**Health**
Key message: Explain the role of different foods in a healthy, varied diet.

**Objective**
- explain the role of flour (and grain) based foods in a healthy diet (energy, nutrients and fibre)

**Resources**
- Healthy eating and drinking 7-11 years PowerPoint

**Introduction**
Ask the children what they think it means to have a healthy diet. Use the Healthy eating and drinking 7-11 PowerPoint to explain what constitutes a healthy diet. The PowerPoint 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 PowerPoint 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.

Return to the second bullet point and emphasise to the children that a healthy diet needs to include starchy foods. (Starchy foods include bread, pasta, rice, couscous, breakfast cereals and potatoes.) Ask the children to talk with the person next to them or in small groups to see how many starchy foods they can list. After a few minutes, ask the children if they thought of any starchy foods not on the PowerPoint slide. For examples: noodles, orzo, flat bread, plantain, yam, cassava. If the children didn’t think if these examples, you could note them on the board and task them to find out what they are, where they originate and how they are eaten.
What is a healthy diet?

Ask the children what role starchy foods play in the diet. Clarify that they provide the nutrient carbohydrate which provides an important source of energy for the body. Talk about how we need energy to stay alive (heart to beat, to breathe, to think) and to be active (move, play, exercise). Remind the children that we should eat a starchy food with every meal. Ask them to tell a friend one of the starchy foods they had as part of a meal yesterday. Ask some of the children to share what starchy food their friend ate.

Explain that starchy foods also provide fibre. Ask the children if they can explain why we need fibre. Summarise that fibre helps our digestive system stay healthy. Explain that we can increase the fibre we get from starchy foods by choosing brown, wholemeal and wholegrain varieties of foods. Ask the children to name some foods that they have eaten or seen that come in brown, wholemeal or wholegrain varieties.

Activity ideas
- Research starchy foods and find out how many of them originally come from grain.
- Allocate pairs or small groups a starchy food and task them to research its origin and how it was processed into its current form (e.g. bread, crumpets, crackers, pasta, noodles, couscous, rice).
- Plan a day’s healthy diet ensuring each main meal is based on a starchy food and opportunities are taken to increase the fibre.

Round up
Recap the learning by questioning the children:
- What do we need to have a healthy diet?
- What are starchy foods?
- How often should we eat starchy food?
- What is the role of starchy food in our diet?
- Why do we need fibre?
- How does fibre help keep us healthy?
- How can we add extra fibre to our diet?

Extension idea
Compare the fibre in white starchy foods (such as rice, pasta, couscous and noodles) with brown, wholemeal or whole grain varieties to see the difference in fibre content. Children could use the internet to do this or visit a shop or supermarket.

Fun fact
The fibre recommendation for children aged 5-11 years is 20g a day. The recommendation for adults is 30g of fibre a day. Are you and your class having enough fibre?