

2 Healthy Eating

Time Taken:
20 Minutes



Objectives

This section will introduce participants to the topic of Healthy Eating.

Please note: this is a general introduction into the types of food we should be eating. We will cover each food group separately in subsequent workshops.

The Food Pyramid/
Eatwell Guide

2

**What
will we
learn?**

3

Food Groups

1

Healthy Eating

4

Task Time

Step 1

Healthy Eating

Inform participants that today's topic will be healthy eating. Ask participants: *Do you think it is important to have a healthy diet? Why?*

Step 2

The Food Pyramid

We use the food pyramid to help us to make healthy food choices. *Has anyone seen the food pyramid before?*

The Eatwell Guide

We use the Eatwell Guide to help us to make healthy food choices. *Has anyone seen the Eatwell Guide before?*

Use the poster of the food pyramid as an aid - stick it up on a wall or place it in an area visible to all participants.

Food Pyramid



Explain the following:



- The bottom shelf of the food pyramid is the largest – this means that our body needs more of the foods that are on this shelf.



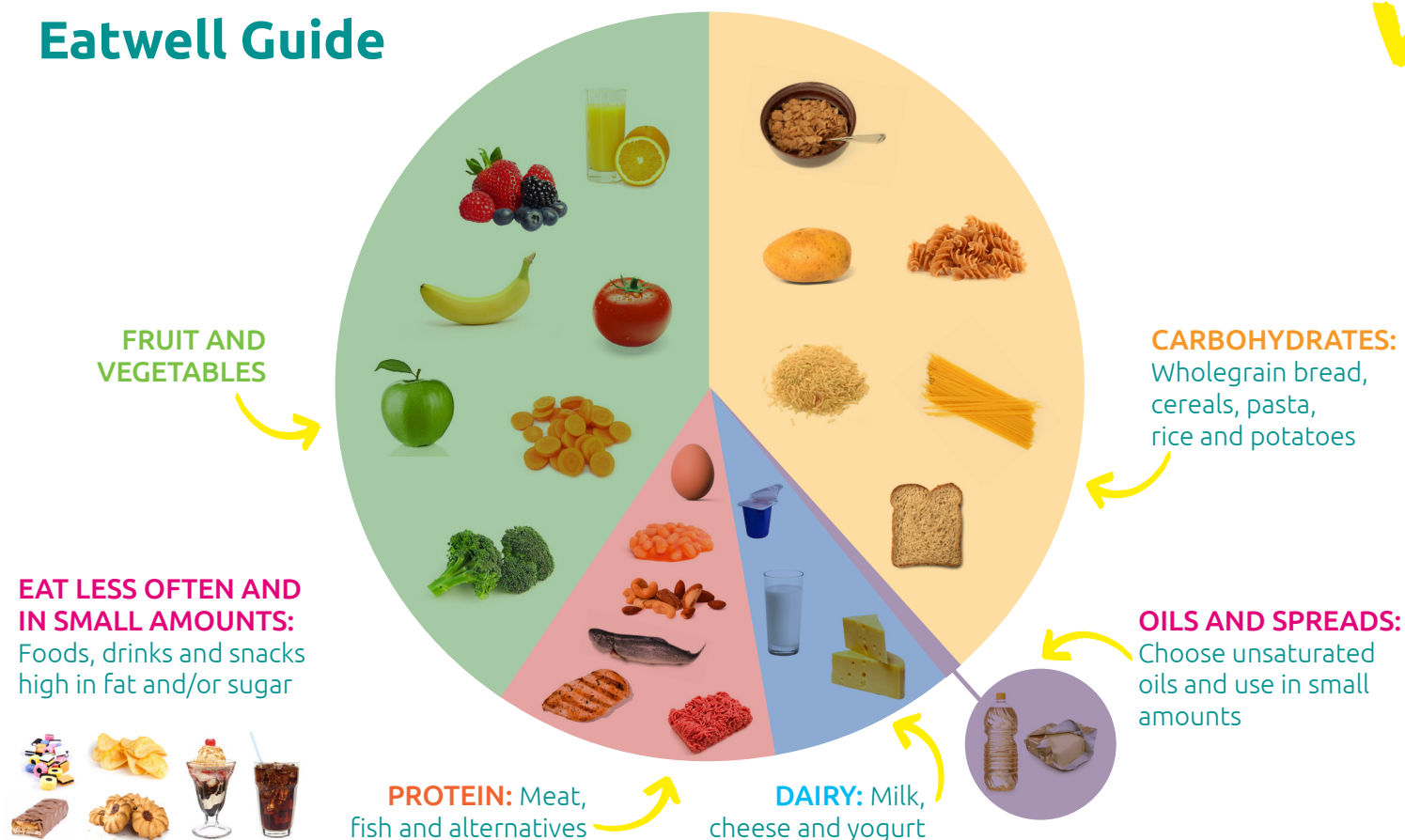
- As we go up the food pyramid the shelves get smaller this means our body needs less of these foods.



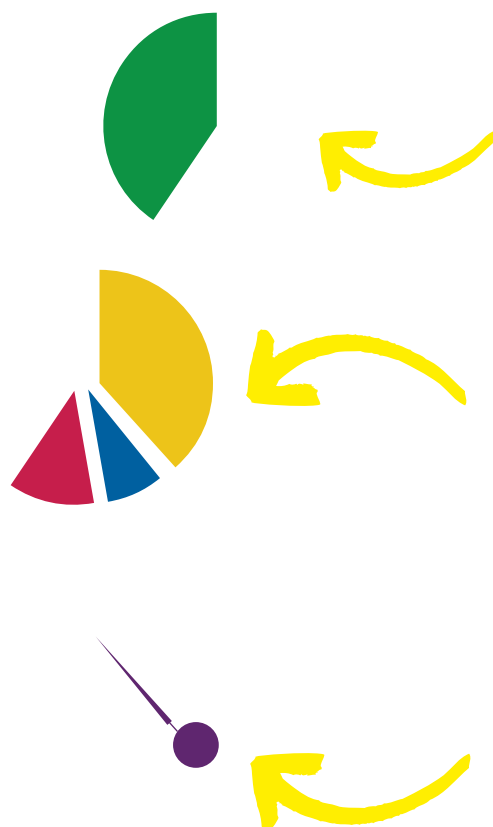
- The shelves at the top are the smallest and this means we should eat very small amounts of foods from these shelves.

Use the poster of the Eatwell Guide as an aid - stick it up on a wall or place it in an area visible to all participants.

Eatwell Guide



Explain the following:



- The biggest segment of the Eatwell Guide is the fruit and vegetables this means that our body needs more of the foods that are on this segment.
- The carbohydrate, protein and dairy segments are smaller this means our body needs less of these foods.
- The smallest segment is the oils and spreads, this means we should eat very small amounts of these foods.

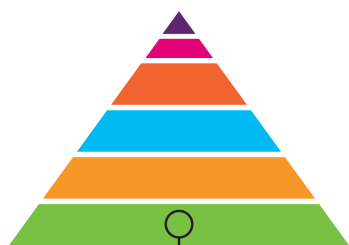
Step 3

Food Groups

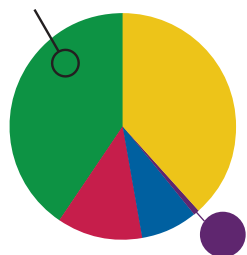
Next explain the shelves/segments of the food pyramid/
Eatwell Guide.

The biggest part is the **Fruit and Vegetable** section.

We should eat **5-7** portions of foods from this section every day.

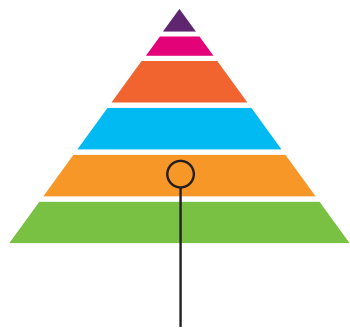


Fruit and
Vegetable
Shelf/Segment

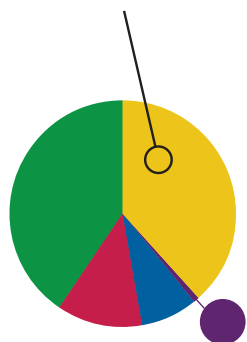


These foods are:

- Fruit (including fresh, frozen, tinned and dried).
- Vegetables (including fresh, frozen and tinned).



Carbohydrate
Shelf/Segment



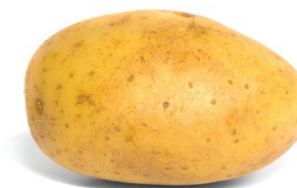
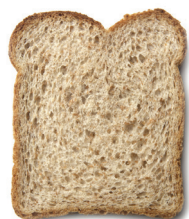
The next biggest part is the **Carbohydrate** section.

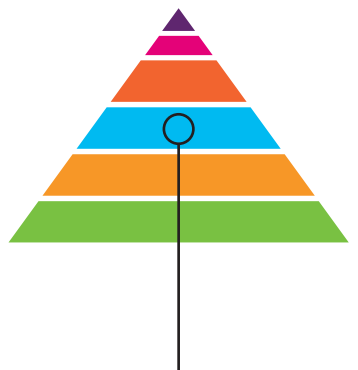
We need **3-5** portions of food from this section every day.

3-5

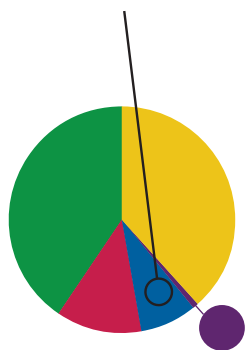
These foods are:

- Bread (including pitta, wraps, bagels and rolls).
- Breakfast Cereal (including porridge).
- Pasta.
- Rice.
- Potatoes.





Dairy
Shelf/Segment



The next part is the **Dairy** section.

We should eat **2-3** portions of foods from this section every day.



These foods are:

 Milk.

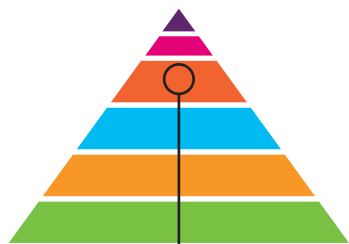
 Cheese.

 Yogurt.

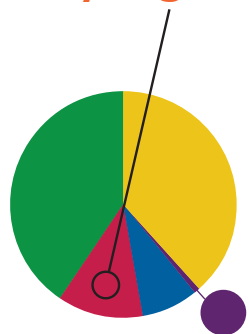
Please note:

Teenagers and pregnant/breastfeeding women need **5** portions every day.








**Protein
Shelf/Segment**






The next part is the **Protein** section.

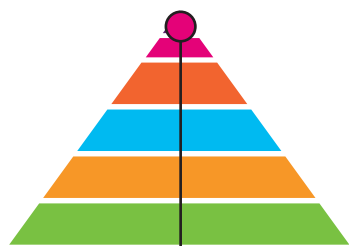
We should eat 2-3 portions from this section every day.

These foods are:

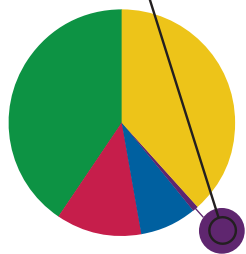
-  Meat.
-  Eggs.
-  Nuts.

-  Fish.
-  Beans/Peas/Lentils.
-  Tofu/Quorn.





Smallest
Shelf/Segment



The last part is the Foods high in Fat, Sugar and Salt.

We should eat very small amounts of foods from this section.

These foods are:

- Sweets.
- Cakes.
- Crisps.
- Butter/Spreads/Oils.
- Chocolate.
- Sugar.
- Biscuits.



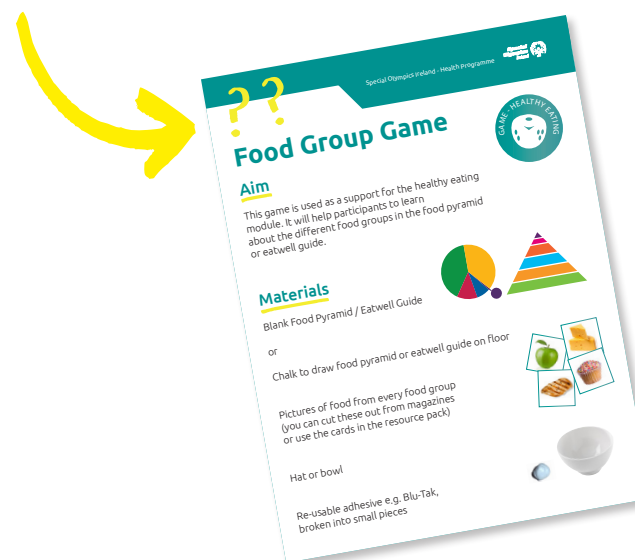
Step 4

Task Time

Choose one or more of the accompanying games to use with participants.

Games include:

- Go Fish Game.
- Food Pyramid/Eatwell Guide Game.



Food & Water Diary:

- Introduce participants to the Food & Water Diary and show them how to use it.
- As a task for the next session, ask participants to keep track of the food that they eat for one week on the diary.

