



EAT WELL

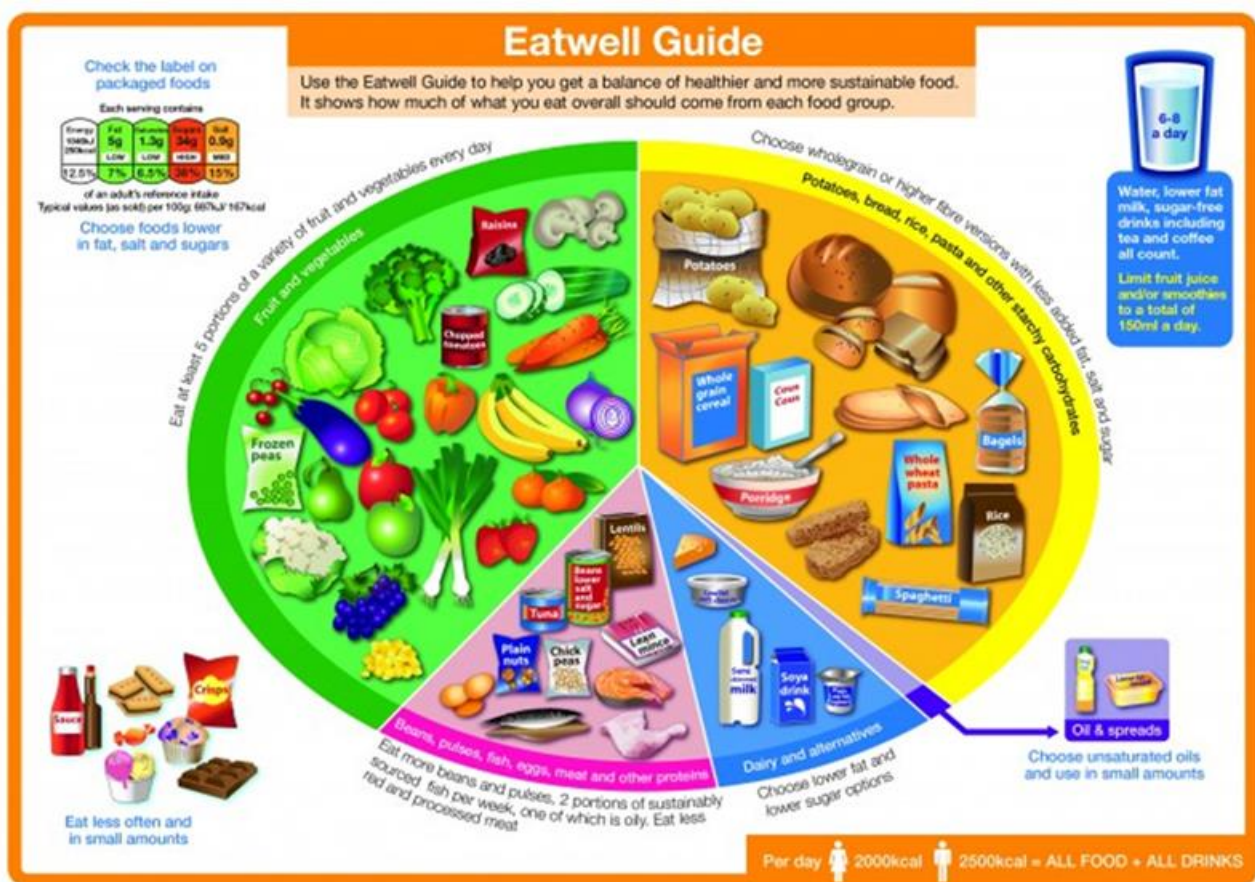
Session 1 – Early Years

The Eatwell Guide shows us the different types of foods that we need to keep our body fit and healthy – it's a model of healthy eating. Show the children the Eatwell Guide, ideally on a large screen/poster, and ask them to tell you the names of some of the foods they see. Explain that the bigger sections are foods we should eat more of. We should try and have a variety of foods as they all help our bodies in different ways.

Ask the children to tell you their favourite foods and see if they can find which food group colour they will go into. Encourage good choices and talk about why some of our choices might fall outside the circle and are foods that we should eat less often and in smaller amounts.

Drawing Task

The children can draw a picture of themselves with family/friends eating foods that they enjoy.





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Session 1 – Key Stages 1 & 2

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Introduce the names of the four main food groups:

Yellow = Carbohydrates: any type of bread, pasta, rice, couscous, noodles or potatoes. These foods give us energy.

Green = Fruit and Vegetables: any type of fruit and vegetables. These contain vitamins and minerals to keep us fit and healthy.

Pink = Protein: different meats, fish, eggs or a non-dairy protein such as lentils and chickpeas. These foods help us grow properly and build strong muscles.

Blue = Dairy: different types of dairy foods made from milk such as cheese, yoghurt and fromage frais. These foods help us build strong bones and teeth.

Corners Game

You will need:

- A list of foods covering all food groups including some 'eat less' ones
- A4 sheets with the names of the four main food groups

This can be played outside or in. Create an area where each corner represents the FOUR main food groups – carbohydrates, fruit and veg, dairy and protein. Call out a food and the children have to run to the appropriate area. For example, for 'fish fingers' everyone should run to the pink protein corner.



Once the children understand the game, they can take it in turns calling out foods. If they call out a food from the high fat/sugar/salt group everyone must do star jumps or something similar!

Encourage discussion if a food covers more than one group such as pizza or a sandwich. These are called 'composite' foods.



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Session 2 – Early Years/ Key Stage 1

What am I?

This is an opportunity for children to think about, explore and maybe taste different foods. Remind children of the different food groups and how each one can help our bodies in different ways and how it is important to eat a variety of foods to be healthy.

Have five (or more) different foods hidden in separate bags. They should each be from a different food group. Examples could be:

Apple (Fruit and Veg)

Slice of bread (Carbohydrates)

Yoghurt (Dairy)

Can of tuna or baked beans (Protein)

Bag of Crisps (Foods to be eaten less often)



Take a bag and look inside. Describe what the food looks like (shape, colour, texture) and when it could be eaten. If the food is in packaging then you would talk about its appearance when taken out. The children need to try and guess before seeing it. When they have guessed, remind them of the food group it belongs to. If appropriate, the children could taste the foods.

Extension – Children could think of a food and describe it to the other children for them to guess what it is.

Create your own Eatwell Super Hero

Choose one of the food groups and make up a super hero who has special powers because they eat foods in that group. For example, Captain Carbohydrate has incredible energy so he can outrun all his enemies. Dan Dairy can bite through metal with his extra strong teeth and Protein Powerman has giant muscles to pick up his enemies and throw them away!

Discuss the following things:

What is their name? What do they look like?

What special powers do they have? What is their favourite food?

Task

Draw a picture of your Super Hero and/or write a story about an adventure that they have had.





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Session 2 - Key Stage 2

Word Association Game

Remind children of the different food groups and how each one can help our bodies in different ways and how it is important to eat a variety of foods to be happy and healthy.

Show pictures of foods from each group (provided or you can choose your own) and ask the children to think of all the different variations of and ways that the food can be eaten and cooked.

For example:

Carrots – soup, cake, crudites

Chicken – soup, drumsticks, roast, sandwich, nuggets

Potatoes – jacket, boiled, chips, roast

Milk – on cereal, milkshake, smoothies, by itself, rice pudding

Discuss which the children prefer and talk about which are the healthier versions.

Extension – children could think of other foods that can be in different forms

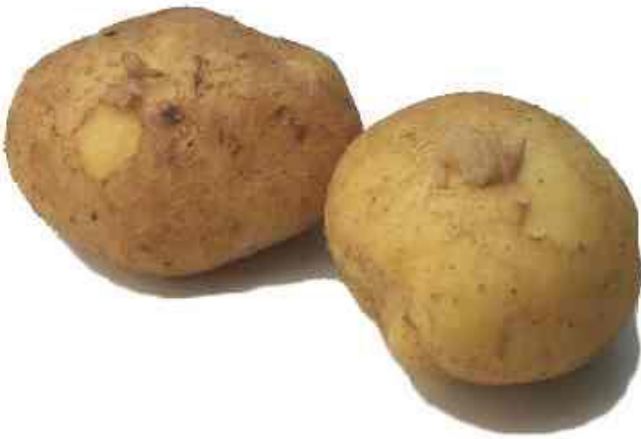
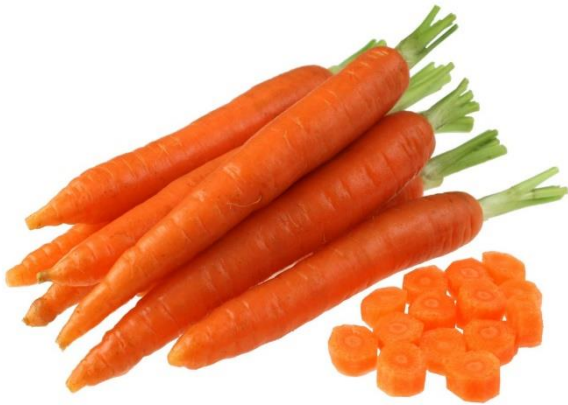
Yes/No Game (post-it notes required)

Each child chooses a food and writes it onto a post-it note. They then stick this onto the back of someone else who has to guess what it is by asking questions that can only be answered yes/no such as: Am I vegetable? Am I in the dairy food group? Would you have me for breakfast? Do I make a good sandwich filling?





Word Association Game





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Session 3 - Paper Plate Meals

You will need:

Paper plates (although plain paper is fine)

Coloured pencils/pens

What I ate yesterday template (KS2) – print out below.

Dinner A and B cards – PhunkyFoods Healthier Choice Cards – print out below.

Talk to the children about the main points of the Eatwell Guide and see if they can remember the following:

- What are the food groups of the Eatwell Guide
- Which foods we should try and eat more of
- Which foods we should aim for less of
- Why it is important to eat a variety of food

Then talk about what we mean by eating a **balanced** meal. It should have a good selection of healthy foods from the different food groups.

Show the children pictures of two dinners (below) – can they decide which one is healthier? Ask them to give you reasons and talk it through together. Do they think it would be easy to make some small changes to their own meals to make them healthier?

Early Years

Ask the children draw a meal that they would enjoy on their paper plate.

Encourage good choices.

Key Stage 1

Ask the children to think about their favourite meals and any changes they may now make. For example, having a jacket potato instead of chips. They can draw their healthy meal on a paper plate.



Key Stage 2

The children can complete the 'What I Ate Yesterday' template to think about their current eating habits. Is there anything they might change in light of this week's discussions? They can then plan a balanced meal (tea/dinner) and draw it onto a paper plate.

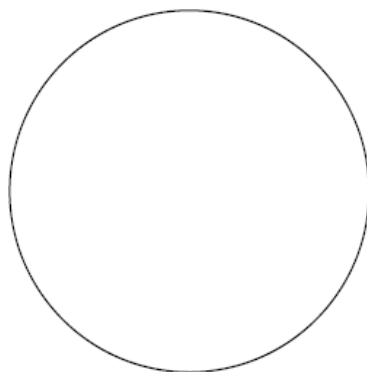
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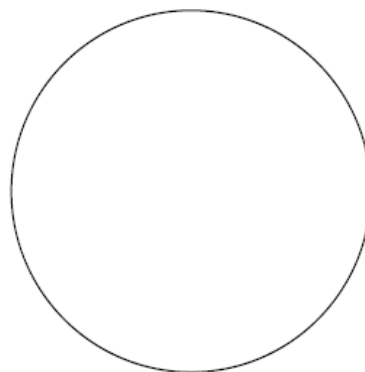
WHAT I ATE YESTERDAY



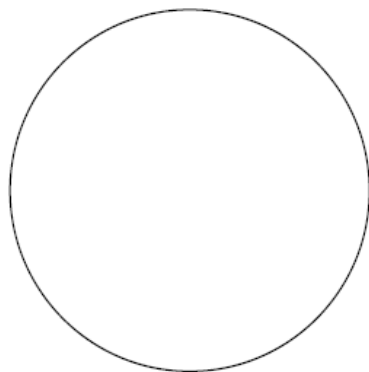
Breakfast



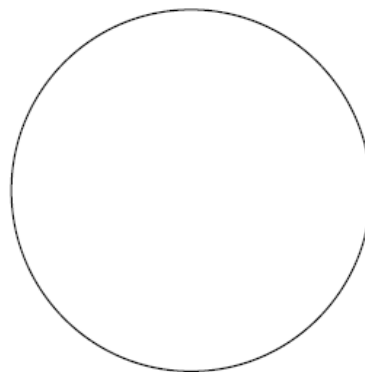
Snacks



Lunch



Dinner





Dinner 1a



PhunkyFoods Healthier Choices



Dinner 1b



PhunkyFoods Healthier Choices