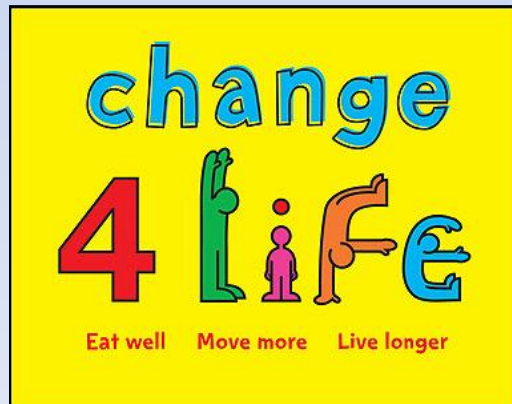# Eat Well...Stay Well!

Why do we need food?

Food gives us <u>energy</u> to be able to do things during the day.

Food keeps us <u>healthy</u> and help us <u>grow</u>.

What should we be Eating??

Fruit & vegetables

Bread, rice, potatoes, pasta

Meat, fish, eggs, beans

Milk & dairy foods

Foods & drinks high in fat and/or sugar

Fruit and Vegetables

Help to keep your body **healthy**, to **grow and repair**, and **help to fight infections.**

Carrots, Apples, Broccoli, Grapes, Peppers, Strawberries

Eat at least 5 everyday!!

Bread, Rice, Potatoes & Pasta
and other starchy foods

These foods give us lots of <u>energy</u> for sports and moving.

Bread, Rice, Potatoes, Pasta, Cereal

You should eat <u>lots</u> of these foods everyday.

Milk and Dairy

These foods help our bodies to grow and repair and makes our bones and teeth strong.

Milk, Yoghurt, Cheese

We should eat 2-3 everyday.

Meat, Fish, Eggs and Beans

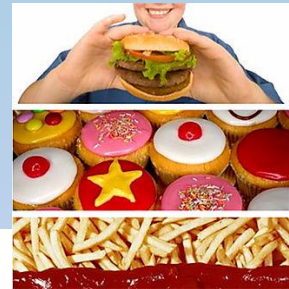**These foods help the body to _grow_ and _repair_ itself and keep _hair, skin, muscles and nails strong._**

Sausages, Beans, Ham, Cod, Eggs, Beef, Chicken.

We should eat some foods from this group every day.

Fatty and Sugary Food & Drink

These foods provide the body with <u>energy</u>, <u>warmth</u> and <u>insulation around vital organs</u>.

Contain Fat and Sugar

Cakes, Biscuits, Coca Cola, Chips, Cream, Ice Cream, Sugar

We only need <u>very small</u> amounts of these foods.

Can I eat unhealthy food?

We can eat **some unhealthy** food but **not too much**.

Eating lots of unhealthy food can make us put on **weight**, makes us very **tired**, can make us **ill**, and our **bodies unhealthy**.

We should try to eat **lots of healthy food.**

How can it all go together?

Shepherd's Pie

Fruit and Vegetables
Peas and Carrots

Bread, Rice, Potatoes & Pasta
Mashed Potatoes

Milk and Dairy
Sprinkle of cheese on top

Meat, Fish, Eggs and Beans
Minced Beef
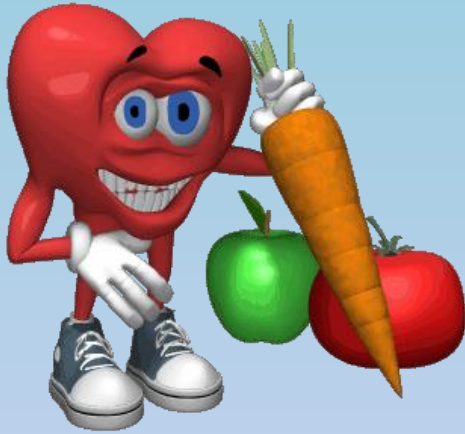
Fatty and Sugary Food & Drink
Splash of olive oil for frying the meat

Water

- Healthy skin.

- Helps blood to move around your body.

- Controls body temperature.

- Helps to go to the toilet.

Remember!!

Good food keeps our whole body healthy.

It gives us lots of energy and helps us grow.

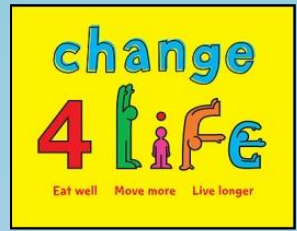It can also help us fight off infections.

Unhealthy food can affect our whole body in a bad way.

We can end up feeling tired and lacking in energy.

It can also make us feel ill.

Keeping Active

change 4 life
Eat well   Move more   Live longer

Strong heart

Fight infections

Makes you happy

Helps you to sleep

Helps you to be good at sport

Top Tips!

- Eat lots of different types of foods.

- Drink plenty of fluids; e.g. water, milk and fruit juice.

- Keep active!

- Enjoy your food!