

# Healthy Eating



  
GOVINDA'S  
Vegetarian School Meals  
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To grow and be in good health, we need to eat and drink several times a day

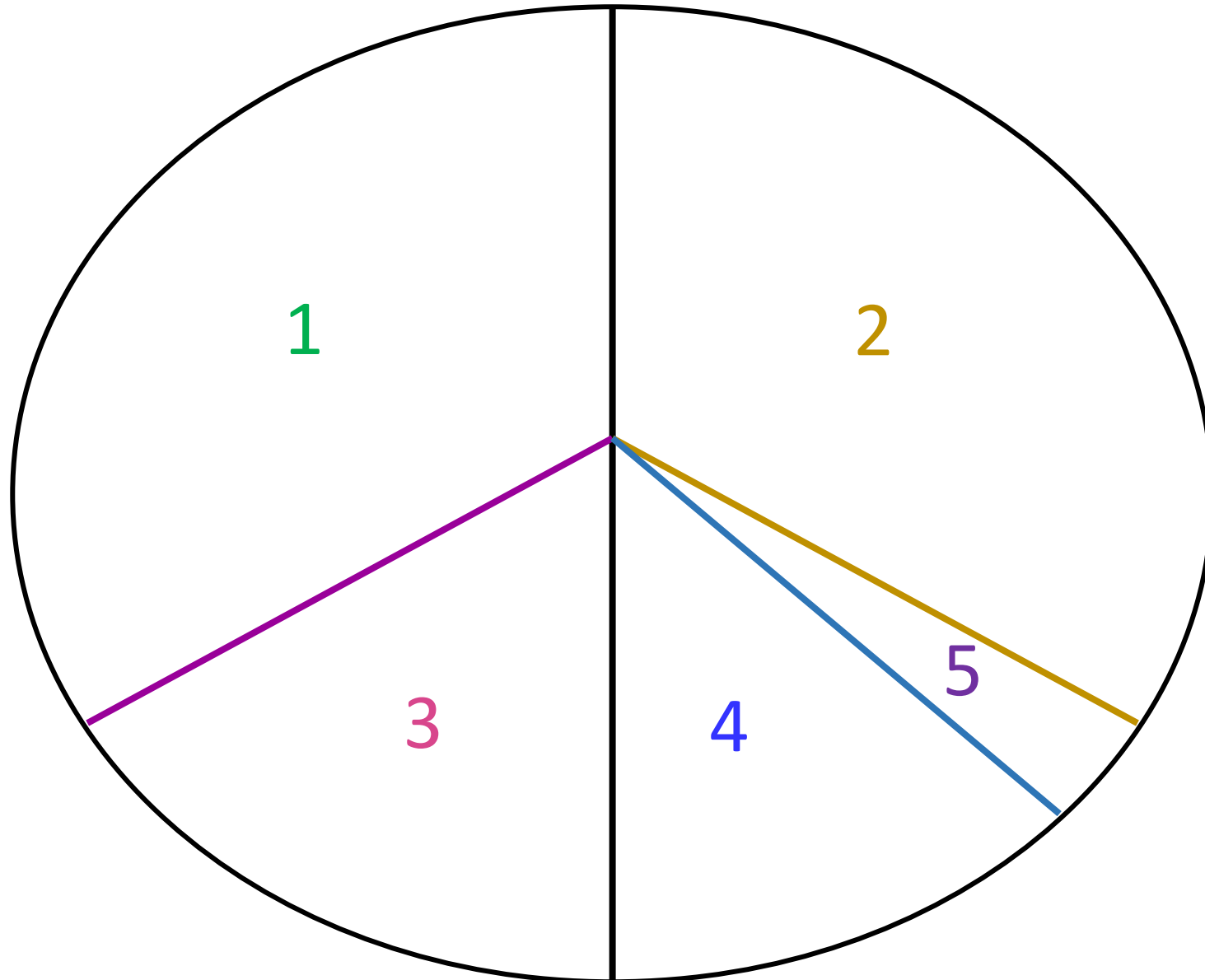


A healthy balanced diet gives our bodies everything they need to function normally

# What can you see?

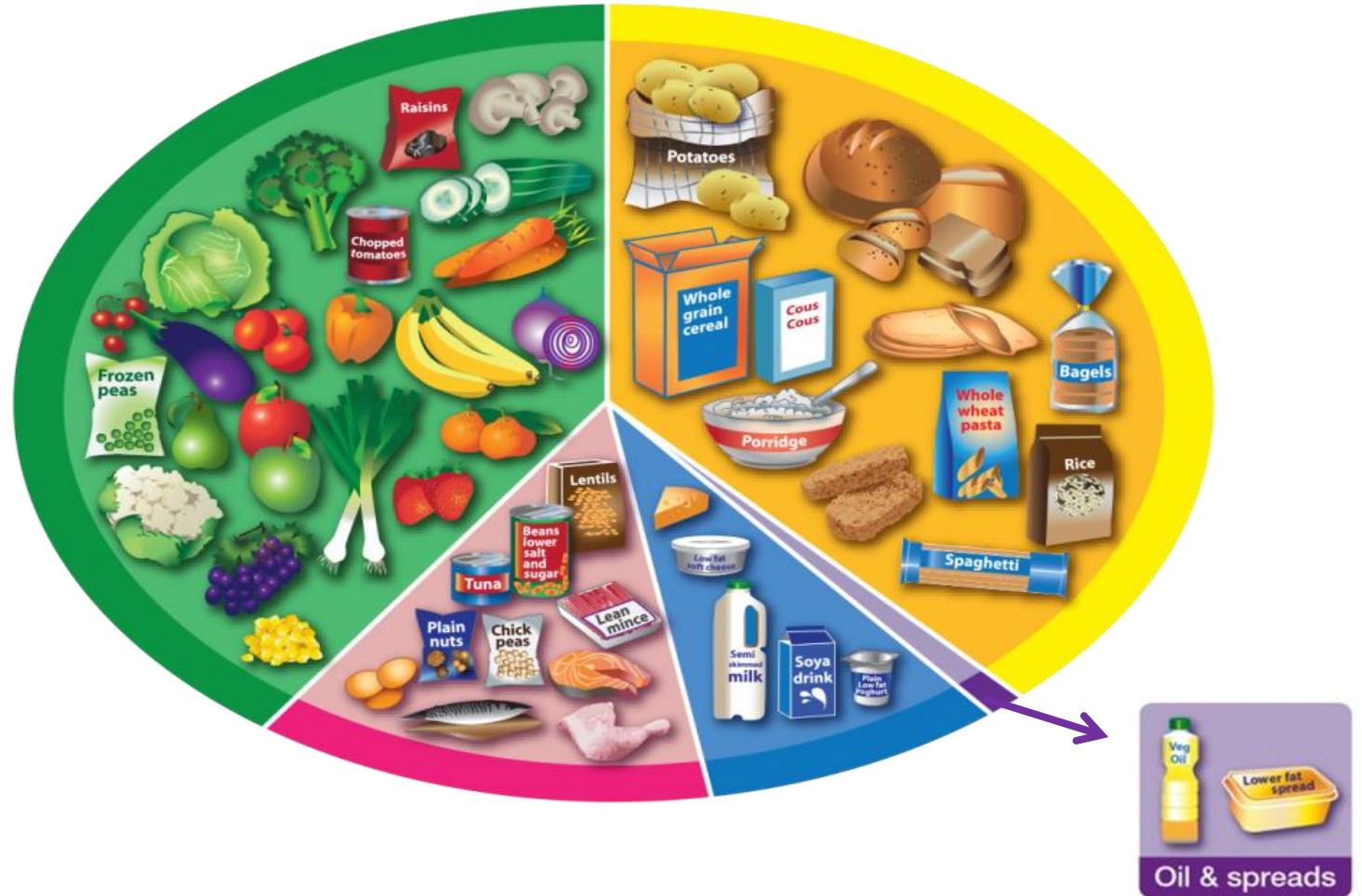


# Activity time - Let's draw My Eatwell Plate



# What do you think each food group might be called?

Let's take a look!





This is the...

# Fruit and vegetables group



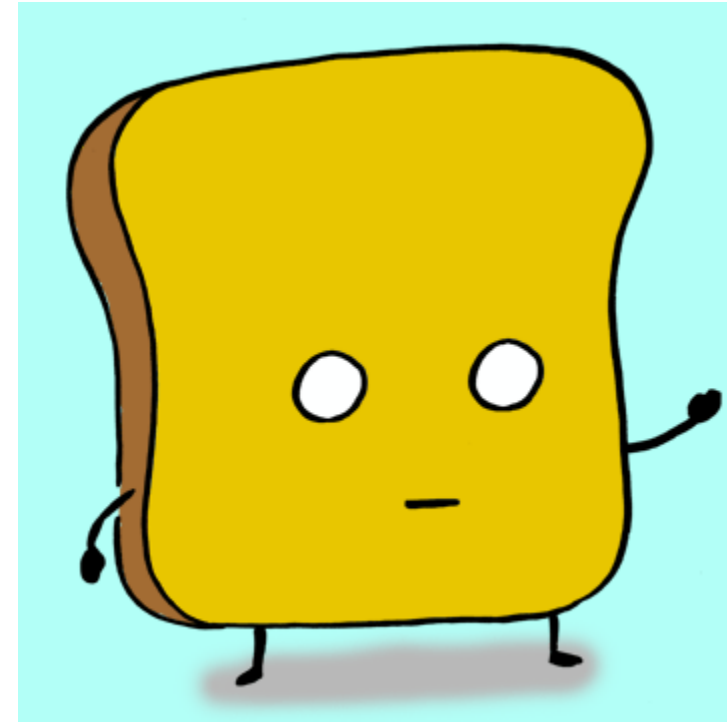
# Fruits and Vegetables



Fruits and vegetables have vitamins and minerals that protect us against germs

This is the...

# Carbohydrates- Potatoes, bread, rice, pasta and other starchy carbohydrates group





**Brown rice**

**White rice**

# Rice



Fibre



Bread, cereals and potatoes give us energy

This is the...

**Protein-  
Beans, pulses, fish,  
eggs, meat and other  
proteins group**



Kidney bean



# Beans

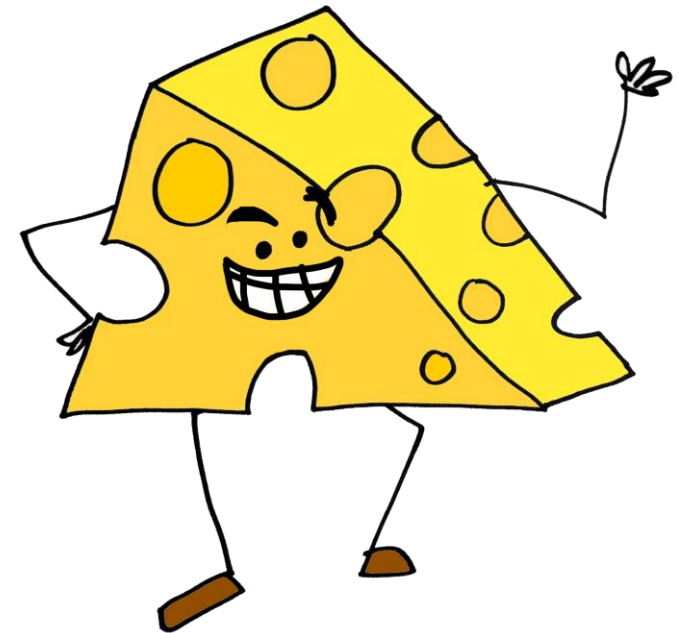


Beans, meat, fish and eggs are good for strong bodies and muscles

This is the...

**Dairy-**

**Dairy and alternatives group**





# Milk



Milk and dairy products such as cheese, yogurt make teeth and bones stronger

This is the...

Oils-

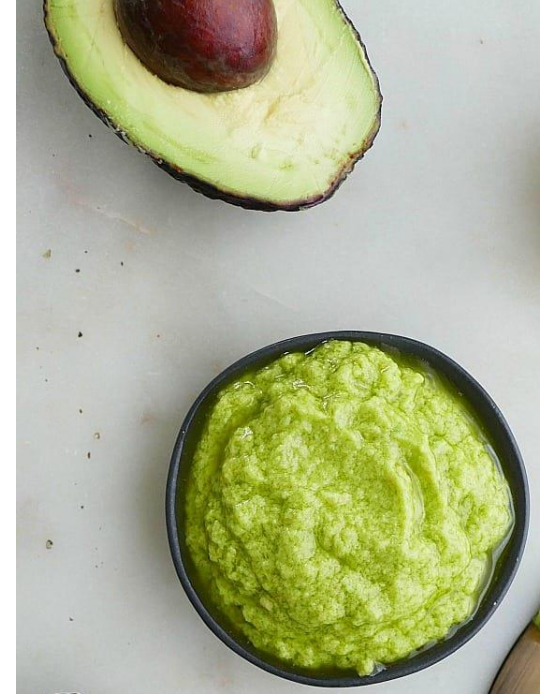
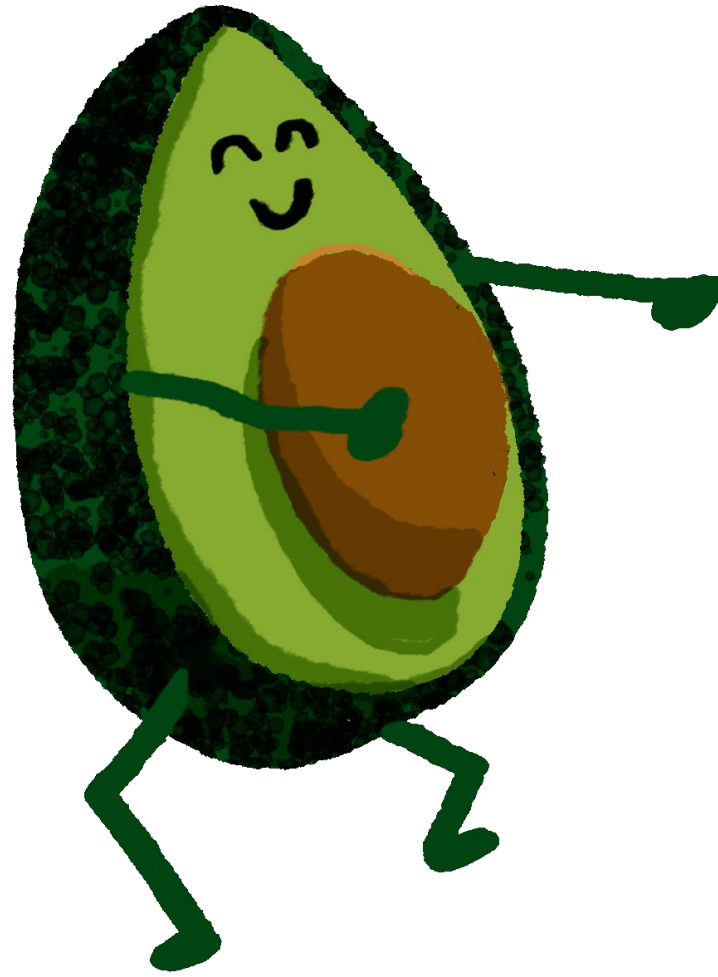
## Oil and spreads group



Choose unsaturated oils  
and use in small amounts



# Avocado spread



Fat has many important functions in our body. We do need fat but a small amount for good health.  
Too much fat or wrong type of fat can be unhealthy.

# Remember to have plenty to drink!



## Water







Eat less often and  
in small amounts



# Traffic light system

You will find traffic light labels on most food and drink, usually on the front of the pack. These labels use red, amber and green colour coding to help us understand what's inside our food so we can make healthier choices when shopping.



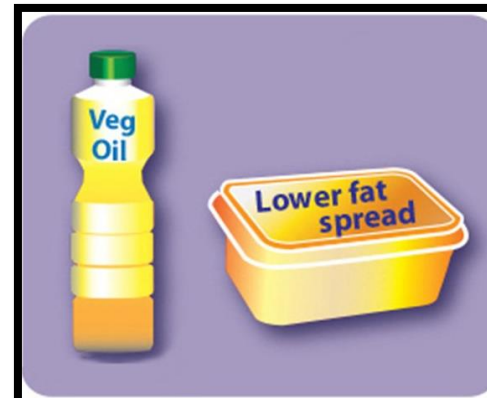
# The Eatwell Guide

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ	5g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
12.5%	7%	6.5%	38%	15%

of an adult's reference intake

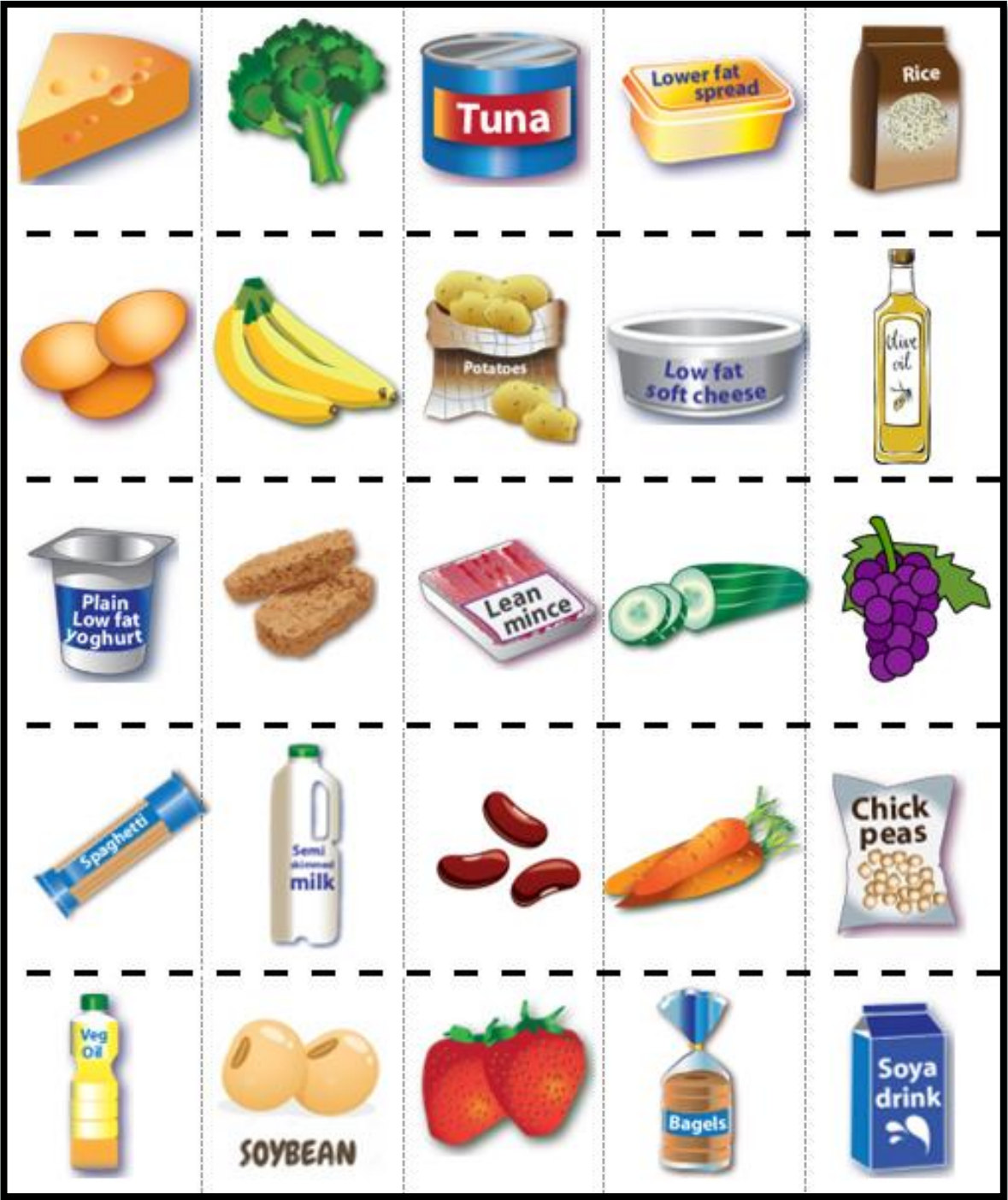
Typical values (as sold) per 100g: 697kJ/ 167kcal





# Home activity

Cut the food items and place them in the correct food group in your Eatwell plate.





Example



# Key messages

- ✓ Every food group has different functions and nutrients which forms a healthy diet.
- ✓ You should eat something from each group to make a balanced diet.



