

Healthy Eating



Aim

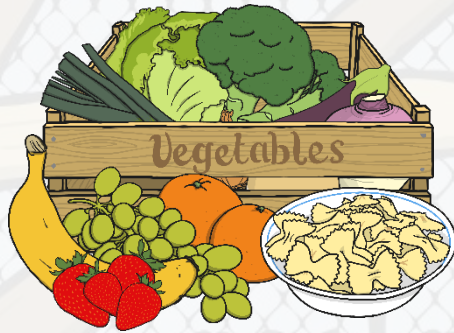
- I can identify healthy and unhealthy food, and say how much of them I should eat.
- I can suggest ways to improve my diet.

Success Criteria

- I can say which foods are healthy and which are less healthy.
- I can design a menu that has the right amount of each food type.
- I can say what is healthy about my diet.
- I can say how I could improve my diet.

Basic Needs

Humans and other animals need certain things to keep alive. These are called basic needs. Can you remember what they are?



Food



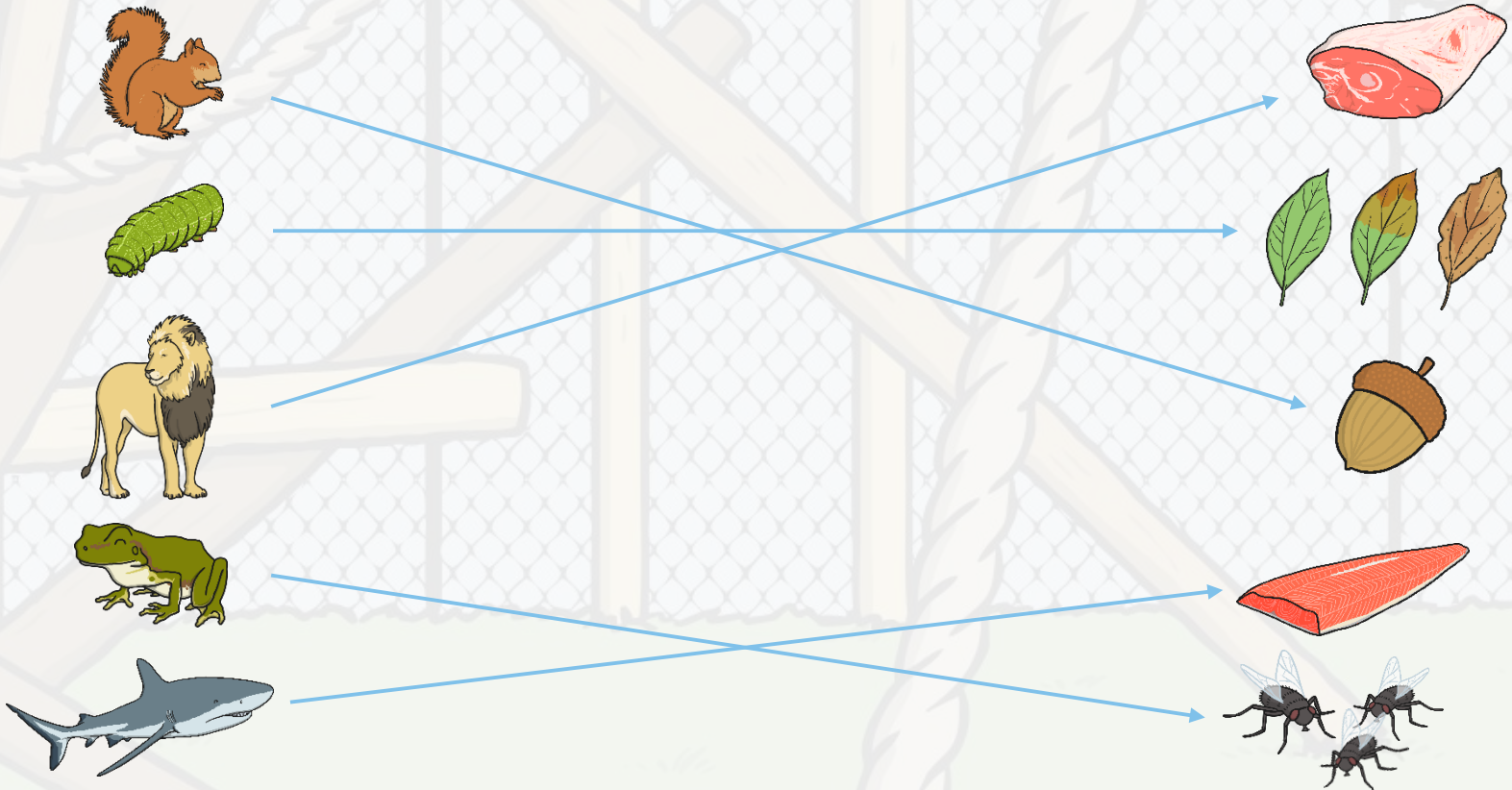
Air



Water

Basic Needs

All animals need particular kinds of food to keep them healthy and strong. Can you match the food to the animal that eats it?



Basic Needs

Some animals only need to eat one kind of food.



Koalas only eat the leaves of the eucalyptus tree.

Panda bears only eat bamboo.

Other animals need to eat lots of different kinds of food to stay healthy.



Black bears eat roots, leaves, fruit, nuts, insects, eggs, meat, fish and honey.

What about humans?

Basic Needs

Humans need to eat lots of different kinds of food to stay healthy. We call this 'a balanced diet'.



Lettuce



Wheat



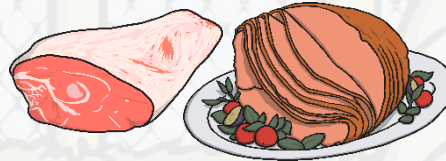
Fruit



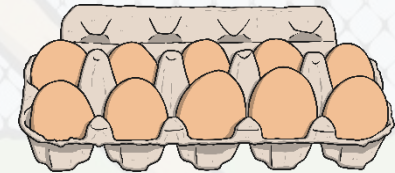
Milk



Fish



Meat



Eggs

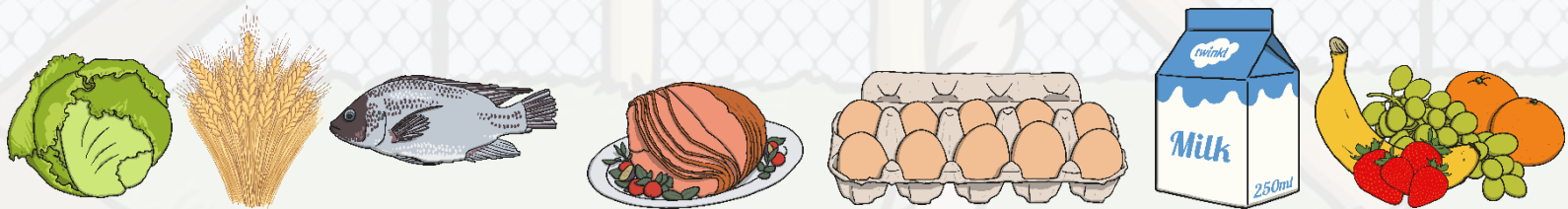
Lots, Some or Only a Little?

We need to eat a balanced diet because different kinds of food, do different jobs in our bodies.

Some kinds of food are very good for us. We can eat as much of these as we like.

Some of the foods we eat are good for us, but only if we don't eat too much.

Some of the foods are not good for us. It is fine to eat a small amount of these foods, but if we eat too much it could make us less healthy.



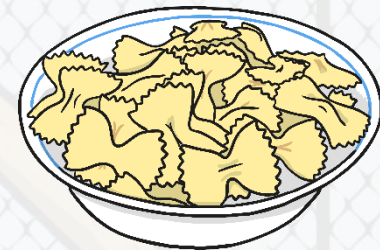
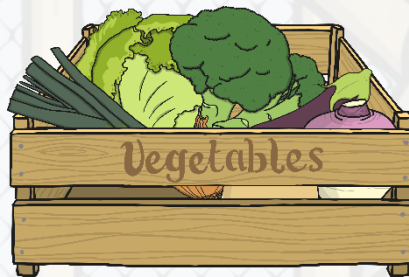
Lots, Some or Only a Little?

Lots

Fruit and vegetables.

Starchy food like bread, pasta and potatoes.

Eat these at every meal and for snacks.



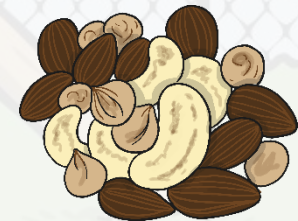
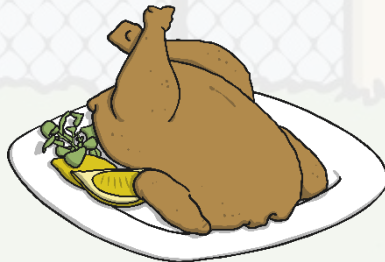
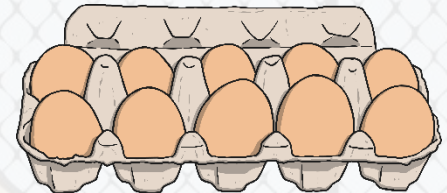
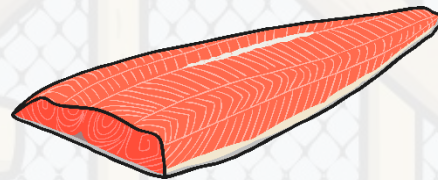
Lots, Some or Only a Little?

Some

High protein foods like meat, fish, eggs and nuts.

Dairy foods like cheese, milk and yogurt.

Eat these two or three times a day.



Lots, Some or Only a Little?

Only a little

Food that is high in sugar or fat.

Eat food like this no more than once a day.



Health Menu Plan



Think about what you have learned today.

You are going to design a menu for day of healthy eating.

You need to include:

Fruit, vegetables and starchy food at every meal and for snacks.

2-3 portions of meat, fish, beans or nuts.

2-3 portions of dairy food.

No more than 1 sugary or fatty treat.