

MAKE A MEAL OF IT

Food and drink give your body the energy it needs to stay healthy, work properly and do all its activities. It's important to keep your energy in balance – so you have enough food for the energy you need, but not too much. Everyone's energy balance is different. It depends how old you are, how healthy you are and how active you are. The more active you are, the more energy you use, and so the more food and drink you'll need.

Look at these three sample meal plans for busy young people. Then devise your own plan for a typical day by filling in the spaces in the empty table. For each meal, name the main nutrients and explain their use in the body.

SUPER ENERGISERS Carbohydrates provide the body and muscles with energy – letting you get on with your life.	BRAIN BOOSTERS The brain needs energy just like every other part of the body. Boost your brain power with a carbohydrate-fuelled snack.	MOOD ENHANCERS Fluctuating blood sugar levels can affect our moods. Help stabilise yours by consuming foods rich in complex carbohydrates rather than simple sugars.
<p>Breakfast foods</p> <ul style="list-style-type: none"> ★ plain toasted bagels with honey and a glass of milk ★ breakfast cereal and milk with banana ★ scotch pancakes with fruit ★ porridge with raisins <p>Snack foods</p> <ul style="list-style-type: none"> ★ cereal or fruit bars ★ banana sandwich ★ bread roll filled with low fat cheeses ★ oat pancakes <p>Light meals</p> <ul style="list-style-type: none"> ★ pasta salad or hot pasta dish and vegetables ★ pitta bread filled with cheese and salad ★ potato and leek soup with wholemeal bread <p>Main meals</p> <ul style="list-style-type: none"> ★ chilli with rice and salad ★ naan bread, chicken and vegetable curry ★ pork or chicken and vegetable stir-fry with rice ★ pasta with tomato and tuna sauce, foccacia bread and vegetables 	<p>Breakfast foods</p> <ul style="list-style-type: none"> ★ scrambled eggs on toast ★ grapefruit, toast and lean bacon ★ banana and yoghurt ★ milkshake with fresh fruit <p>Snack foods</p> <ul style="list-style-type: none"> ★ malt loaf ★ wholemeal crackers ★ fruit juice ★ crudités <p>Light meals</p> <ul style="list-style-type: none"> ★ beans on toast with fruit ★ tuna bread roll and yoghurt ★ omelette and crusty bread <p>Main meals</p> <ul style="list-style-type: none"> ★ Greek salad with olive or tomato bread ★ pepperonata (eggs with peppers) and French bread ★ vegetable curry with chapatti ★ ciabatta vegetable pizza with salad 	<p>Breakfast foods</p> <ul style="list-style-type: none"> ★ raisin bread ★ toasted English muffin and butter ★ toast and yoghurt ★ dried fruit compote <p>Snack foods</p> <ul style="list-style-type: none"> ★ scone ★ breadsticks ★ currant bun <p>Light meals</p> <ul style="list-style-type: none"> ★ chicken sandwich and salad ★ vegetable soup and bread roll ★ rice salad <p>Main meals</p> <ul style="list-style-type: none"> ★ prawn or chicken chop suey ★ vegetable paella with bread roll ★ chicken or bean enchilada and salad ★ beans and vegetable bake with crusty bread

MY MEAL PLANNER FOR A TYPICAL DAY

1. Complete the table below for your typical day. (*The Healthy eating, healthy living* section has information about food groups.)

Meal	The food in the meal	The main nutrients in the food, e.g. carbohydrate, protein, fat	Use of nutrient in the body, e.g. to provide energy
Breakfast			
Snack			
Lunch			
Snack			
Tea/dinner			

2. How might your meal planner change if you had a more, or less, active day?