Diet & Good Health

The Eatwell Guide

Identify two food groups from the Eatwell Guide.

Give three reasons why teenagers should make healthy food choices.

Fruit & vegetables

- 5 portions a day.
- 1 portion is a handful or 80g.
- Eat a balance of fruit and vegetables.
- Fruit and vegetables should make up at least 1/3 of each meal.
- It doesn't matter how you eat them: fresh, frozen, tinned, dried or in a juice format.

Starchy foods:

- Choose wholegrain or high fibre verisons.
- Each meal should be bsed on at least 1/3of starchy carbohydrates.
- Starchy carbohydrates include: pasta, rice, potatoes, bread, breakfast cereals.

Water

Don't forget to drink water to prevent dehydration.

Sugar

Eat sugary / sweet foods in small quantities and less often.

Protein-rich, non-dairy foods / Dairy and alternatives

1/3 of your meals should be made up from any combination of the following:

- dairy foods
- animal protein foods
- peas and beans
- dairy and meat alternatives.

Oils and spreads

Although important we should eat these sparingly and use low fat options.

Discuss ways in which children's menus can meet healthy eating guidelines.

Explain the importance of including 5 portions of fruit and vegetables in the diet.