

## Healthy eating

- A variety of food and drinks are needed for health, as depicted by the Eatwell Guide.
- Being active is important for health.

The UK's healthy eating model is called The Eatwell Guide and it has five groups.



Different foods belong in different Eatwell Guide food groups.



Most meals should include foods from the main four Eatwell Guide food groups.



Activity should make:

- you feel warmer;
- you breathe harder;
- your heart beat faster.



Eat lots of fruit and vegetables.

Eat at least 5 portions every day.

Foods high fat, salt and sugar  
Eat less often and in small amounts.



Drinks  
Have 6-8 glasses a day.

Have lots of potatoes, bread, rice and pasta.

Oils and spreads  
Eat in small amounts.

Have some milk, cheese and yogurt.

Have some beans, pulses, fish, eggs and meat.

Children should be active for 60 minutes a day.

Get active in different ways.



**Task:** Invent a break time game or activity that would count towards a child's 60 minutes physical activity a day. Play it with your friends at break time.