



Healthy Eating

Covers part of Science Unit 5a:
Keeping Healthy

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A Healthy Diet and Our Body



If our bodies are human machines **food is our fuel**. How well we eat, affects how well our bodies work, and how long we live.

It is especially important that we eat healthily as children, as we are still **growing and developing**; a young plant not given proper nutrients grows up to be a poor specimen 😞.

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

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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)

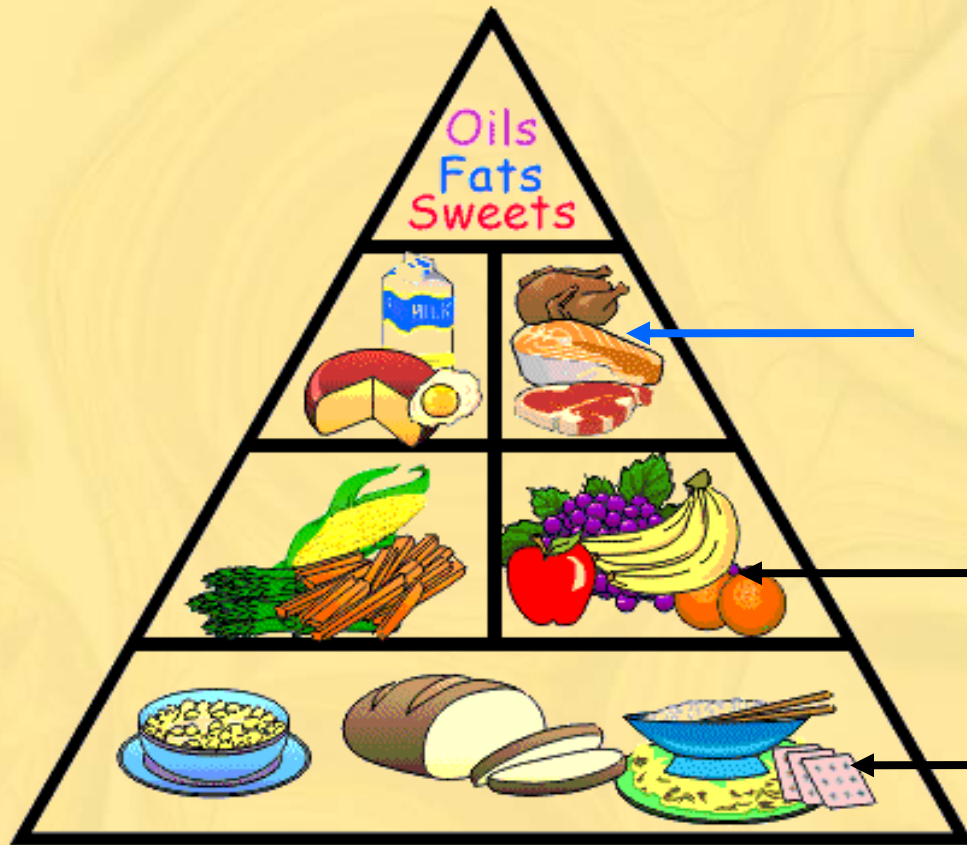
Healthy Eating Pyramid



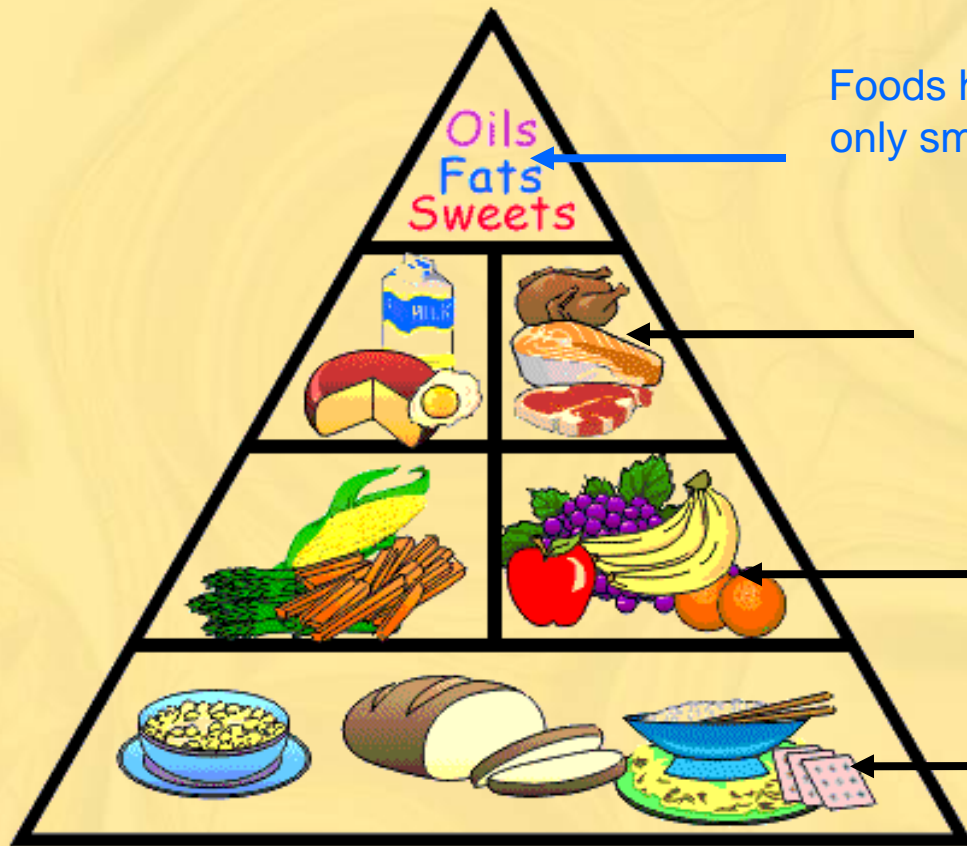
Fruit and vegetables: take 5 portions a day from this group

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

Healthy Eating Pyramid



Healthy Eating Pyramid



Foods high in fats and sugars: take only small amounts from this group

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)

The Main Food Groups



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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!

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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**.**

Nuts are another source of protein.

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What is..?

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



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Answer

Wheat. We eat it in bread, pasta, cereals, cakes, biscuits and it's added to all sorts of foods.



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.

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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.**

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Foodie fact

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



Starches, Sugars and Fats

Sometimes foods are classified into starches, sugars and fats. **Starches** includes foods like potatoes and provide mainly **carbohydrates**. Carbohydrates give us the **energy** to carry on with our day-to-day lives.

Foods high in **sugars** include those naturally occurring as in fruit, and those containing refined/processed sugars such as sweets, chocolates, cakes etc. We need to limit our intake of **refined sugars** – these are empty calories which give an immediate **'boost'**.

A small amount of **fat** is important for health, but eating too much fat is unhealthy. It leads to clogged arteries (restricted blood supply), high cholesterol and becoming overweight.

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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



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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.

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Food label

You cannot trust the front of the pack – you need to read the back!



Healthy Eating Myths

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



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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!



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Healthy Eating Myths

Chocolate is
bad for you!



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Healthy Eating Myths

Chocolate is bad for you!

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



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Healthy Eating Myths

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



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Healthy Eating Myths

Chewing and digesting a stick of celery uses up more energy than you get

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



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Links for further study

http://www.bbc.co.uk/northernireland/schools/4_11/uptoyou/

http://www.lifebytes.gov.uk/teachers/lb_teachers-eat.htm

[Healthy eating and wired for health sites by the government](#) – links to appropriate ages:

<http://www.wiredforhealth.gov.uk/cat.php?catid=886&docid=7219>

Food Standards Agency, 5 a day the Bash Street Way [aimed at 7-11:](#)

<http://www.food.gov.uk/interactivetools/educational/bashstreetdiet/>

<http://www.eatwell.gov.uk/foodlabels/>

http://kidshealth.org/kid/stay_healthy/food/vitamin.html

http://www.dole5aday.com/MusicAndPlay/M_Games.jsp?topmenu=6

[Flash game 'identify the fruit'](#), interactive, suitable whiteboard, aimed at year 2:

<http://www.ello.org/yeartwo/jan17th/vivian/fruit.htm>

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