



Lesson 1: Healthy Eating

Eating a Rainbow Healthy Eating Activity



Instructions

1. Draw or make a rainbow out of coloured card.
2. See how many fruit and vegetables you can find at home.
3. Print out, draw or cut out images from magazines of lots of different fruit and vegetables.
4. Can you place them in the correct colour of the rainbow.
5. Can you name all the fruit and vegetables you have found?

Eating a Rainbow Healthy Eating Activity

Questions:

1. How many portions of fruit and vegetables should we be eating each day?
2. Why is it important for the body to eat a variety of fruit and vegetables?
3. Why should we limit the amount of sugary foods we eat?

Eating a Rainbow Healthy Eating Activity

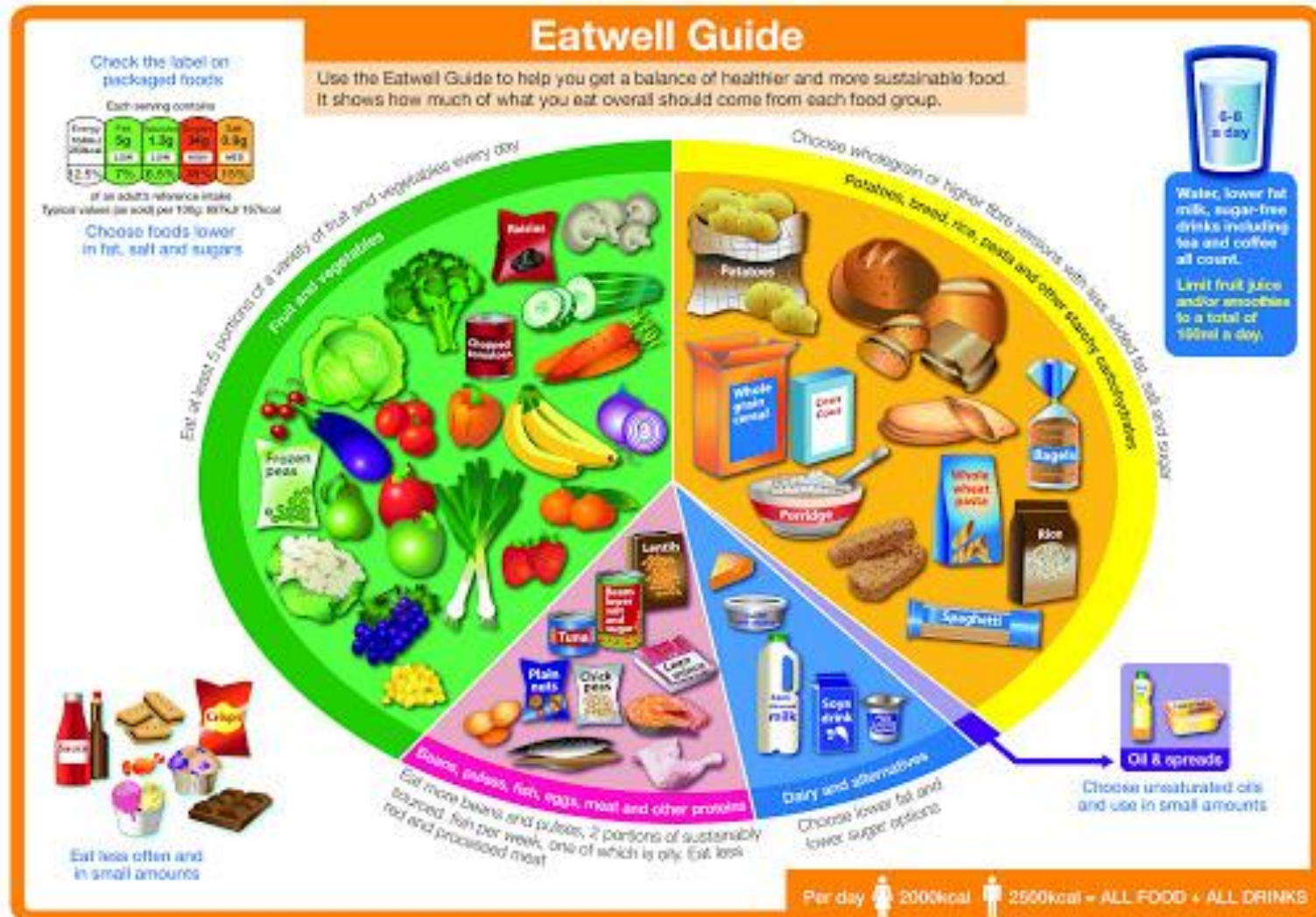
Answers:

1. How many portions of fruit and vegetables should we be eating each day? 5
2. Why is it important for the body to eat a variety of fruit and vegetables? Provides the body with a good source of vitamins and minerals. Can help reduce the risk of disease.
3. Why should we limit the amount of sugary foods we eat? If we don't this can make you gain weight and can also cause tooth decay

What is a Balanced Diet?

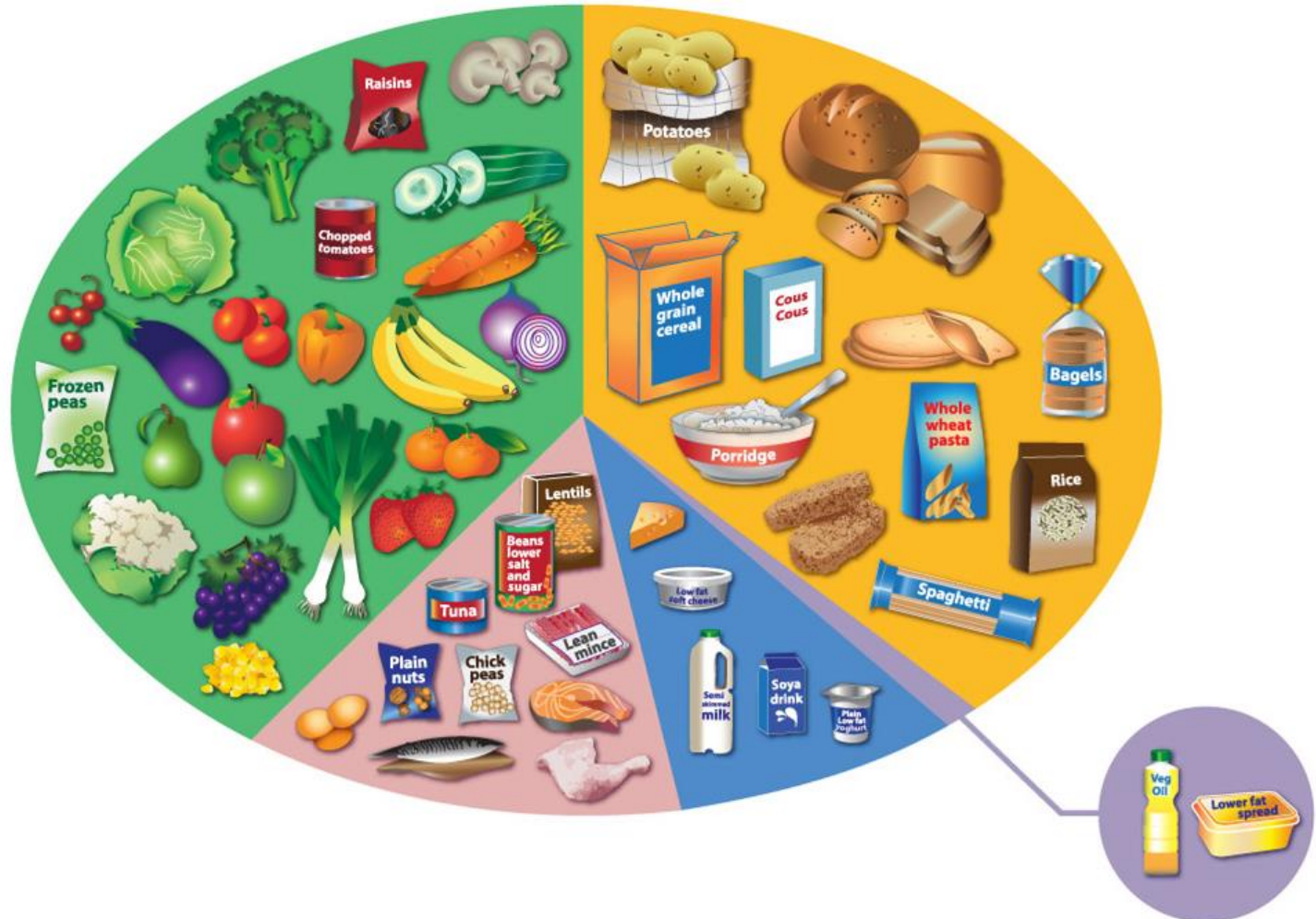
- Eating a variety of different types of food helps to keep your body healthy by providing the right amounts of nutrients needed for good health.
- Eating well helps us to feel good, stay at a healthy weight and reduces the risk of getting ill.
- To eat a balanced diet you need to eat foods from each of the main food groups.
- The Eatwell Guide shows the proportions of the main food groups that form a healthy balanced diet.

Balanced Diet - Eatwell Guide



Eating a Balanced Diet Activity

Can you name all the different food groups below?



Eating a Balanced Diet Activity

Answers:

Fruit & Vegetables



Potatoes, bread, rice, pasta & other starchy carbohydrates



Beans, pulses, fish, eggs, meat & other proteins



Dairy Alternatives



Oils & Spreads



My Healthy Balanced Meal!

Instructions:

1. Can you draw your own healthy balanced meal? If you have paper plates at home why not use one of those to draw your meal or you could cut one out of a piece of card.
2. Remember to include food from each of the main food groups.



Healthy Eating



p r o t e i n d e s o f
 b o n e s h a n e m h r
 d i e t c l a l x d f u
 i o y d a a b c e f e i
 r g t s u a l m r t s t
 s i h k t t u c c n o s
 m i n e r a l s i i s u
 y u g y a s f m s u e g
 a e d y u l a r e n m a
 v o y t e t t l b e t r
 b a e c i s i h t o d a
 s n h v a a e i y e d t

body
 bones
 calcium
 diet
 exercise

fat
 fruit
 healthy
 minerals
 protein

salad
 salt
 sugar
 vegetables
 vitamins



Supporting links

- Have a look at this Eatwell Guide Interactive tool - Food Standards Agency Scotland <http://fss-eatwellguide.scot/>
- Tesco Eat Happy Project - Youtube videos <https://www.youtube.com/user/EatHappyProject>

