



# Keep it Clean!

Cooking can be a very messy thing to do, but we need to keep ourselves and our kitchen clean. Here are some tips to help you when you cook...

## WASH YOUR HANDS

This is one of the most important things we need to do! Wash your hands before you start cooking, when you touch raw food, and while you cook, because you don't want to spread germs around the kitchen or onto your food!

If you get messy hands, don't wipe them on your clothes...wash your hands instead.

### How do you wash your hands like a chef?



Wet your hands



Apply Soap



Rub the soap all over your hands and scrub



Scrub between your fingers



Scrub your thumbs



Rinse all of the soap off your hands



Dry your hands with a clean towel



Your hands are clean!





# The Healthy Plate

## Food Groups

### FRUIT AND VEG

Eat at least five portions of a variety of fruit and vegetables every day (Mostly vegetables), and if you can, try to eat at least seven portions! Fruit and Veg should make up just over a third of the food you eat each day. Also, try to avoid smoothies that have high fruit sugar content.

### CARBOHYDRATES

Carbohydrates should make up about a third of the food we eat. Choose wholegrain or higher fibre versions of products like breads, rice or pasta and leave the skins on potatoes for extra goodness! Carbohydrates include: Cereals, Bread, Pasta, Rice, Potatoes etc...

### PROTEIN (INCLUDING PLANT BASED PROTEINS)

These foods give you protein, vitamins and minerals, so it's very important to eat foods from this group. Beans and pulses are good if you don't want to eat meat, as they are low in fat and high in protein, fibre, vitamins and minerals.

Also, try to eat 2 portions of fish per week, one being oily fish. Try not to eat much processed meat such as sausages, bacon and chicken nuggets.

### DAIRY PRODUCTS

These are often high in fat, so choose lower-fat and lower-sugar options if possible.

Milk, cheese, yogurt, and non-dairy alternatives are included in this group. If you have dairy alternatives (such as soya, oat or rice milks), it's a good idea to choose unsweetened and ones with added calcium.

### FATS AND OILS

Some fats are essential in our diet, but we need to be careful not to eat too much saturated fat. Unsaturated oils such as rapeseed, olive or sunflower oils are healthier choices than saturated fats like butter and lard.

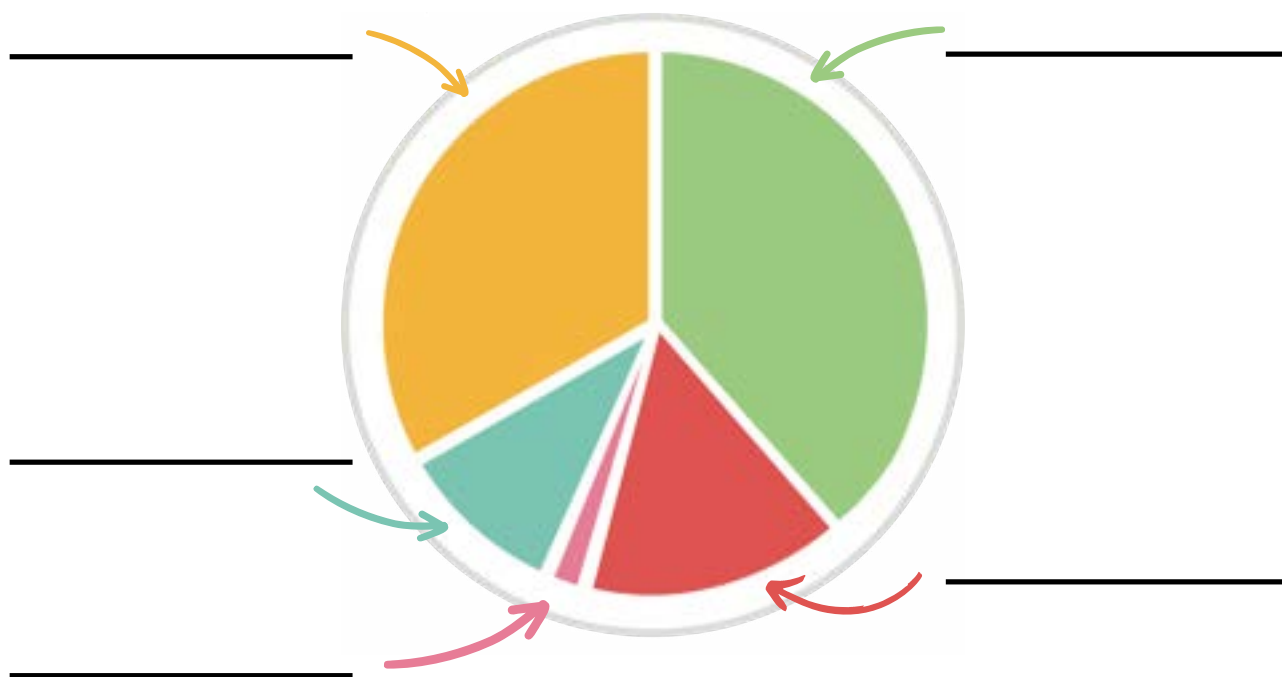




# The Healthy Plate

## Food Groups

Identify the food groups below, then write down some examples of food products in the different food group!



VEGETABLES AND FRUITS

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PROTEINS  
MEAT, FISH AND PLANT BASED

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CARBOHYDRATES

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DAIRY PRODUCTS

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FATS AND OILS

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# The Healthy Plate

## Food Groups

### WORD SEARCH

V Z T I E T C F O O D P X R D U Y N  
V N C M W M F F I B R E M D U T C I  
I U P L M I N E R A L S D C L K V W  
T T L V R Y P I L Y S X G A X U T A  
A R A C A L C I U M Q O L G I M Y T  
M I T M V E G E T A B L E S V R C E  
I E E Y C A R B O H Y D R A T E Y R  
N N F A T S Z S M Y L F R U I T V S  
S T D B X C C W H O L E G R A I N I  
F S Z P R O T E I N I Q B K I J V J  
S N X H E H E A L T H Y B I L O S W  
K T J E J C L G S U E U M P D F Y Q

DAIRY

CARBOHYDRATE

PROTEIN

FRUIT

VEGETABLES

FATS

VITAMINS

MINERALS

CALCIUM

NUTRIENTS

HEALTHY

WATER

WHOLEGRAIN

FOOD

FIBRE

PLATE





# The Healthy Plate

## Proteins

### WORD SEARCH

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| A | W | E | S | A | B | O | C | A | A | T | L | A | U |
| O | L | W | A | A | E | N | S | N | U | H | H | D | F |
| E | N | A | S | A | E | T | N | N | U | T | S | O | O |
| A | C | L | S | S | F | N | E | F | N | W | C | O | T |
| E | H | N | T | A | E | E | A | G | L | E | A | F | O |
| F | I | U | A | L | A | K | F | I | A | T | C | A | H |
| S | C | T | G | M | S | C | E | T | M | S | E | E | S |
| U | K | P | O | O | E | I | C | N | B | E | U | S | I |
| S | P | O | T | N | M | H | I | B | G | K | E | A | F |
| E | E | R | E | U | G | C | B | G | M | E | O | D | S |
| O | A | K | I | M | A | E | S | S | E | T | I | S | L |
| L | S | E | N | A | A | S | E | U | A | L | S | N | E |
| A | M | L | E | N | T | I | L | S | T | T | N | C | A |
| G | O | S | S | P | A | L | M | O | N | D | S | E | K |

MEAT  
CHICKEN  
SAUSAGE  
PORK  
BEEF  
EGGS

WALNUT  
NUTS  
LENTILS  
BEANS  
SEAFOOD  
CHICKPEAS

LAMB  
TOFU  
SALMON  
FISH  
ALMONDS





# The Healthy Plate

## Carbohydrates

### WORD SEARCH



PORRIDGE  
NOODLES  
CRUMPET  
WHOLEGRAIN  
OATS

GRAINS  
WHEAT  
RICE  
PRETZEL  
CEREAL

RYE  
BREAD  
ENERGY  
PASTA  
QUINOA







# The Healthy Plate

## Veg and Fruit

### WORD SEARCH

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| A | E | R | L | A | N | R | O | C | T | E | E | W | S |
| V | I | T | A | M | I | N | S | E | L | A | K | P | O |
| A | V | O | C | A | D | O | T | K | V | M | M | O | T |
| U | T | O | M | A | T | O | L | T | E | W | N | M | O |
| C | A | U | L | I | F | L | O | W | E | R | C | E | R |
| T | C | S | G | A | N | A | N | A | B | C | B | G | R |
| M | O | I | V | K | K | I | W | I | C | O | R | R | A |
| I | R | E | L | P | P | A | L | N | L | R | O | A | C |
| N | M | A | N | G | O | M | E | O | E | A | C | N | R |
| E | A | I | T | R | I | N | T | K | M | N | C | A | M |
| R | T | E | E | U | A | O | T | R | O | G | O | T | A |
| A | A | E | B | T | R | N | U | M | N | E | L | E | E |
| L | A | L | T | K | E | A | C | T | A | O | I | O | L |
| S | M | L | R | W | I | O | E | A | L | L | L | R | E |

CAULIFLOWER

AVOCADO

LETTUCE

MANGO

POMEGRANATE

LEMON

BANANA

SWEETCORN

CARROT

APPLE

VITAMINS

BROCCOLI

TOMATO

ORANGE

KALE

MINERALS

KIWI



# The Healthy Plate

## Recipe Planner

Use the sections below to come up with a healthy recipe. Make sure to include vegetables, proteins and carbohydrates!

**What's your dish called?**

**Ingredients:**

**How much?**

**How do you make it?**





# Food Adjectives

**Adjectives are words that describe a noun!**

Use these words below to create sentences about healthy food.

How many adjectives can you use in one sentence?

**Cold**

**Soft**

**Crunchy**

**Bitter**

**Sweet**

**Hot**

**Mushy**

**Rotten**

**Burnt**

**Spicy**

**Sour**

**Smelly**

**Crispy**

**Brown**

**Green**

**Fresh**

**Fruity**

**Salty**

**Red**

**Vibrant**

1.

2.

3.

4.

5.

6.





# The Healthy Plate

## Anagrams

Can you unscramble these healthy eating words?

1. darcy hoebart \_\_\_\_\_
2. beagle vest \_\_\_\_\_
3. pointer \_\_\_\_\_
4. crete snow \_\_\_\_\_
5. tim navis \_\_\_\_\_
6. lucia fowler \_\_\_\_\_
7. cele tut \_\_\_\_\_
8. odo safe \_\_\_\_\_
9. gina howler \_\_\_\_\_
10. check in \_\_\_\_\_
11. crumb cue \_\_\_\_\_
12. among \_\_\_\_\_
13. ewart \_\_\_\_\_
14. iturf \_\_\_\_\_
15. leah thy \_\_\_\_\_





# The Healthy Plate

## Anagrams

teacher's  
cheat  
sheet

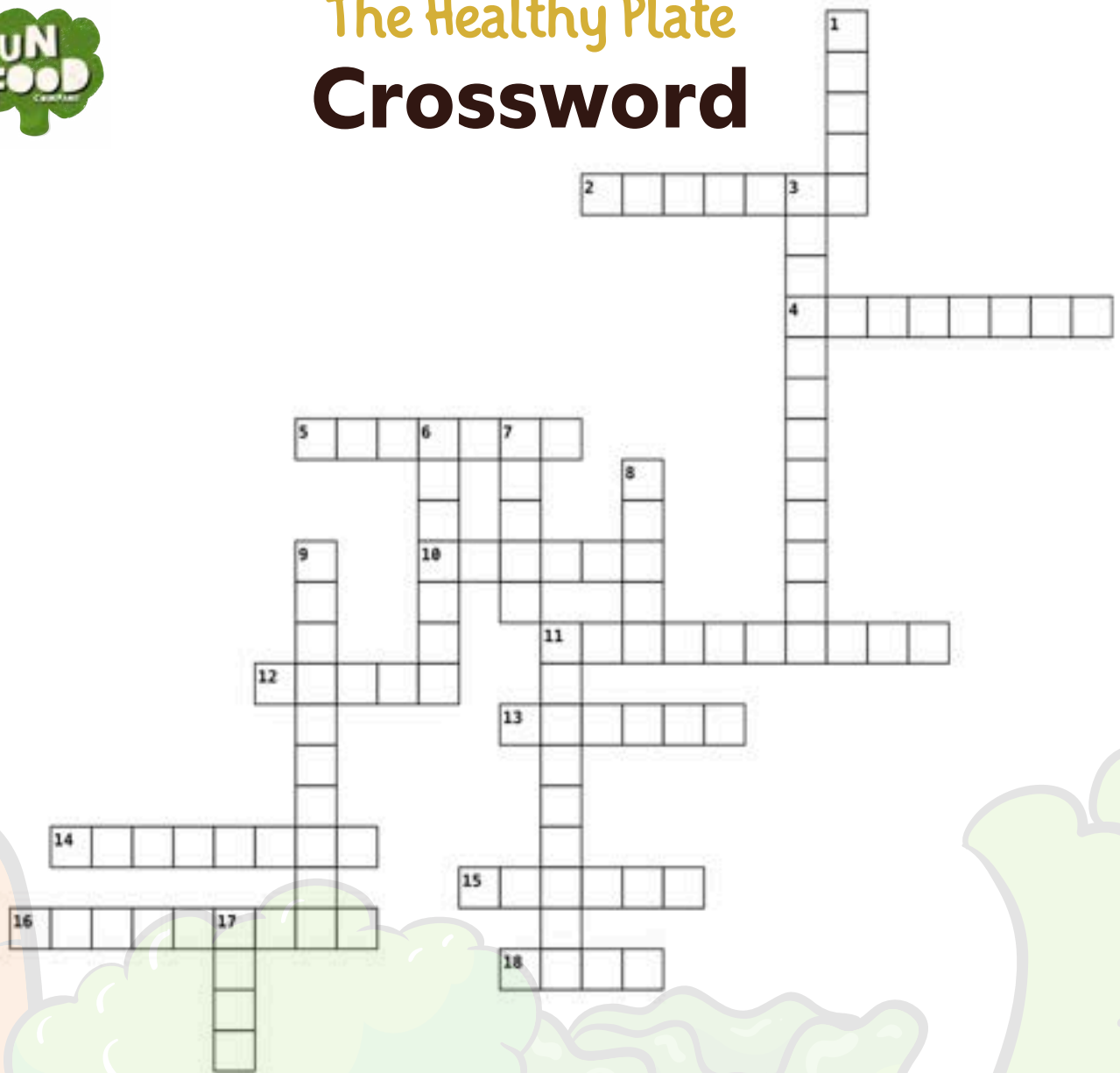
Can you unscramble these healthy eating words?

hint

- |                 |              |
|-----------------|--------------|
| 1. carbohydrate | food group   |
| 2. vegetables   | food group   |
| 3. protein      | food group   |
| 4. sweetcorn    | vegetable    |
| 5. vitamins     | benefit      |
| 6. cauliflower  | vegetable    |
| 7. lettuce      | vegetable    |
| 8. seafood      | protein      |
| 9. wholegrain   | carbohydrate |
| 10. chicken     | protein      |
| 11. cucumber    | vegetable    |
| 12. mango       | fruit        |
| 13. water       | drink        |
| 14. fruit       | food group   |
| 15. healthy     | theme        |



# The Healthy Plate Crossword



## Across

2. You will find me in lots and lots of salads!
4. A \_\_\_\_\_ Diet. When we eat the right amount of all the food groups.
5. The main ingredient in guacamole
10. An orange vegetable that grows underground
11. This fruit is used to make jam
12. How many portions of fruit and vegetables should you eat every day?
13. A yellow fruit
14. A vegetable that looks like a tiny tree!
15. Some think this carbohydrate is a vegetable!
16. The first meal of the day
18. A good source of Calcium for strong bones and teeth!

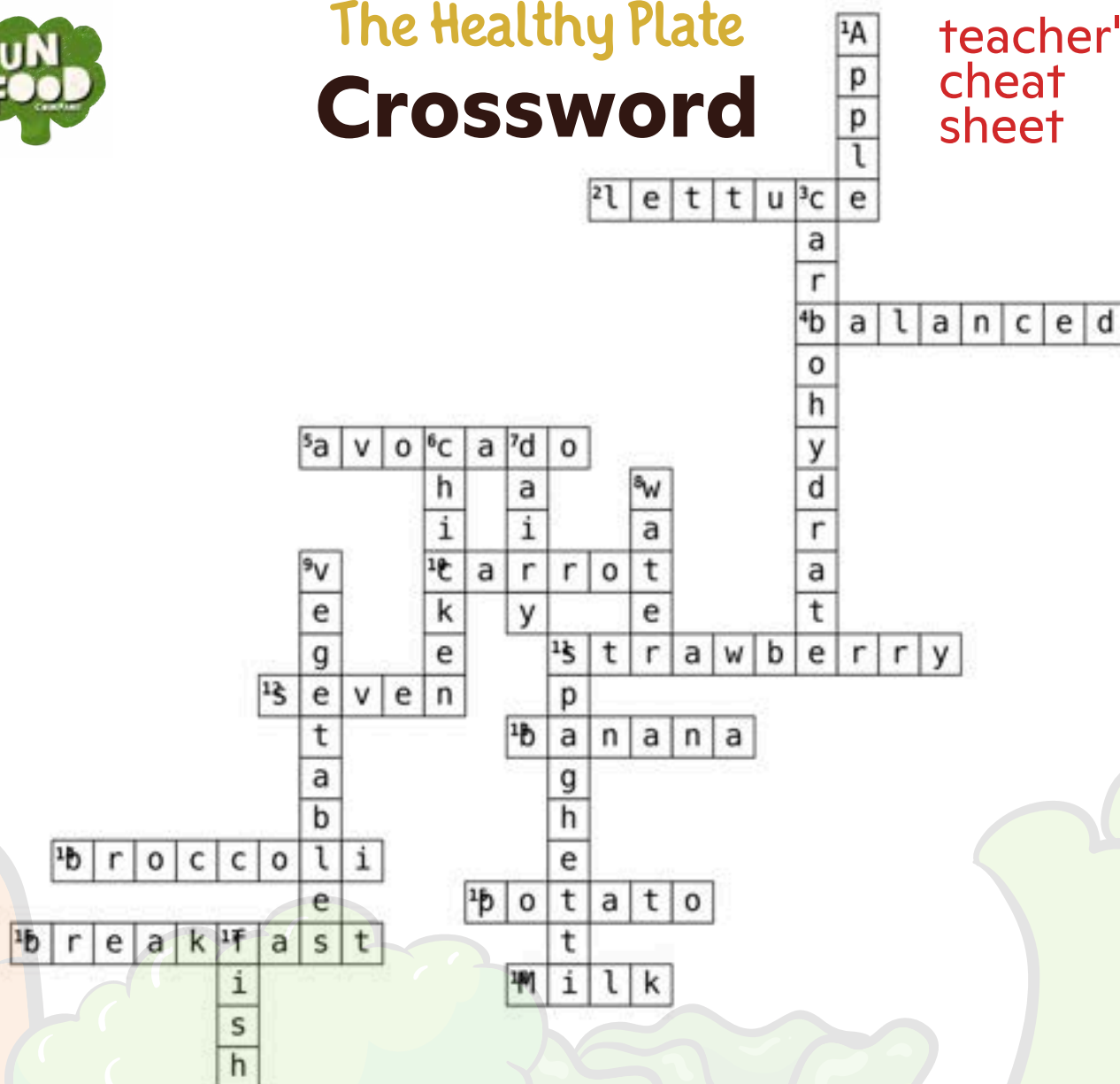
## Down

1. This fruit makes amazing juice
3. This food group is a great source of energy!
6. A protein that is lean and a light pinkish colour
7. This food group contains milk, yoghurt and cheese
8. Drink this to stay hydrated
9. Part of the most important food group
11. The long pasta in Italian food
17. Protein from the sea



# The Healthy Plate Crossword

teacher's  
cheat  
sheet



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# The Healthy Plate

## Junior Super Chef Challenge



### For this activity you will need:

Poster Paper  
Pens or crayons

Welcome to the Super Chef Challenge!

Around the world, we're eating more and more processed foods, and less fresh ingredients, such as vegetables. This means that on average, we're eating more foods that are higher in fats, sugar and salt, which could be damaging our health.

**Today, you have a challenge - In a group of 3 to 6.**

**Scenario:** You are taking on the role of Chefs opening a brand new themed restaurant.

### What is the theme of your restaurant?

You will be given a secret ingredient which will be your theme. Your Restaurant is built around this secret ingredient, and your signature dish needs to include it!

### The Challenge:

- You are a group of chefs who are nearly ready to open your new restaurant. You need a head chef - **choose a Head Chef to lead your task.**
- Your Restaurant needs a name. **What is your restaurant called?**
- **You need a signature dish.** Use your theme ingredient to come up with a signature dish. It must be healthy, balanced, and must feature your secret ingredient (Make sure it has Vegetables, Carbohydrates and Proteins - we will ask you what they are!) How much will you charge for your signature dish?

### The Presentation

Your restaurant team will then present your new restaurant and the signature dish to the other restaurant teams. Tell us why you think your restaurant and dish should be the winner (Do you have a logo? A picture of your dish?)

**May the best restaurant win!**





# The Healthy Plate

## Eat a Rainbow!

What does it mean to eat a rainbow?

Eat fruits and vegetables of lots of different colours to get a range of vitamins and minerals.

In the table below, draw pictures of different fruits and vegetables of that colour!

|               |  |  |  |  |
|---------------|--|--|--|--|
| <b>Red</b>    |  |  |  |  |
| <b>Orange</b> |  |  |  |  |
| <b>Yellow</b> |  |  |  |  |
| <b>Green</b>  |  |  |  |  |
| <b>Blue</b>   |  |  |  |  |
| <b>Purple</b> |  |  |  |  |





# The Healthy Plate

## What did I eat this week?



Write down all the vegetables and fruits that you have eaten this week.  
**Try and aim for 7 portions!**

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

How can I eat more vegetables next week?

.....

.....

.....





# The Healthy Plate

## MAZE

Help the Chef find the vegetables!

