What is healthy eating?

Health
Key message: Describe some of the key features of a healthy diet.

Objective
- explain what we need to eat and drink to be healthy, as shown by the Eatwell Guide

Resources
- Healthy eating and drinking Presentation
- My menu sheet
- Eatwell Guide sheet (if completing the alternative activity for younger/less able pupils)

Introduction
Ask the children what they think they should eat and drink to be healthy. Make a note of their answers. Use the Healthy eating & drinking Presentation to look at what we need to be healthy. Compare the answers the children gave to the Presentation.

The Presentation looks at each of the Eatwell Guide food groups, and the drinking message. As you cover each food group, ask the children to identify foods that belong in the group. Draw children’s attention to the size of each group and help them understand that the size tells us how much food we should have from the group, e.g. the Fruit and vegetable group is large so we need to eat plenty from this group.

The Presentation covers the following key features of a healthy diet based on the Eatwell Guide:
- have at least 5 portions of fruit and vegetables every day;
- have a starchy food with every meal, including wholegrain varieties;
- have some foods like beans, pulses, fish, eggs and meat every day;
- have some dairy foods (or dairy alternatives) every day;
- have just a small amount of oil or spread;
- have 6-8 drinks every day.

Activity
Give children a copy of the My menu sheet. Explain that they will work in pairs to plan a healthy day’s menu for themselves and their friend based on the Eatwell Guide. You could work with the children to list food and drink ideas for each meal occasion on the board. The children could then choose from these to help them complete their sheets.

Alternative activity for younger or less able pupils
Children can complete the Eatwell Guide sheet. This involves drawing seven given foods in the correct food groups and thinking of some additional foods to add to each group.
Round up

If the My menu sheet was completed
Recap the learning by questioning the children:
- What did you plan for:
  - □ breakfast;
  - □ lunch;
  - □ evening meal;
  - □ snacks;
  - □ drinks?
- Does the menu cover the points from the Healthy eating and drinking Presentation (display the checklist provided on slide 11)?

If the Eatwell Guide sheet was completed
Check the children have completed the sheet correctly by naming each of the seven foods and asking the children where they drew them. Ask which other foods they added to the groups.

Extension ideas
- Plan a breakfast for a special family occasion, e.g. a birthday, festival.
- Collect menus from local cafes or restaurants and spot the foods made from grain.

Fun fact
It takes around 350 ears of wheat to make enough flour for one 800g loaf of bread!