Healthy Eating

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Aim

- I can identify healthy and unhealthy food, and say how much of them I should eat.
- I can suggest ways to improve my diet.

Success Criteria

- I can say what is healthy about my diet.
- I can say how I could improve my diet.

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Healthy Eating Journal

We call the things that we eat, our 'diet'.

Looking at our diet can tell us if we are already eating healthily, or if we could improve our eating habits.

What good eating habits can you see in this Healthy Eating Journal?

How could we improve this diet to make it healthier?

Sample Sheet Healthy Eating Food Journal

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Chocolate cereal with milk	Toast and jam	Rice cereal with milk and sugar	Toast and chocolate spread	Cornflakes with milk	Eggs on toast	Chocolate cereal with milk
Lunch	Jam sandwich with a chocolate biscuit and a yoghurt	Chocolate spread roll with a cup cake and crisps	Cheese sandwich with an apple and jelly	Chicken sandwich with an orange and biscuits	Cheese pastry with cake and a yoghurt	Chicken soup with bread and butter	Sausage sandwich with ketchup
Dinner	Chicken, mashed potato and peas	Beef curry with rice and chapatti	Cheese pizza and garlic bread	Meatballs in tomato sauce with pasta	Fish fingers, chips and beans	Fish and chips	Roast beef with potatoes and gravy
Snacks	Banana Rice cake	Yoghurt Orange	Crisps Ice cream	Yogurt Cake	Crisps Apple Sweets	Popcorn Yogurt	Apple pie with custard Banana
Drinks	Milk Squash Water	Orange juice Milk Water	Squash Fizzy pop Water	Apple juice Milk Water	Squash Water	Fizzy pop Milk Water	Milk Hot chocolate Water

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Healthy Eating Journal

Look carefully at your Healthy Eating Journal to find three good healthy eating habits, and three ways you can improve your diet to make it more healthy.

Healthy Eating Journal Evaluation

Three good things about your diet:

_____

_____

_____

Three ways that you could make your diet better:

_____

_____

_____

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Health Menu Plan

You are going to design a menu for day of healthy eating.

You need to include:

Fruit, vegetables and starchy food at every meal and for snacks.

2-3 portions of meat, fish, beans or nuts.

2-3 portions of dairy food.

No more than 1 sugary or fatty treat.

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Health Menu Plan

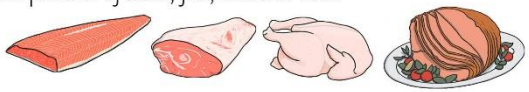
Healthy Menu Plan

Choose food that you would like to eat during a day of healthy eating. Draw them onto the plates and label them to plan a healthy menu.

Your menu should have:

Fruit, vegetables and starchy food at every meal and for snacks.

2-3 portions of meat, fish, beans or nuts.



2-3 portions of dairy food.

No more than 1 sugary or fatty treat.

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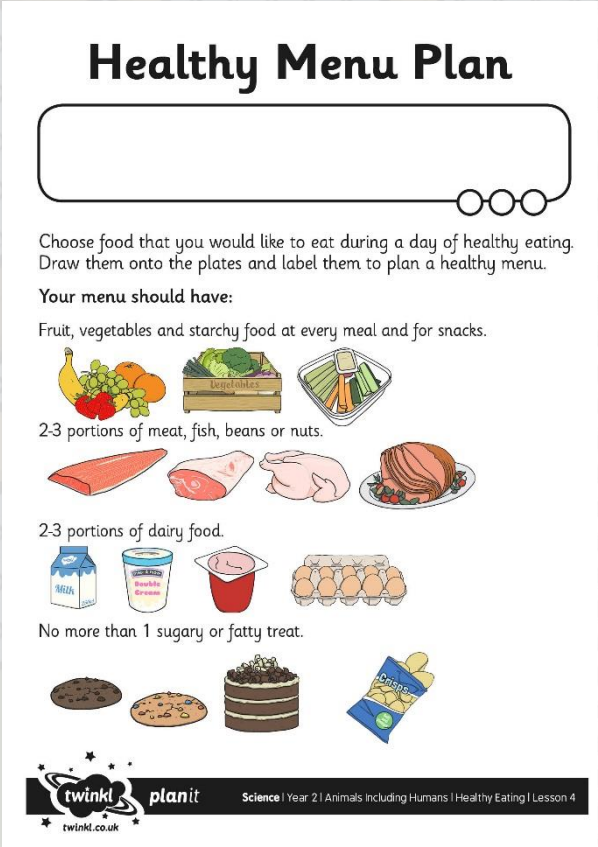
What's on the Menu?

What have you chosen to be on your Healthy Menu Plan? Why?



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Aim

- I can identify healthy and unhealthy food, and say how much of them I should eat.
- I can suggest ways to improve my diet.

Success Criteria

- I can say which foods are healthy and which are less healthy.
- I can design a menu that has the right amount of each food type.

- I can say what is healthy about my diet.
- I can say how I could improve my diet.

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