

PSHE 22.2.21

Wednesday, February 10, 2021 2:06 PM

Healthy Me

Think about:

What makes up a balanced diet?

Why is it important to have a balanced diet?

Answer:

Why don't we just eat fruit and vegetables, if we know they are good for us?

Answer:

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



What do you notice about the carbohydrate and fruit/vegetables sections?

Why do we need carbohydrates?

What are the benefits of eating fruit and vegetables?

What do you notice about the protein and dairy sections?

Answer:

<https://www.nhs.uk/live-well/eat-well/5-a-day-what-counts/>

Almost all fruit and vegetables count towards your 5 A Day, so it may be easier than you think to get your recommended daily amount.

At a glance: what counts?

- **80g of fresh, canned or frozen fruit and vegetables** counts as 1 portion of your 5 A Day. Opt for tinned or canned fruit and vegetables in natural juice or water, with no added sugar or salt.
- **30g of dried fruit** (this is equivalent to around 80g of fresh fruit) counts as 1 portion of your 5 A Day. Dried fruit should be eaten at mealtimes, not as a between-meal snack, to reduce the risk of tooth decay.

Some portions only count once in a day:

- **150ml of fruit juice, vegetable juice or smoothie.** Limit the amount you drink to a combined total of 150ml a day. Crushing fruit

and vegetables into juice and smoothies releases the sugars they contain, which can damage teeth. Juices and smoothies should be consumed at mealtimes, not as a between-meal snack, to reduce the risk of tooth decay.

- **80g of beans and pulses**. These only count once as part of your 5 A Day, no matter how many you eat. This is because although they're a good source of fibre, they contain fewer nutrients than other fruits and vegetables.

Challenge:

Draw and write about how you will improve your lifestyles, specifically your diets, by:

- * stopping something
- * starting to do something
- * continue something good that you already do.