

# Healthy Eating Meal Plan

## National Curriculum Objectives:

English Year 3/4: Retrieve and record information from non-fiction. [More resources with this objective.](#)

## Differentiation for Challenge Activity:

**Section A** Fill in the missing word in six questions using a word bank.

**Section B** Find the answer to six questions from the text.

**Section C** Determine whether seven statements are true or false.

**Section D** Support four claims with evidence from the text.

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## Healthy Eating Meal Plan

When you are growing, it is important that your body gets the right nutrients. Your bones and muscles are developing, so they need certain foods and drinks to help them. You can make choices of what you eat and drink to help you grow healthy and strong.

Seven- and eight-year-olds need between 1,200 and 2,000 calories per day, depending on their height and how active they are.

Most of your calories should come from:

- Fat – mostly healthy fats like the fats found in olive oil, fish and nuts
- Carbohydrates – mostly wholemeal carbohydrates like brown rice and wholemeal bread
- Protein – mostly lean protein, like fish or chicken

**E: (Q1) Why is it important to choose healthy things to eat and drink?** To grow healthy and strong.

**D: (Q5) What are the three types of food that most calories should come from?** Fat, carbohydrates and protein

**S: (Q9) How many calories per day should a seven- or eight-year-old have?** Between 1,200 and 2,200

**M: (Q13) How many calories should a tall, very active, eight year old have per day?** 2,000

### Breakfast

A nutritious, balanced breakfast will keep you energized and satisfied all morning. Why not try a fruit smoothie made with ice, strawberries, blueberries and bananas, or a bowl of porridge or yogurt with sliced apples and a sprinkle of cinnamon?

### Lunch

Greasy foods like chips and burgers are okay to eat once in a while, but try to balance them with other healthier options, like carrot sticks or an apple. Keep your choices varied, fresh and tasty. A healthy lunch is high in protein, vegetables, fruit and fibre, but low in fat, salt and sugar. For example:

- A wholemeal turkey sandwich with lettuce and tomato, pretzels or wholemeal crackers, and fresh veggies with guacamole to dip them into

or

- Chicken and peppers in a wholemeal pitta bread with a few cherry tomatoes and an apple

**E: (Q2) When should you eat greasy foods like chips or burgers?** Once in a while

**D: (Q6) What should your food be low in?** Fat, salt and sugar

**S: (Q10) What should your food choices be?** Varied, fresh and tasty, high in protein, vegetables, fruit and fibre, but low in fat, salt and sugar.

**M: (Q14) What would be a good way of balancing having a burger?** Trying to balance them with other healthier options, like carrot sticks and an apple.

## Dinner

Helping an adult to prepare your food is fun. Challenge yourself to make healthy changes to your favourite foods! For example: if you love lasagne, make it with wholemeal pasta, just a sprinkle of cheese, turkey mince and plenty of veggies, like broccoli and mushrooms. Serve the lasagne with a large helping of salad. Here are some other ways to turn your favourite foods into healthier choices:

- Make a homemade pizza using wholemeal crust, chicken pieces and your favourite veggies, then top with a bit of cheese

or

- Try homemade burgers made with turkey mince served in a wholemeal bread bun, with a side of 'veggie-fries' instead of chips.

## Snacks

Try to keep snacks to two or three times a day. Eating crisps or sweets is fine, but try not to eat them every day! Some healthy snack choices include:

- Vegetable sticks
- Fruit
- Yoghurt

**E: (Q3) How many times a day should you have a snack if you're hungry?** Two to three times

**D: (Q7) What could you eat instead of crisps and sweets?** Healthy choices: vegetable sticks, fruit or yoghurt

**S: (Q11) Why do you think it would be good to swap chips for veggie-fries every now and again?** Personal answer, i.e. 'Veggie-fries have less fat than chips.'

**M: (Q15) Why do you think making homemade meals instead of shop-bought food can be healthier?** Personal answer, i.e. 'If you make the food yourself, you know/can control what is added. If food is shop-bought it can have extra salt/sugar added.'

What we eat isn't all that's important! Think about what you are drinking, too. Don't always drink fizzy-pop and juice drinks – drink water instead! Water helps our body in many ways: It carries nutrients to cells; It helps to remove waste products from our major organs; it helps us to control our body temperature. Water is constantly being lost from our body (when we go to the toilet, when we breathe and when we sweat) so if we don't drink enough we become dehydrated. Dehydration can cause tiredness, headaches, lack of concentration, and dry skin. If you're taking part in sports or if the weather is warm it is important to drink extra water.

A balance of nutritious foods help you to grow strong and healthy. Eating a variety of nutritious foods can help you stay healthy for the rest of your life.

**E: (Q4) What is the best thing to drink for your body?** Water

**D: (Q8) Name one example of how water helps our bodies.** One of the following: It carries nutrients to cells; It helps to remove waste products from our major organs; It helps us to control our body temperature.

**S: (Q12) What can be the problem if you don't drink enough water?** You become dehydrated.

**M: (Q16) Why is it important to eat a balance of nutritious foods?** They will help you to grow strong and healthy.

## Healthy Eating Meal Plan

When you are growing, it is important that your body gets the right nutrients. Your bones and muscles are developing, so they need certain foods and drinks to help them. You can make choices of what you eat and drink to help you grow healthy and strong.

Seven- and eight-year-olds need between 1,200 and 2,000 calories per day, depending on their height and how active they are.

Calories should come from:

- Fat – mostly healthy fats like the fats found in olive oil, fish and nuts.
- Carbohydrates – mostly wholemeal carbohydrates like brown rice and wholemeal bread.
- Protein – mostly lean protein, like fish or chicken.

### Breakfast

A nutritious, balanced breakfast will keep you energized and satisfied all morning. Why not try a fruit smoothie made with ice, strawberries, blueberries and bananas, or a bowl of porridge or yogurt with sliced apples and a sprinkle of cinnamon?

### Lunch

Greasy foods like chips and burgers are okay to eat once in a while, but try to balance them with other healthier options, like carrot sticks or an apple. Keep your choices varied, fresh and tasty. A healthy lunch is high in protein, vegetables, fruit and fibre, but low in fat, salt and sugar. For example:

- A wholemeal turkey sandwich with lettuce and tomato, pretzels or wholemeal crackers, and fresh veggies with guacamole to dip them into
- or
- Chicken and peppers in a wholemeal pitta bread with a few cherry tomatoes and an apple.

### Dinner

Helping an adult to prepare your food is fun. Challenge yourself to make healthy changes to your favourite foods! For example: if you love lasagne, make it with wholemeal pasta, just a sprinkle of cheese, turkey mince and plenty of veggies, like broccoli and mushrooms. Serve the lasagne with a large helping of salad. Here are some other ways to turn your favourite foods into healthier choices:

- Make a homemade pizza using wholemeal crust, chicken pieces and your favourite veggies, then top with a bit of cheese
- or
- Try homemade burgers made with turkey mince served in a wholemeal bread bun, with a side of 'veggie-fries' instead of chips.

## Snacks

Try to keep snacks to two or three times a day. Eating crisps or sweets is fine, but try not to eat them every day! Some healthy snack choices include:

- Vegetable sticks
- Fruit
- Yoghurt

What we eat isn't all that's important! Think about what you are drinking, too. Don't always drink fizzy-pop and juice drinks – drink water instead! Water helps our body in many ways: It carries nutrients to cells; It helps to remove waste products from our major organs; it helps us to control our body temperature. Water is constantly being lost from our body (when we go to the toilet, when we breathe and when we sweat) so if we don't drink enough we become dehydrated. Dehydration can cause tiredness, headaches, lack of concentration, and dry skin. If you're taking part in sports or if the weather is warm it is important to drink extra water.

A balance of nutritious foods help you to grow strong and healthy. Eating a variety of nutritious foods can help you stay healthy for the rest of your life.

## Section A

1. Why is it important to choose healthy things to eat and drink?

2. When should you eat greasy foods like chips or burgers?

3. How many times a day should you have a snack if you're hungry?

4. What is the best thing to drink for your body?

**Section B**

5. What are the three types of food that most calories should come from?

6. What should your food be low in?

7. What could you eat instead of crisps and sweets?

8. Name one example of how water helps our bodies.

**Section C**

9. How many calories per day should a seven- or eight-year-old have?

10. What should your food choices be?

11. Why do you think it would be good to swap chips for veggie-fries every now and again?

12. What can be the problem if you don't drink enough water?



**Section D**

13. How many calories should a tall, very active, eight year old have per day?

14. What would be a good way of balancing having a burger?

15. Why do you think making homemade meals instead of shop-bought food can be healthier?

16. Why is it important to eat a balance of nutritious foods?

## Healthy Eating Meal Plan – Challenge Activity

### Section A

Fill in the missing words from the sentences:

1. When you are  it is important that your body gets the right nutrients.
2. A nutritious, balanced  will keep you energized and satisfied all morning.
3. Greasy foods like chips and burgers are OK to eat once in a .
4. Try to make healthy  to your favourite foods
5.  helps our body in many ways.
6. A balance of  foods help you to grow strong and healthy.

changes

Water

growing

nutritious

breakfast

while

### Section B

Find the answer from the text:

How many calories should a seven-to-eight-year-old consume in a day?	
What three fruits does the recipe for a breakfast smoothie contain?	
What does the meal plan suggest you serve with lasagne?	
What should you drink instead of always drinking fizzy-pop and juice drinks?	
What can dehydration cause as well as headaches, lack of concentration, and dry skin?	
What should you do if you're taking part in sports or if the weather is warm?	

## Healthy Eating Meal Plan – Challenge Activity

### Section C

Determine whether each statement is true or false.

<u>Statement</u>	<u>True</u>	<u>False</u>
This meal plan is designed for children in Key Stage 1.		
Calories should come from fat, carbohydrates and protein		
Always keep your meal choices the same, fresh and tasty.		
Try to make healthy changes to your favourite foods.		
Eating crisps or sweets is fine, try to eat them every day.		
Water is constantly being lost from our body (when we go to the toilet, when we breathe and when we sweat)		
Eating a variety of nutritious foods can help you stay healthy for the rest of your life.		

### Section D

Support these claims with evidence from the text:

<u>Claim</u>	<u>Support from the text</u>
It is important that your body gets the right nutrients.	
Everyone should eat breakfast.	
Drink water.	
Eat healthy food.	

## Healthy Eating Meal Plan – Challenge Activity

### Section A

Fill in the missing words from the sentences:

1. When you are **growing** it is important that your body gets the right nutrients.
2. A nutritious, balanced **breakfast** will keep you energized and satisfied all morning.
3. Greasy foods like chips and burgers are OK to eat once in a **while**.
4. Try to make healthy **changes** to your favourite foods
5. **Water** helps our body in many ways.
6. A balance of **nutritious** foods help you to grow strong and healthy.

changes

Water

growing

nutritious

breakfast

while

### Section B

Find the answer from the text:

How many calories should a seven-to-eight-year-old consume in a day?	1,200 – 2,000
What three fruits does the recipe for a breakfast smoothie contain?	Strawberries, blueberries and bananas
What does the meal plan suggest you serve with lasagne?	A large helping of salad
What should you drink instead of always drinking fizzy-pop and juice drinks?	Water
What can dehydration cause as well as headaches, lack of concentration, and dry skin?	Tiredness
What should you do if you're taking part in sports or if the weather is warm?	Drink more water

## Healthy Eating Meal Plan – Challenge Activity

### Section C

Determine whether each statement is true or false.

Statement	True	False
This meal plan is designed for children in Key Stage 1.		✓
Calories should come from fat, carbohydrates and protein	✓	
Always keep your meal choices the same, fresh and tasty.		✓
Try to make healthy changes to your favourite foods.	✓	
Eating crisps or sweets is fine, try to eat them every day.		✓
Water is constantly being lost from our body (when we go to the toilet, when we breathe and when we sweat)	✓	
Eating a variety of nutritious foods can help you stay healthy for the rest of your life.	✓	

### Section D

Support these claims with evidence from the text:

Claim	Support from the text
It is important that your body gets the right nutrients.	As you are growing, your bones and muscles are developing, so they need certain food and drink to help them.
Everyone should eat breakfast.	Eating a nutritious, balanced breakfast will keep you energized and satisfied all morning.
Drink water.	Water helps our body carries nutrients to cells; remove waste products from our major organs and helps us to control our body temperature.
Eat healthy food.	A balance of nutritious foods help you to grow strong and healthy. Eating a variety of nutritious foods help you stay healthy for the rest of your life.

## Whole Class Guided Reading – Teaching Guide

- The text is for the children to read. Give each pair a copy of the text (without questions) to read individually or as a whole class. This text has been aimed at Year 3 (Wales)/Primary 4 (Scotland)/Grade 2 (Australia).
- The teacher should use the teacher version. It shows you where to pause after each section and provides questions for you to ask. The colours refer to our levels so that you can direct specific questions at specific students in terms of difficulty (their version does not have these colours to show them which is which). The questions are also numbered in the order they appear on the comprehension sheet.
  - Beginner – (Red)
  - Easy – (Blue)
  - Tricky – (Orange)
  - Expert – (Green)
- The children can record their answers to the questions at the end of the shared read/discussion or in a different session by using the comprehension sheet. The questions have been re-grouped into abilities so that you can assign sections to specific children.
  - Section A – Beginner
  - Section B – Easy
  - Section C – Tricky
  - Section D – Expert