

Healthy Me



Some foods are healthy and some foods are unhealthy. It is ok to eat unhealthy foods but if you eat too much then it can affect your health.

Which of these foods are healthy and unhealthy?



There are different types of food. It is important to get a good balance of all of the types of food to make sure you are eating healthily.

Here are the different groups of food...

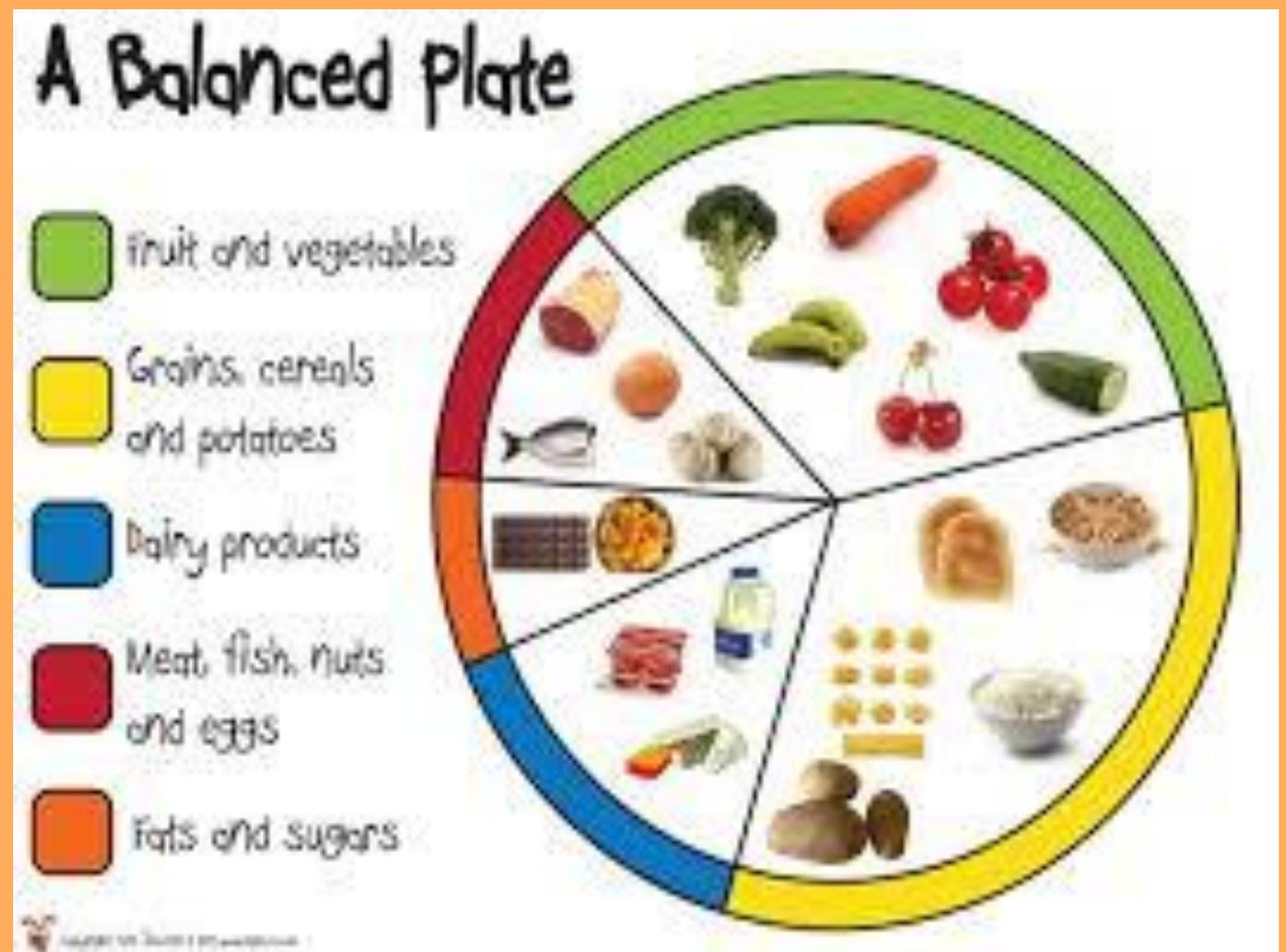
Protein

Dairy

Fruits and Vegetables

Carbohydrates (grains)

Sugar and Fats



Milk and Dairy

This group includes milk, yoghurt, fromage frais, milkshakes, and cheese.

These foods contain protein and calcium and some vitamins.

Dairy products keep your bones and teeth healthy.

We should try and eat 3 servings of these a day.



Carbohydrates

This group includes pasta, rice, oats, potatoes, noodles, sweet potato, couscous, breads and breakfast cereals.

Carbohydrates give us energy, calcium and B vitamins.

Wholegrain ones give us lots of fibre to help keep the digestive system healthy.

You should have 3-5 servings of carbohydrate a day.



Fats and Sugars

This group contains butter, margarine, cooking oils, cream, salad dressings, chocolate, crisps, sugary soft drinks, sweets, jam, cakes, pudding, biscuits and pastries.

These foods give us a lot of energy (calories) but not many nutrients.

Junk foods are often high in fat, sugar and salt.

It's important not to have too many foods from this group too often.



It is important that we eat the right amount of certain foods.

Take a look at the healthy plate below to see how much we should eat of each food type.

Use the eatwell plate to help you eat a healthy, balanced diet.

the eatwell plate

The eatwell plate shows what proportion of your day's food should come from each group.

Fruit & vegetables
Eat total: At least 5 portions.
A third of your day's food.
Good for vitamins, minerals, fibre.
Fresh, frozen, tinned, dried or 100% juice all count.

Bread, rice, potatoes, pasta and other starchy foods
Base every meal on starchy foods.
A third of your day's food.
Good for energy-giving carbohydrates, and for vitamins, minerals, fibre.
Choose wholegrain, wholemeal or 'high fibre' varieties.

Milk & dairy foods
Eat moderate amounts only.
About 2 or 3 portions a day.
Good for calcium, protein, vitamins.
Choose lower fat versions.

Foods and drinks high in fat and / or sugar
Eat and drink these only occasionally and in small amounts. Cut down on saturated fat.
Choose lower fat and lower sugar versions when you can. Avoid salty foods.

Meat, fish, eggs, beans and other non-dairy sources of protein
Eat moderate amounts only.
About 2 or 3 portions a day.
Good for protein, minerals, vitamins.
Pulses (beans, lentils) are a good alternative to meat.

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What is healthy plate?

Task

Create a healthy food plate including labels of the food groups.

Food Groups

protein

fats and sugars

milk and dairy

fruit and vegetables

carbohydrates

