

Healthy Eating

Covers part of Science:
Keeping Healthy



By Mr Benn , 2017
Elmgrove Primary School, Harrow.

Healthy Eating Myths

It doesn't matter what I eat as long as I do lots of exercise.



Healthy Eating Myths

It doesn't matter what I eat as long as I do lots of exercise.

Wrong! Exercise is good for you, but it still matters what you eat. Eating the right foods means we can learn better and exercise better too!



Healthy Eating Myths

Chocolate is bad for
you!



Healthy Eating Myths

Chocolate is bad for
you!

It's true that chocolate isn't the healthiest snack – but it isn't harmful either (providing we don't have too much)! So, some chocolate can be part of a balanced diet. Plain (dark) chocolate is better for you than milk; it is higher in iron.



Healthy Eating Myths

Chewing and digesting a stick of celery uses up more energy than you get from the food.



Healthy Eating Myths

Chewing and digesting a stick of celery uses up more energy than you get from the food.

This sounds good, but unfortunately it isn't true!



Table Quick Quiz

How many cubes of sugar are in;

-500ml bottle of Lucozade?

-Can of Coke?

-Friij Milkshake

-Volvic flavoured water

-Bag of Skittles

-Bowl of Cheerio's

What is the daily recommended sugar intake for an adult?

What is the daily recommended sugar intake for a child?



A Healthy Diet and Our Body

Food is Fuel which helps a young plant grow.

A healthy diet is sometimes called a **balanced diet as it needs to consist of different types of foods.**

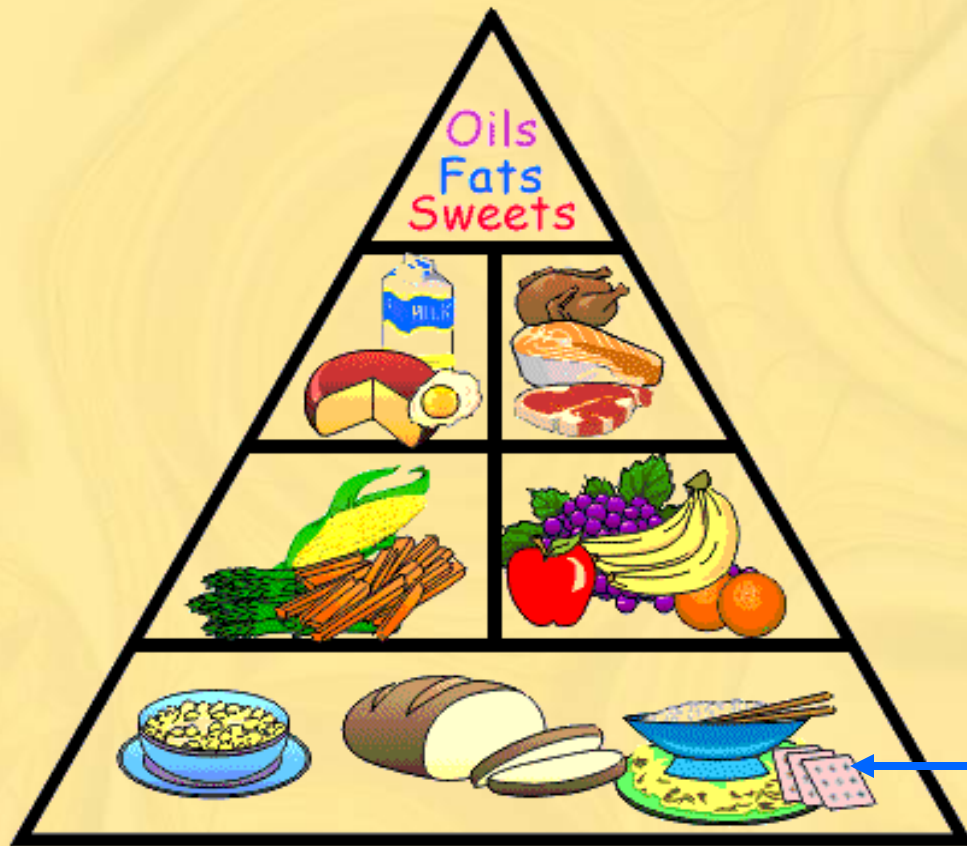
Eating properly and regularly is really important; what we eat and drink now, affects our health in the future.



Foodie fact

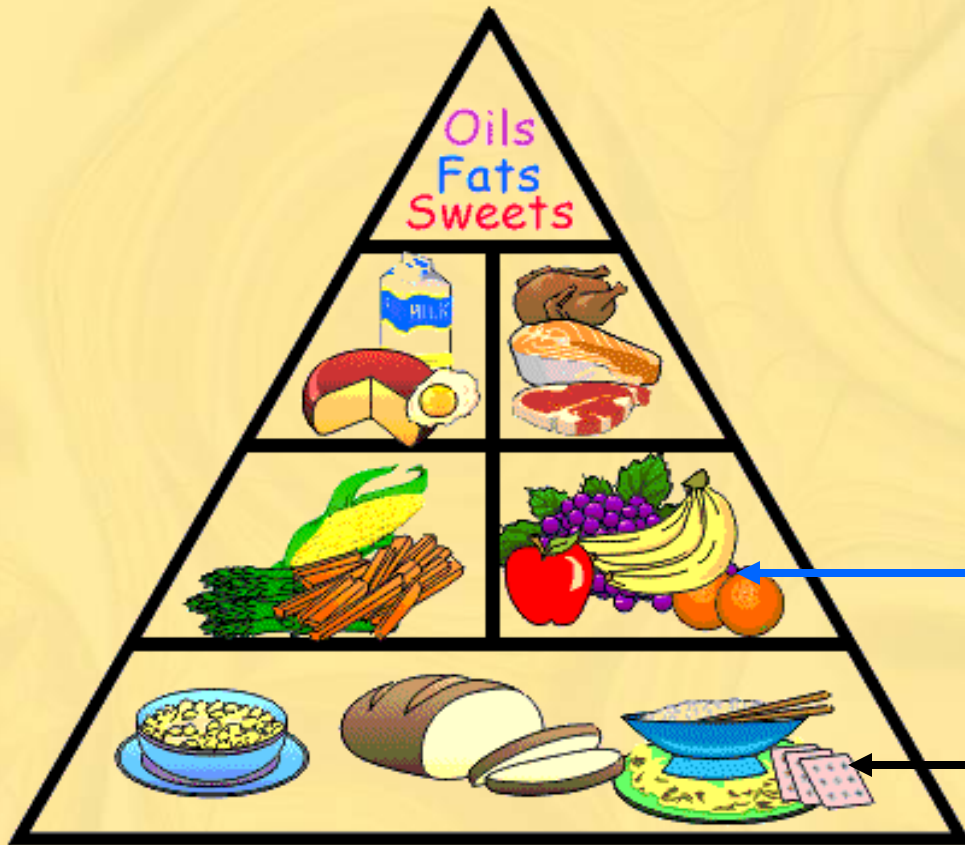
Children that eat breakfast get better scores in tests than children that don't!

Healthy Eating Pyramid



Carbohydrates: take most food from this group (rice, pasta, bread, potatoes)

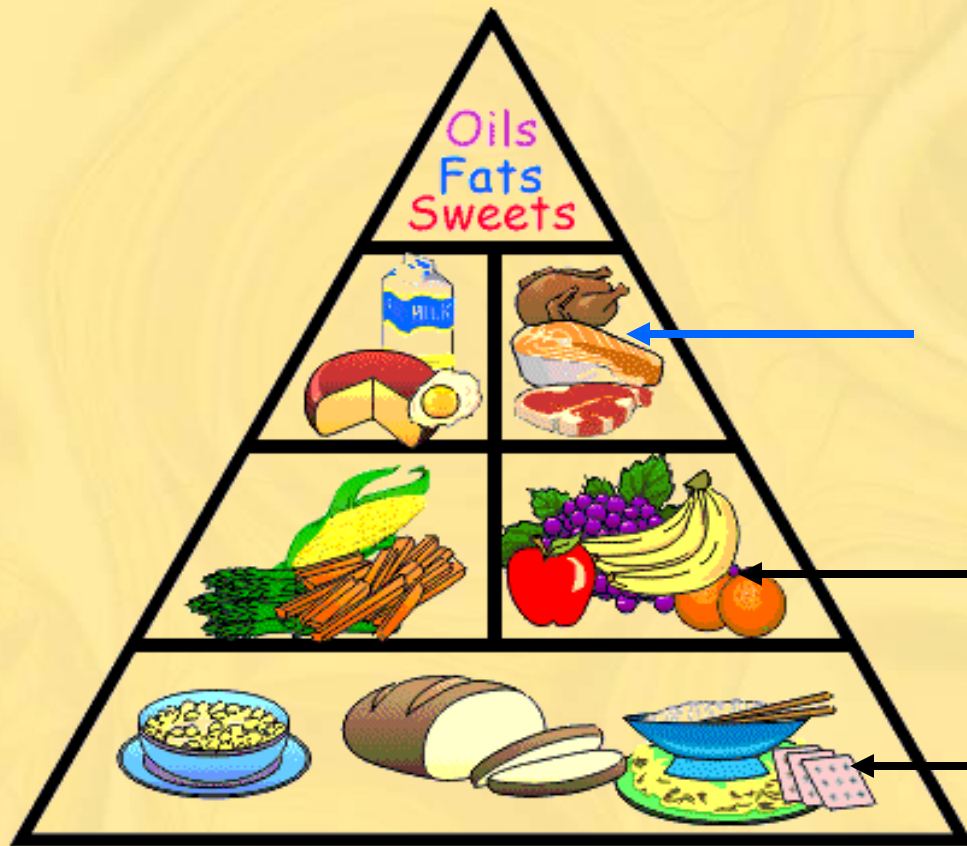
Healthy Eating Pyramid



Fruit and vegetables: take 5 portions a day from this group

Carbohydrates: take most food from this group (rice, pasta, bread, potatoes)

Healthy Eating Pyramid

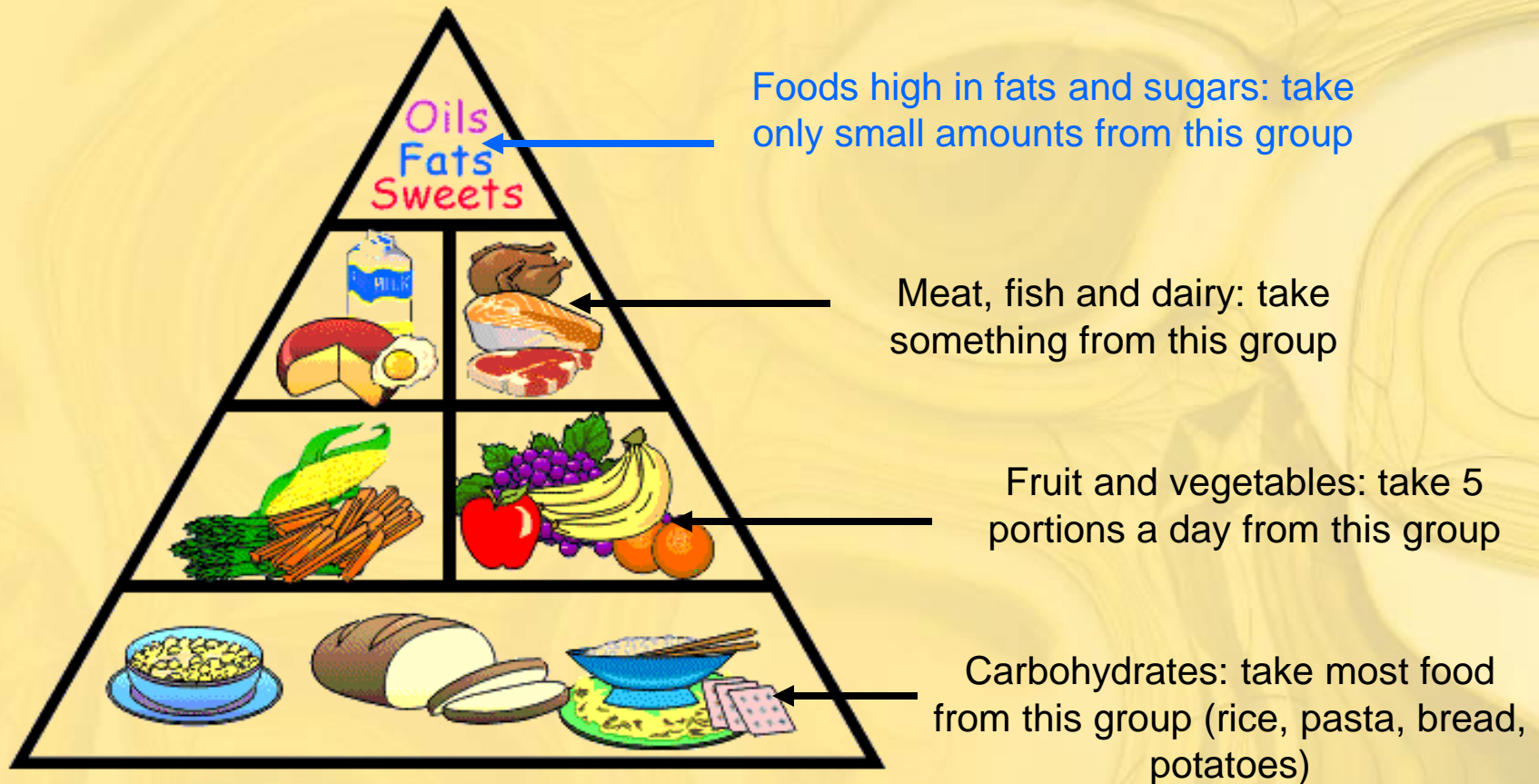


Meat, fish and dairy: take something from this group

Fruit and vegetables: take 5 portions a day from this group

Carbohydrates: take most food from this group (rice, pasta, bread, potatoes)

Healthy Eating Pyramid



Fruit and Vegetables

- **Fruits and vegetables grow on plants: underground, on the ground or in trees.**
- **Every day we should eat at least **5 portions** of fruit and vegetables. (A portion is about a handful.)**
- **Fruit and vegetables give us **fibre** and **vitamins and minerals**.**

**Take
5 a day
everyday!**



How we can add this into our children's diet



Make it unique



Make food fun



Promote creativity



Grains and Pulses

This food group includes wheat, corn, barley, rice, lentils, beans etc.

- **These are all from plants and form a **staple** part of the **diet** for people all over the world.**
- **Grains and pulses give us **carbohydrates** and **proteins**.**

What is..?

Rice is the staple food in China and much of the East. What is it in the West (UK, USA)?



How we can add this into our children's diet



Dairy Products

Dairy foods are made from milk (usually cow's milk, but can be from other animals like goats or sheep). Dairy foods give us **proteins and **fats**. They are also a good source of **calcium** which is good for bones and teeth.**

These foods include:

- **Cheese (hard, soft, cottage);**
- **Yogurt;**
- **Food high in milk or milk products.**

Weird fact

Our brains are 80%
fat.



How we can add this into our children's diet



Be creative



Meat, Fish and Eggs

The main nutrients derived from meat are **proteins, but it also gives us fats and some minerals.**

The meat and fish group includes:

- **Chicken and all poultry;**
- **Fish and shellfish;**
- **Beef, pork and lamb.**
- **Eggs are included in this group too.**

Athletes eat lots of protein; they help to build **muscles.**

Foodie fact

Sushi (raw fish) is now Marks and Spencer's best-selling lunchtime snack.



How we can add this into our children's diet



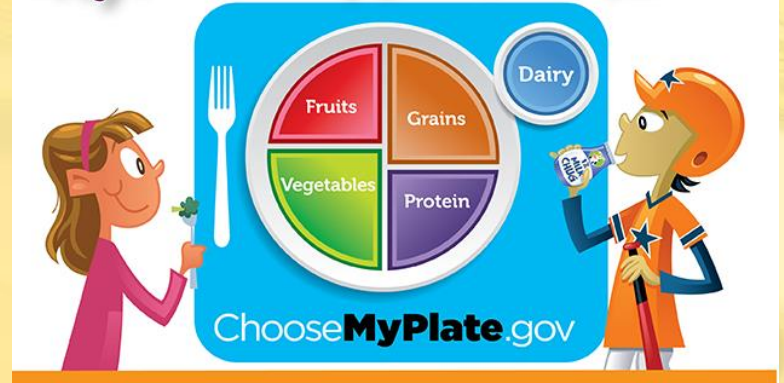
How much we are advised on giving our children

What we all might all believe to be a reasonably healthy lunch box



Recommended balance portion size and how much we have of one food group on our plate

MyPlate Kids' Place



Vitamins and Minerals

Our bodies need all sorts of chemicals (vitamins and minerals) to be healthy. The most common are:

Vitamin A	Helps maintain eyesight	Sweet potatoes, carrots
Vitamin B	Help body make protein	Green leafy vegetables
Vitamin C	Healing skin, preventing colds	Citrus fruit, tomatoes
Vitamin D	Strengthen bones	Milk Sunlight
Vitamin E	Helps strengthen cells	Vegetable oils, nuts
Iron	Healthy blood	Green leafy vegetables



Reading the Labels on Foods

Food labelling is confusing. The front of packaging often tells a different story to the back.

Products that claim to be **Low in fat on the front, may be loaded with sugar, and sometimes, products saying things like ‘Less than 5% fat’ have more fat than similar products!**

Look at example food labels.

Food label

You cannot trust the front of the
pack –

you need to read the back!



Change 4 Life

sugar swaps

Simple ways to help kids eat less sugar

change
4 life



<https://www.nhs.uk/change4life-e-beta/be-food-smart#dVqAFD1BjAdRizeC.97>

-Download the app

-Idea's for new recipes

- Check the sugar in your food

-Find a new alternative

-Work on mini missions as a family

-Earn badges as you go