

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 well is really important for keeping us healthy. A balanced diet gives you all the nutrients your body needs. Different food groups help us in different ways. A healthy diet means we eat the right amount of foods from all the food groups.

This looks different for everyone because we all like different things. Some people may be allergic to some foods or choose not to eat certain things for personal or religious reasons. All the nutrients we need are in many foods in the five main food groups.



Proteins

Proteins are important for building and fixing your body. Foods such as meat, fish, eggs and beans have lots of protein.



Carbohydrates

Carbohydrates give us the most energy. They provide glucose. This is the fuel that our bodies use. Foods such as bread, rice, pasta and potatoes are carbohydrates.



Fats

Fats are needed in small amounts for healthy skin and hair and for energy. Foods such as nuts, seeds, olive oil and avocados are healthy fats. All oils and spreads have lots of fat and should be eaten in moderation as part of a balanced diet.

Did You Know...?

Every cell in your body is made up of protein!



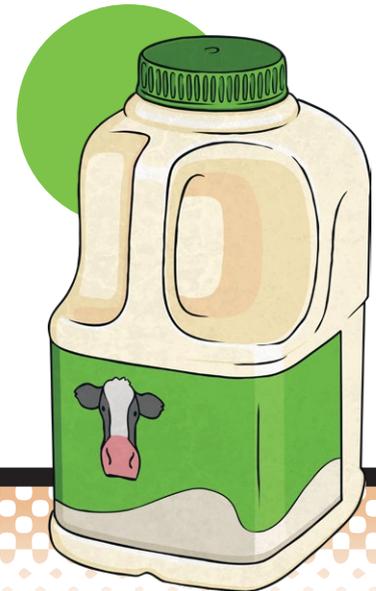
Fruits and Vegetables

Fruits and vegetables have many vitamins and minerals. They help to keep our bodies healthy and help stop us from getting ill. Eating a variety of fruits and vegetables of different colours will make sure that you get all the different nutrients.



Milk and Dairy

Milk and dairy foods have calcium. Milk, cheese and yoghurt have lots of calcium. Babies and children should eat more milk and dairy because calcium helps to grow strong teeth and bones.



In Moderation

Eating too much sugar and salt is not good for our bodies. Sugary drinks, sweets and cakes should be had as a treat. Salt is found naturally in some foods but most is found in ready meals and snacks. A little salt in our diet is helpful but too much in your diet over a long period of time can be harmful.

A balanced diet should include lots of different foods from all the food groups in the right amount to give our bodies what they need. It is also important to drink plenty of water.

Questions

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

- two
 three
 four
 five

2. Which of these foods is a good source of calcium? Tick one.

- fish
 milk
 eggs
 rice

3. Underline one word in the sentences below that means the same as 'lots'.

Fruits and vegetables have many vitamins and minerals. They help to keep our bodies healthy.

4. Draw **four** lines and match the foods to their food groups.

cheese

beans

olive oil

potatoes

protein

carbohydrate

dairy

fat

5. Why is calcium important to humans?

6. How does fat help us?

7. Explain what 'balanced diet' means.

Answers

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

- two
 three
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2. Which of these foods is a good source of calcium? Tick one.

- fish
 milk
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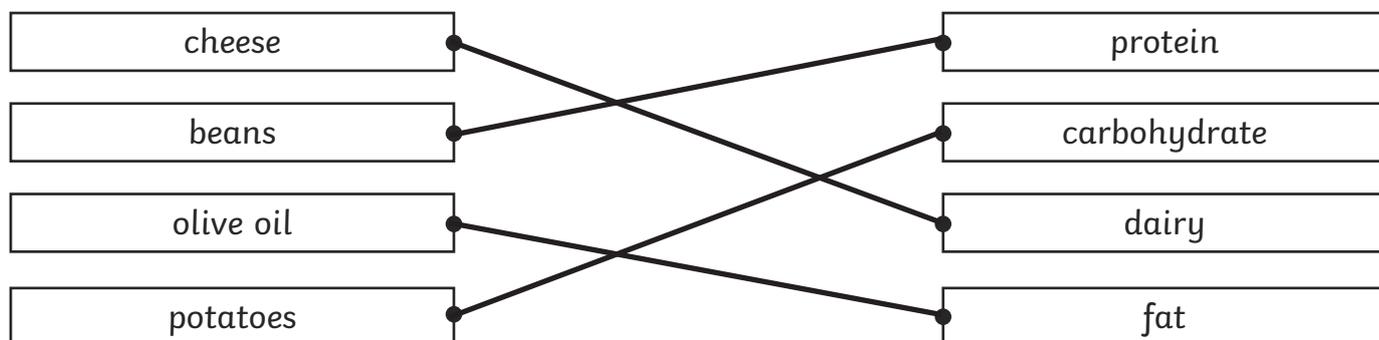
3. Underline one word in the sentences below that means the same as 'lots'.

Fruits and vegetables have many vitamins and minerals. They help to keep our bodies healthy.

Award 1 mark for:

- many

4. Draw **four** lines and match the foods to their food groups.



5. Why is calcium important to humans?

Calcium is important to humans because it helps keep our bones and teeth strong and healthy.

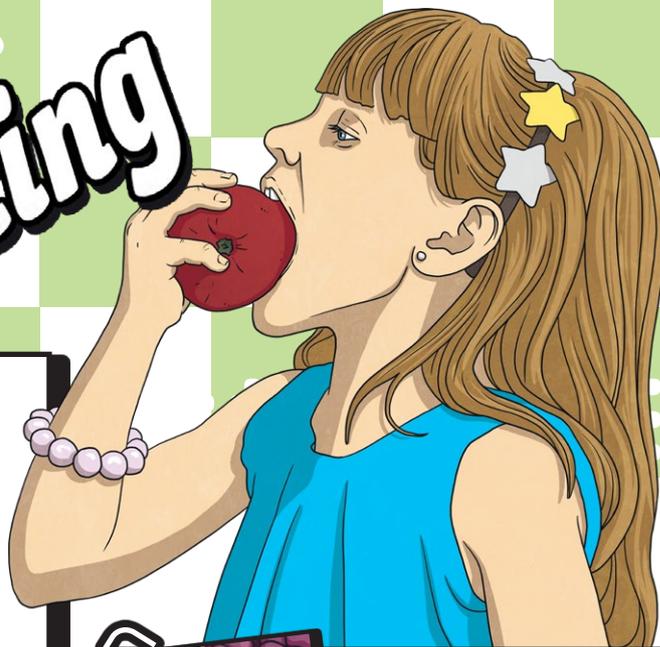
6. How does fat help us?

Fat helps us because it keeps our skin and hair healthy.

7. Explain what 'balanced diet' means.

Pupils' own responses, such as: A balanced diet is when we eat enough food from the five different food groups so we get the right amount of nutrients we need to stay healthy.

All About Healthy Eating



Eating well is really important for keeping our bodies healthy. A balanced diet provides all the **nutrients** your body needs to work correctly and stay healthy. Different food groups contain different nutrients that are needed by our bodies in different amounts. 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. Some people may have **allergies** or choose not to eat some foods for personal or religious reasons. Luckily, all the nutrients we need are in lots of foods in the five main food groups.

Proteins



Proteins are important for building and repairing your body. Foods such as meat, fish, eggs, beans and lentils have lots of protein. It is contained in every cell in the human body. Protein is especially beneficial in a child's diet for its job in building new cells and muscle.

Carbohydrates

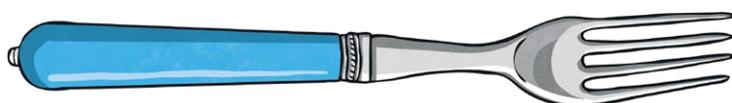


Carbohydrates give us the most energy. They provide glucose. This is the fuel that we use. Foods such as bread, rice, pasta and potatoes are good sources of carbohydrates.

Fats



Fats are needed in small amounts for healthy skin and hair and to give us energy. Foods such as nuts, seeds, olive oil and avocados are examples of healthy fats. All oils and spreads have lots of fat and should be eaten in moderation as part of a balanced diet.



Fruits and Vegetables



Fruits and vegetables have lots of vitamins and minerals. They help to keep your body healthy and protect against illness. Eating a variety of fruits and vegetables of different colours ensures that you get all the different nutrients. Fruits and vegetables also provide fibre that helps us go to the toilet regularly.

In Moderation

Eating too much sugar and salt is not good for our bodies. Sugary drinks, sweets and cakes should be eaten as a treat. Sugar in moderation gives short bursts of energy but too much sugar can cause tooth decay. Salt is found naturally in some foods but most is found in 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 be harmful.

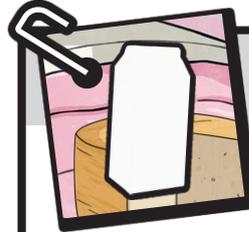
A balanced diet should include lots of different foods from all the food groups in the right amount to keep your body healthy. It is also important to keep **hydrated** by drinking plenty of water.

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

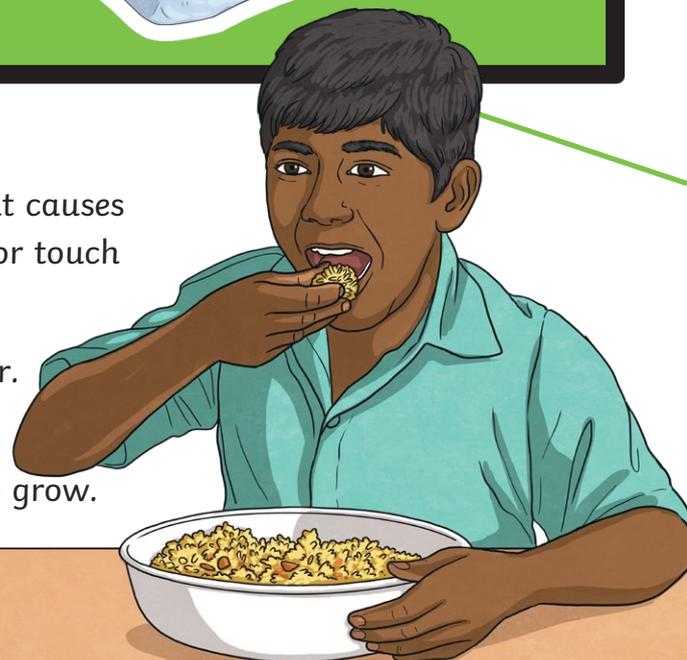
hydrated: The state of having enough water.

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

Milk and Dairy



Milk and dairy foods provide calcium. Calcium is a nutrient that is important for healthy bones and teeth. Milk, cheese and yoghurt are great sources of calcium. Interestingly, babies and children especially benefit from milk and dairy as this food group helps to grow strong teeth and bones.



Questions

1. Which food group does meat best fit in? Tick one.

- dairy
- protein
- carbohydrate
- calcium

2. Draw **four** lines and match the nutrient to the food that contains it.

calcium

fat

protein

vitamins and minerals

vegetables

oil

yoghurt

eggs

3. Underline one word in the sentence below that means the same as 'damaging'.

Salt in our diet helps with nerve and muscle health but too much in your diet over a long period of time can be harmful.

4. Which foods contain the most protein? Tick **two**.

- lentils
- vegetables
- oil
- fish

5. Which food group contains the most glucose?

6. Why might some people **not** eat certain foods?

7. Do you think sugar is good for us to eat regularly?

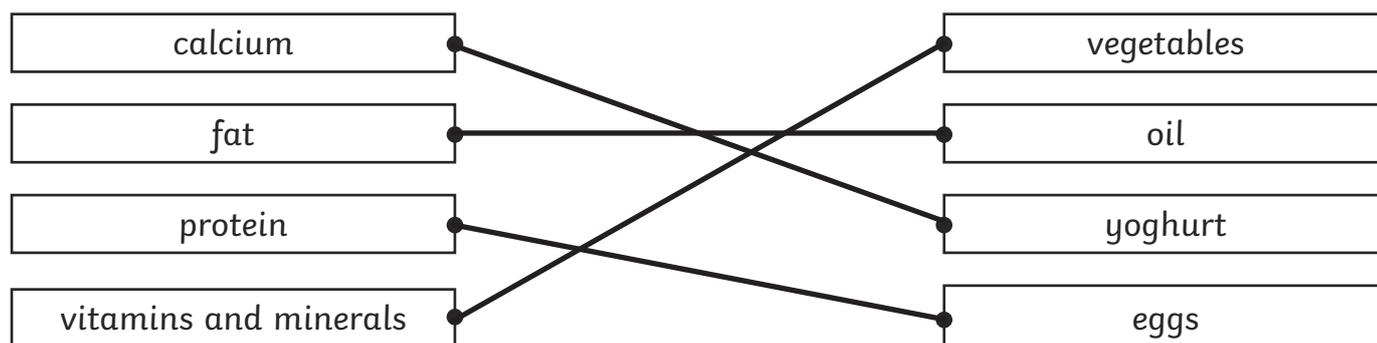
8. Why is it important to eat salty foods in moderation?

Answers

1. Which food group does meat best fit in? Tick one.

- dairy
 protein
 carbohydrate
 calcium

2. Draw **four** lines and match the nutrient to the food that contains it.



3. Underline one word in the sentence below that means the same as 'damaging'.

Salt in our diet helps with nerve and muscle health but too much in your diet over a long period of time can be harmful.

Award 1 mark for:

- harmful

4. Which foods contain the most protein? Tick **two**.

- lentils**
 vegetables
 oil
 fish

5. Which food group contains the most glucose?

Carbohydrates contain the most glucose.

6. Why might some people **not** eat certain foods?

Some people might not eat certain foods because they don't like them, for religious reasons or they have an allergy.

7. Do you think sugar is good for us to eat regularly?

Pupils' own responses, such as: No, because the text says that sugar should only be eaten as a treat and that it can cause tooth decay. Sugar can only give us short bursts of energy.

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

Pupils' own responses, such as: It is important to eat salty foods in moderation because if we eat too much salt it can be harmful to our bodies.

All About Healthy Eating



Eating well is really important for keeping our bodies healthy. A balanced diet provides all the **nutrients** your body needs to work and stay healthy. Different food groups contain different nutrients that are needed by our bodies in different amounts. 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 many different foods in the five main food groups.



Carbohydrates

Carbohydrates are the main source of energy for your body.

They provide glucose, which is the fuel that your body uses. Foods such as bread, rice, pasta and potatoes are good sources of carbohydrates. Wholegrain versions of foods are also good sources of fibre, such as wholegrain bread, breakfast cereals and potatoes with their skin 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. Protein is especially beneficial in a child's diet. It helps to build new tissues including muscles.



Fats

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

Fruits and Vegetables

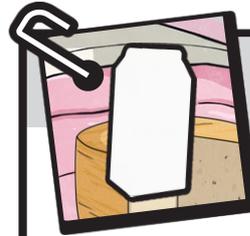


Fruits and vegetables are packed with vitamins, minerals and fibre. They help to keep your body healthy and protect against illness. Eating a variety of fruits and vegetables of different colours ensures that you get all the different nutrients. Fruits and vegetables provide **fibre** that helps us go to the toilet regularly.

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 be harmful.

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.



Milk and Dairy

Milk and dairy foods provide calcium.

Calcium is essential for healthy bones and teeth. Milk, cheese and yoghurt are good sources of calcium. Interestingly, babies and children especially benefit from milk and dairy as this food group encourages the development of strong and healthy bones and teeth.

Glossary

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

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.

tissues: collections of cells that form the different parts of all living things.

Questions

1. Which of these foods should you eat for healthy teeth? Tick one.

- sugar
 potatoes
 cheese
 pasta

2. Draw **four** lines and match the benefit to the food group.

healthy skin and hair ●

helps us heal ●

gives us energy ●

high in calcium ●

● protein

● carbohydrate

● milk and dairy

● fat

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

Why are proteins especially good for children?

4. Fill in the missing words.

Salt is found _____ in some foods but most is found in ready meals and snacks. Salt in our diet helps with nerves and _____ health but too much in your diet over a long period of time can be harmful.

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

Which carbohydrates are richest in fibre?

6. Look at the section called **Fats**.

Which foods containing fat do you think are the most healthy?

7. Which food group do you think is the most beneficial to us?

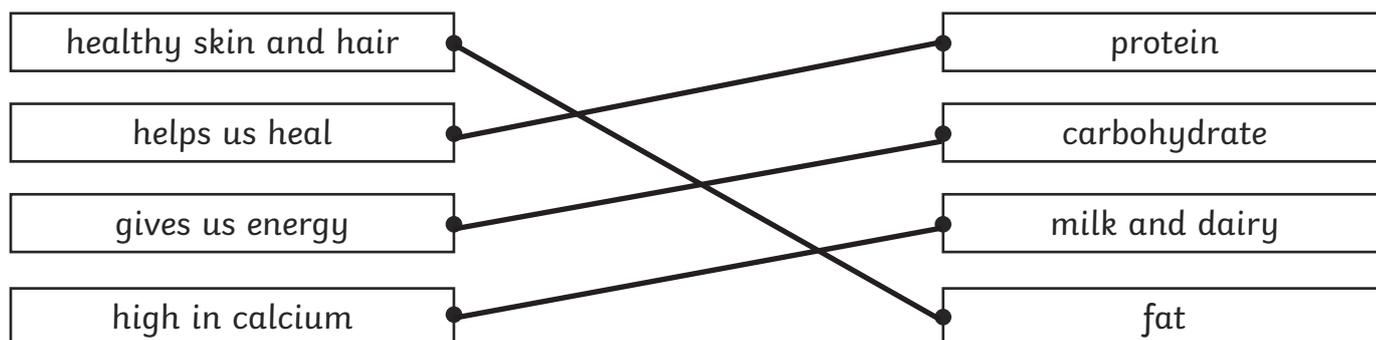
8. Explain what 'in moderation' means.

Answers

1. Which of these foods should you eat for healthy teeth? Tick one.

- sugar
- potatoes
- cheese**
- pasta

2. Draw **four** lines and match the benefit to the food group.



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

Why are proteins especially good for children?

Protein helps with building new tissues and muscles when children are growing.

4. Fill in the missing words.

Salt is found **naturally** in some foods but most is found in ready meals and snacks. Salt in our diet helps with nerves and **muscle** health but too much in your diet over a long period of time can be harmful.

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

Which carbohydrates are richest in fibre?

Wholegrain bread and cereals as well as potatoes with their skins on.

6. Look at the section called **Fats**.

Which foods containing fat do you think are the most healthy?

Pupils' own responses, such as: The author says that foods such as nuts, seeds, olive oil and avocados are examples of foods containing healthy fats.

7. Which food group do you think is the most beneficial to us?

Pupils' own responses, such as: I think that carbohydrates are the most beneficial to us because the text says that they give us the most energy. Wholegrain varieties also give us fibre.

8. Explain what 'in moderation' means.

Pupils' own responses, such as: 'In moderation' means that we eat the right amount of different foods in order to stay healthy and don't eat too much food that could be less healthy for our bodies.