

There are 5 main types of food in our diet.



Carbohydrates

**Fruit and
Vegetables**



**Dairy
foods**



Proteins



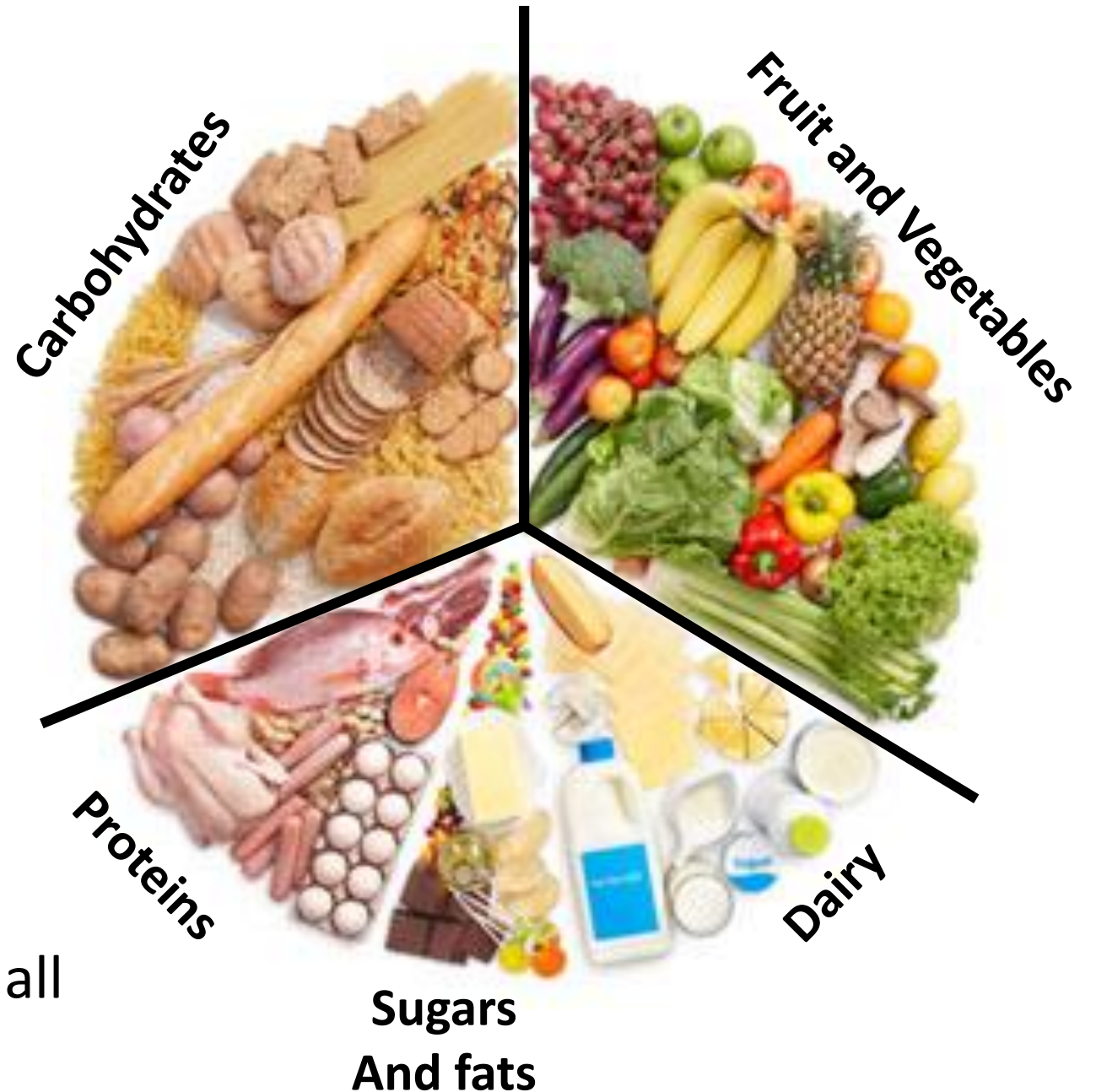
Sugars and Fats

What is a balanced diet?

Imagine everything you eat divided into 3 equal groups

- One third should be carbohydrates
- One third should be fruit and vegetables
- One third should be proteins, dairy, fats and sugars combined

Sugars and fats should be a very small proportion of a balanced diet



Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

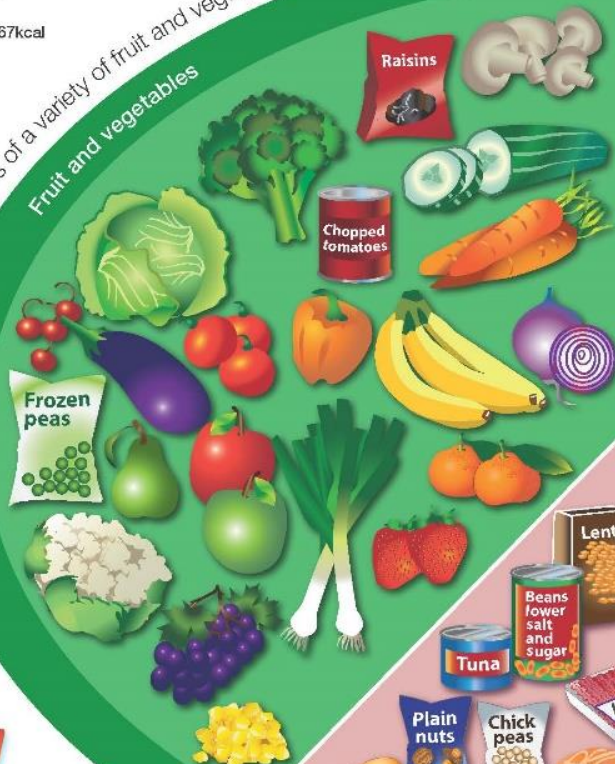


Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Eat at least 5 portions of a variety of fruit and vegetables every day

Fruit and vegetables



Choose wholegrain or higher fibre versions with less added fat, salt and sugar

Potatoes, bread, rice, pasta and other starchy carbohydrates



Beans, pulses, fish, eggs, meat and other proteins

Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat



Dairy and alternatives

Choose lower fat and lower sugar options



Choose unsaturated oils and use in small amounts



Eat less often and in small amounts

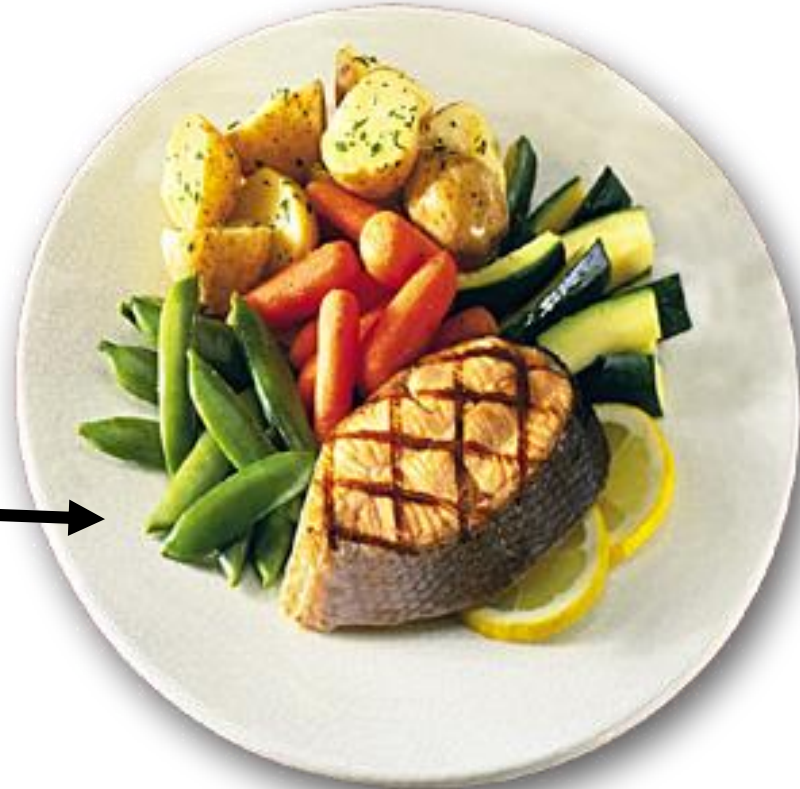
Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

This is a simple idea to help us know what proportion of each group of foods we should eat to stay healthy. It is called The Eatwell Plate.



A balanced diet is made of many meals. Not every meal needs to have the exact recommended proportions of each food group, if overall each day you get the balance right.

Which food groups can you see in this meal?
Which groups are missing?



Remember sugars and fats are treat foods so missing them out of a meal will not hurt!



Which of these meals could form part of a healthy balanced diet?

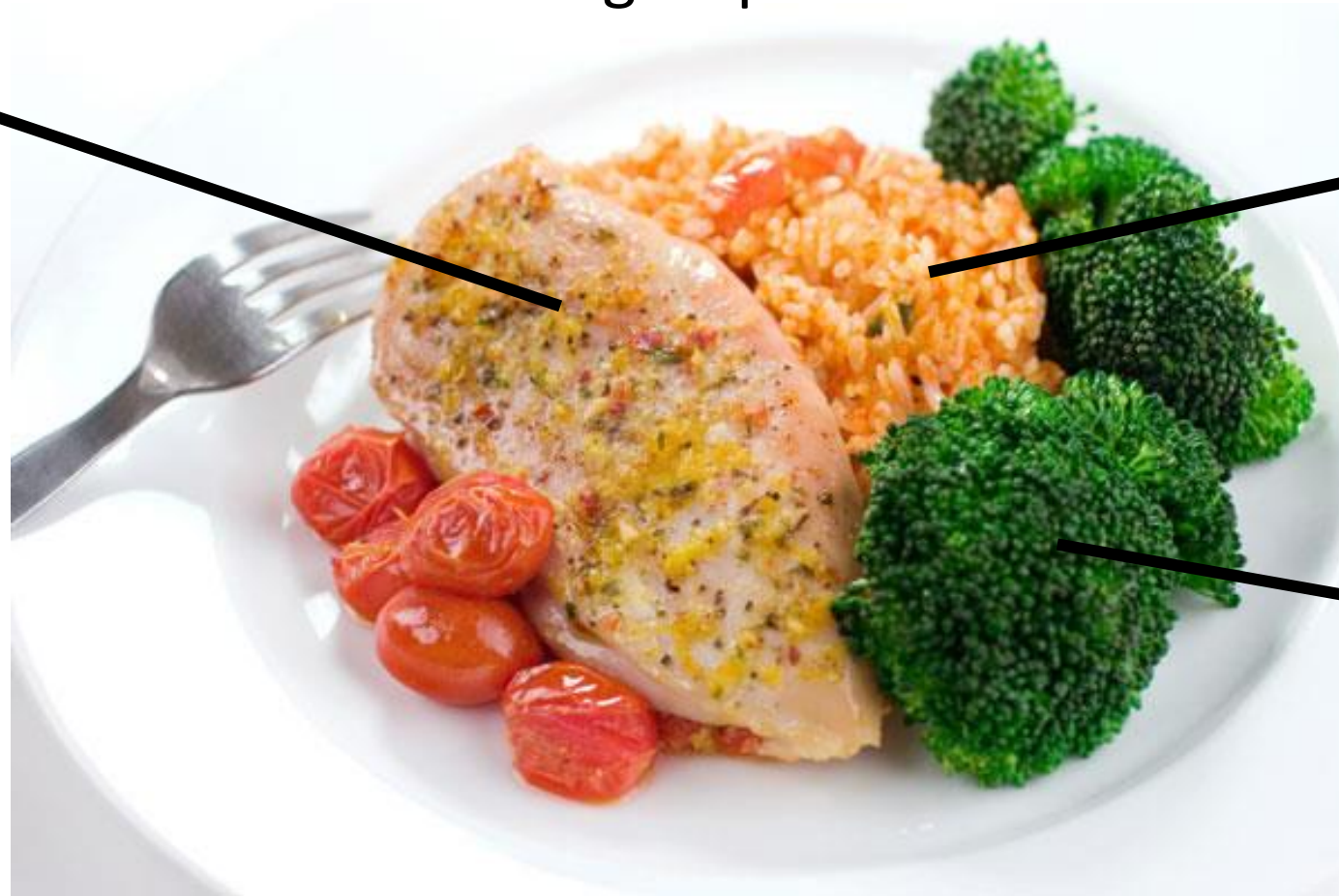
Which could not?

Why?

Many of the meals you enjoy are probably balanced and healthy

Name the food groups one at a time

A



B

C

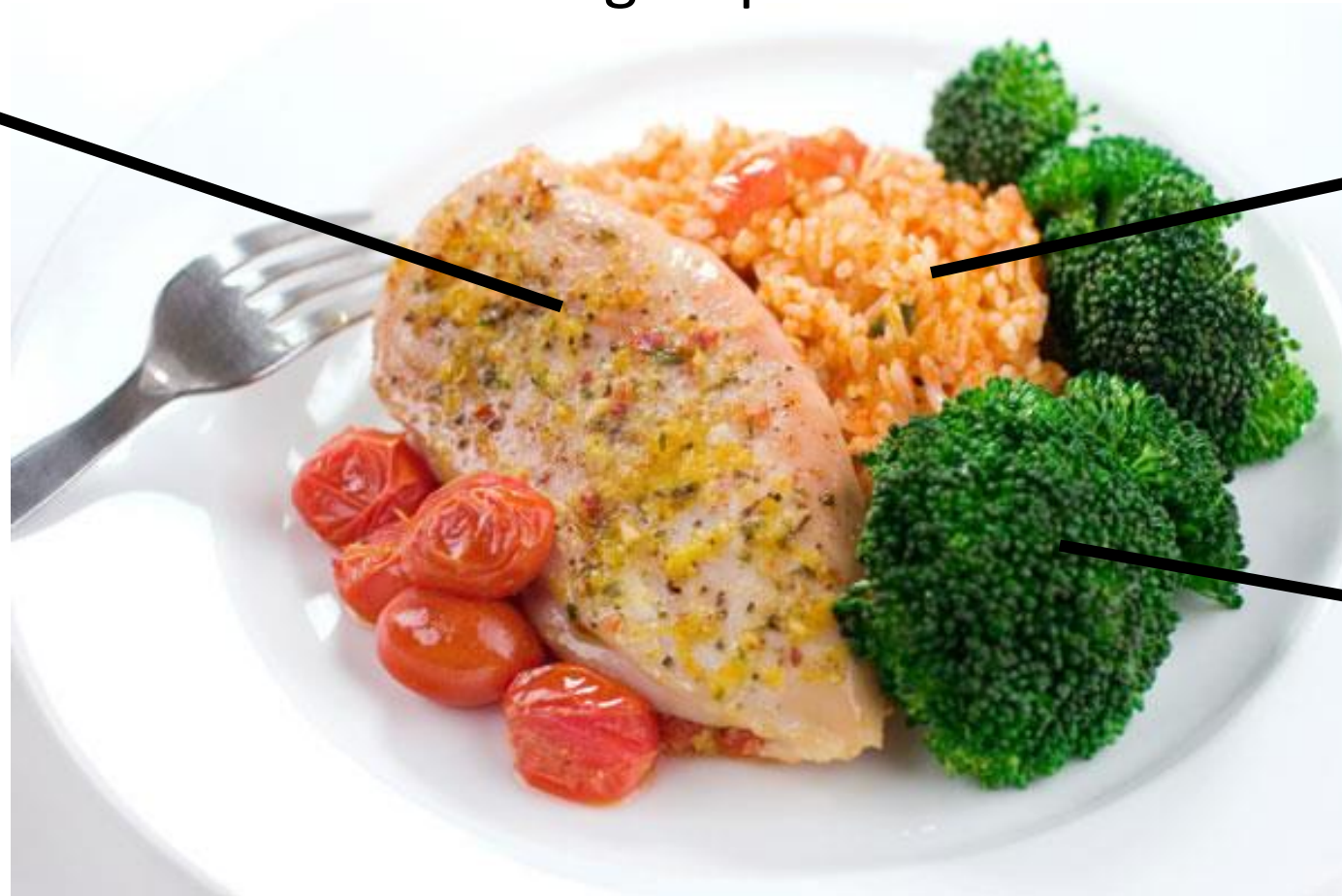
Many of the meals you enjoy are probably balanced and healthy

Name the food groups one at a time

A

Protein

For building strong muscles, for growth and repair after injury



B

Carbohydrate

For steady energy

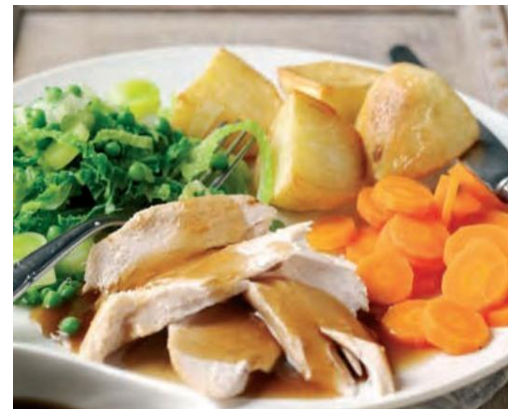
C

Vegetables

For fibre and vitamins

Your task is to create a labelled picture or model of a balanced main course meal to give someone some healthy eating ideas.

- Choose a source of protein
- Choose a carbohydrate
- Choose plenty of vegetables, fruit or salad



You may have some dairy in the form of cheese, cream in a sauce or milk in the mashed potato but do not worry if you don't. Remember: a balanced meal is only part of a balanced diet. You could have yogurt or milk for breakfast or as part of your packed lunch.



Here are some examples of the type of model meal you could create to give your someone some ideas for a healthy, balanced diet



Cheese, ham or tuna Sandwich made with wholemeal bread and salad. Carrot sticks and hummus dip.



Beef or Quorn bolognese on wholegrain pasta with red peppers and green beans



Tagliatelle in a light cheese sauce with onions, ham and broccoli



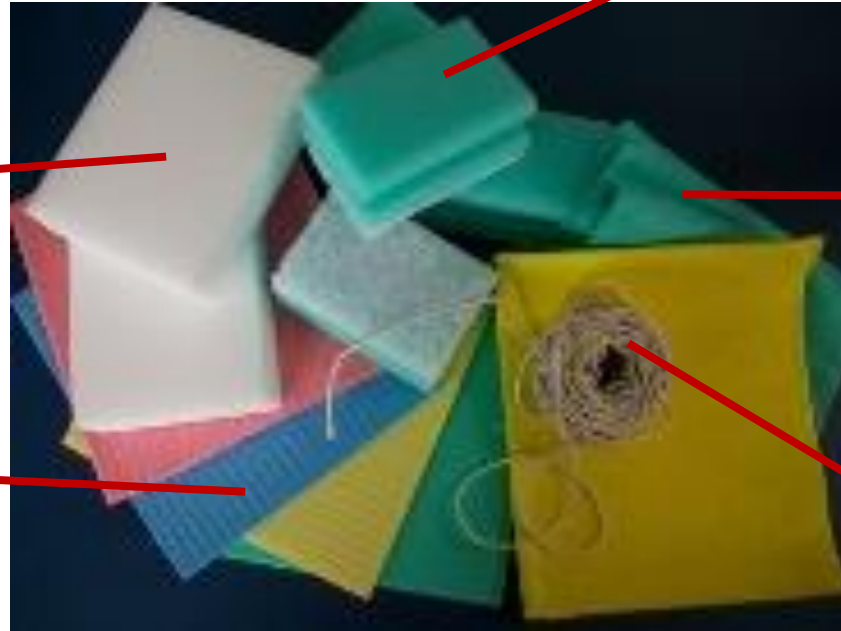
Sausages, mashed potato, carrot batons and peas

You can choose whatever main course meal you like so long as it has carbohydrate, protein and plenty of vegetables or salad

Ideas for modelling materials

Sponge foam can be cut into any shape

Sponge cloths are flat sheets of foam which is great for slices, e.g. bread, cheese, meat



Washing up sponges have a rougher foam texture when you tear them so they are good for more textured foods, e.g. broccoli

Washing up cloths are floppy so they are good for greens and salad leaves

String makes great noodles and spaghetti



Apart from spaghetti, pasta can be itself on your plate. Remember, whole-wheat is always more healthy. It has more fibre and releases its energy slowly so you feel full for longer and don't snack between meals.

Here, sponge foam and sponge cloths have been cut and shaped, using scissors, into food like bread, sausages, carrot sticks, mash, ham and prawns.





Here the green washing up sponge has been torn into a rough heap and painted white and cream to look like mashed potato or rice

The sausages look more realistic because they have been painted in 2 shades of brown – a light brown all over and then some darker brown highlights





Here yellow and red have been added to mix with the carrot sticks.

It is very quick and clean to paint lots of little shapes the same colour. Use a small plastic tub. Put your shapes in and a small amount of the paint you want. Mix it thoroughly with a paintbrush.



Here a torn piece of dish cloth is being mixed with green and yellow to make lettuce for a salad.



The peas have been made from small pieces of tissue paper that were smeared with a little glue and then screwed up. 2 colours of green make them look a bit more real.

As you and your partner create all the food needed for your balanced meal, place each item on a piece of card to dry (drying may take a day or two).
Once they are dry, you can glue them to your paper plate.

