meat and eggs are in the protein food group.

6. How can you keep your body healthy?

   Pupils' own responses, such as: I think it is important to look after my body because when I eat lots of foods, get plenty of rest and drink plenty of water I have lots of energy, I feel happy and well and I can grow.