

# Eating healthily Project



What does it mean to have a healthy lifestyle? Play the video to find out.

<https://www.bbc.co.uk/bitesize/topics/zrffr82/articles/ztsqfcw>



What 3 things are mentioned in the video that help us all stay healthy?



Answer the quiz to see how much you remember about staying healthy.

<https://www.bbc.co.uk/bitesize/topics/zrffr82/articles/ztsqfcw>



2

Question 2 of 5

What does sleep help the body to do?

recover and recharge

survive without water

survive on sweets


What did you score?

Your Result

5/5

+	Answer 1	✓
+	Answer 2	✓
+	Answer 3	✓

+	Answer 4	✓
+	Answer 5	✓



How do you keep healthy?  
Draw or write the things that you do.

Moving your body

What your favourite activity  
that makes you move?

Getting enough sleep

What's one thing do you do  
before bed that helps you  
sleep?

Learning new  
things

What is the one new thing  
you've learned recently?

Eating healthy  
foods

What is your favourite  
healthy snack?

We know from our learning that a balanced diet is eating a variety of different types of food during the day and throughout the week.







Different food help  
to keep up healthy  
in different ways.

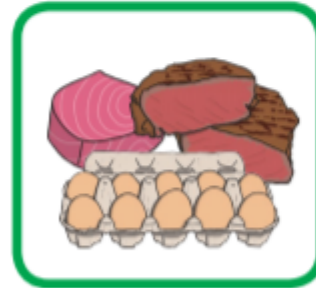
Can you match the  
foods to how they  
help us stay  
healthy.



I should eat  
these for  
energy



I should eat  
these to help  
me grow



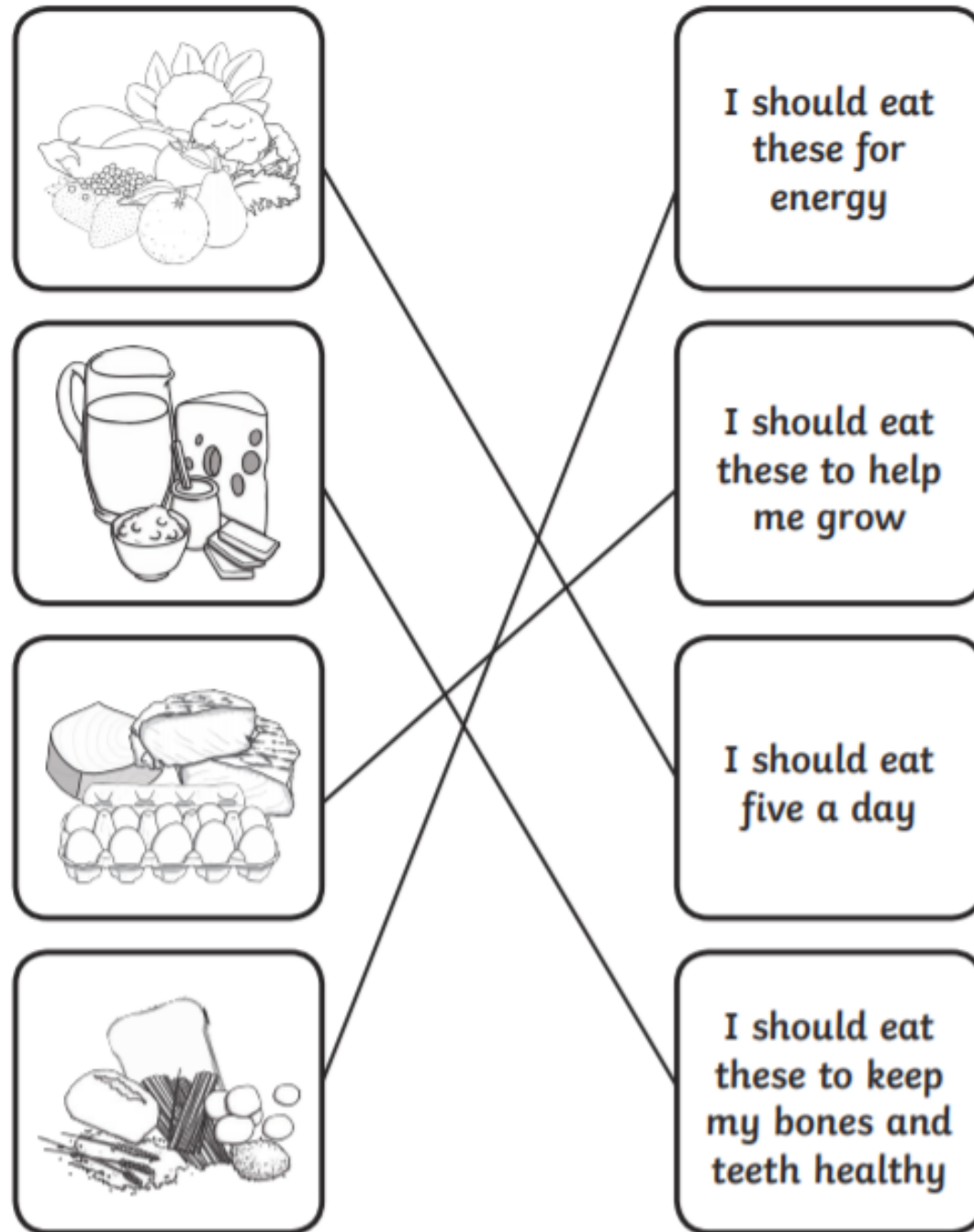
I should eat  
five a day



I should eat  
these to keep  
my bones and  
teeth healthy



## Answers.



Which foods should be eaten often and which do you think you should eat occasionally.

<input type="checkbox"/> apple 	<input type="checkbox"/> tangerines 	<input type="checkbox"/> lollies 	<input type="checkbox"/> avocado 
<input type="checkbox"/> cake 	<input type="checkbox"/> banana 	<input type="checkbox"/> fish and chips 	<input type="checkbox"/> chocolate 
<input type="checkbox"/> nuts 	<input type="checkbox"/> mousse 	<input type="checkbox"/> blueberries 	<input type="checkbox"/> burger 
<input type="checkbox"/> fizzy drinks 	<input type="checkbox"/> broccoli 	<input type="checkbox"/> salad 	<input type="checkbox"/> brussels sprouts 
<input type="checkbox"/> salmon 	<input type="checkbox"/> donuts 	<input type="checkbox"/> salmon 	<input type="checkbox"/> mandarin 
<input type="checkbox"/> carrots 	<input type="checkbox"/> Hotdog 	<input type="checkbox"/> watermelon 	<input type="checkbox"/> pizza 
<input type="checkbox"/> english breakfast 	<input type="checkbox"/> Kiwi 	<input type="checkbox"/> vegetables 	<input type="checkbox"/> strawberries 





*Your challenge is  
to plan and create a  
healthy snack or  
meal that you and  
your family will  
enjoy.*

# Things to think about.

What counts towards your 5 a day?

1 medium apple



= 1  
portion

7 cherry tomatoes



= 1  
portion

8 sprouts



= 1  
portion

2 handfuls of carrot sticks



= 1  
portion

1 banana



= 1  
portion

3 celery sticks

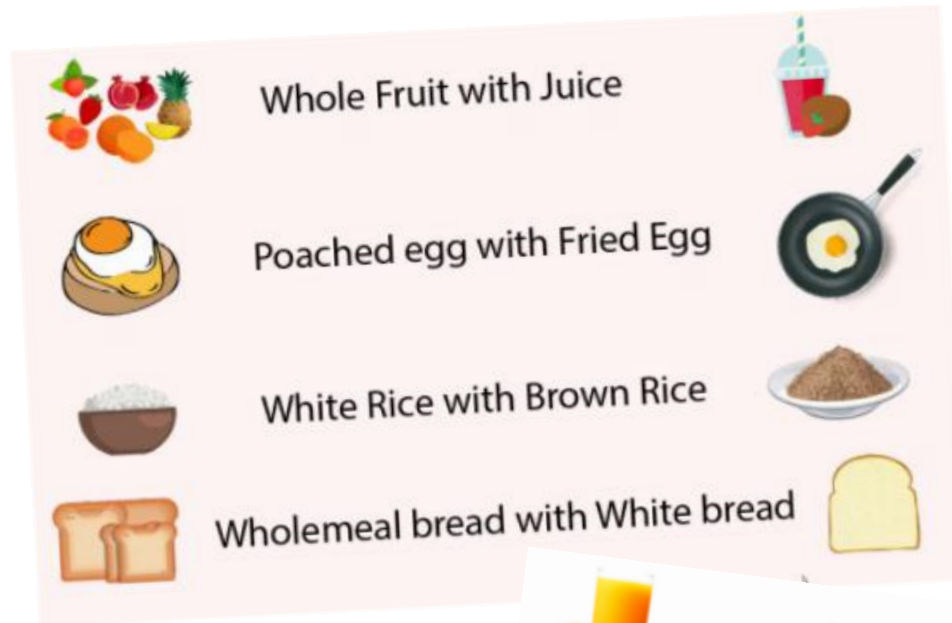


= 1  
portion



# Things to think about.

What foods can you swap to make a meal healthier?



Can you make one healthy swap when you plan your meal!

# Things to think about.

*Here are some ideas!*





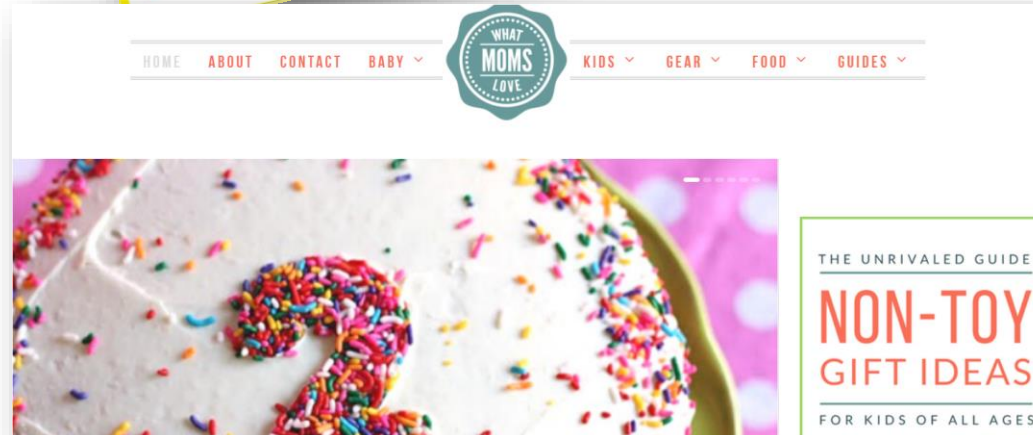
# Things to think about.

There are also lots of websites to help you come up with ideas for a healthy meal.

<https://cooktogether.change4life.co.uk/>



[https://www.youtube.com/watch?v=F6ehyV7kqv8&feature=emb\\_logo](https://www.youtube.com/watch?v=F6ehyV7kqv8&feature=emb_logo)

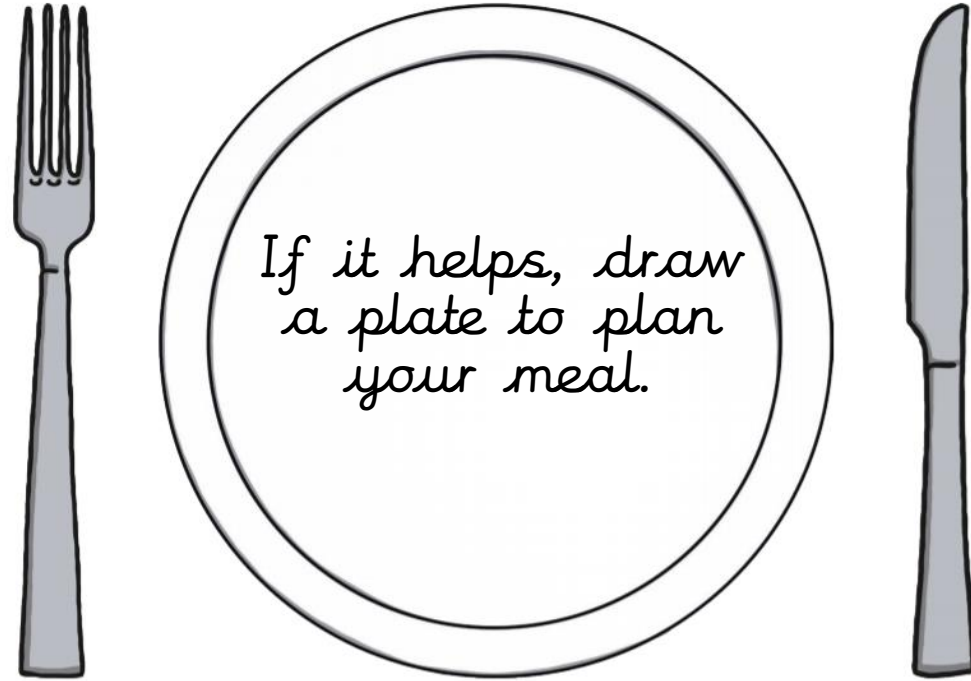


<https://whatmomslove.com/category/food/>

# Plan your meal or snack.

Plan your meal by drawing or writing a list of your ingredients and the cooking/ preparation method.

## Healthy Eating Meal Activity








Create your meal or snack.



Please make sure you have an adult to help you with this!

Take some pictures as you prepare and serve your meal and send these to your teacher.

Don't forget you'll also have to wash up!!!



Ask your family to rate  
your meal.

Taste



Healthiness



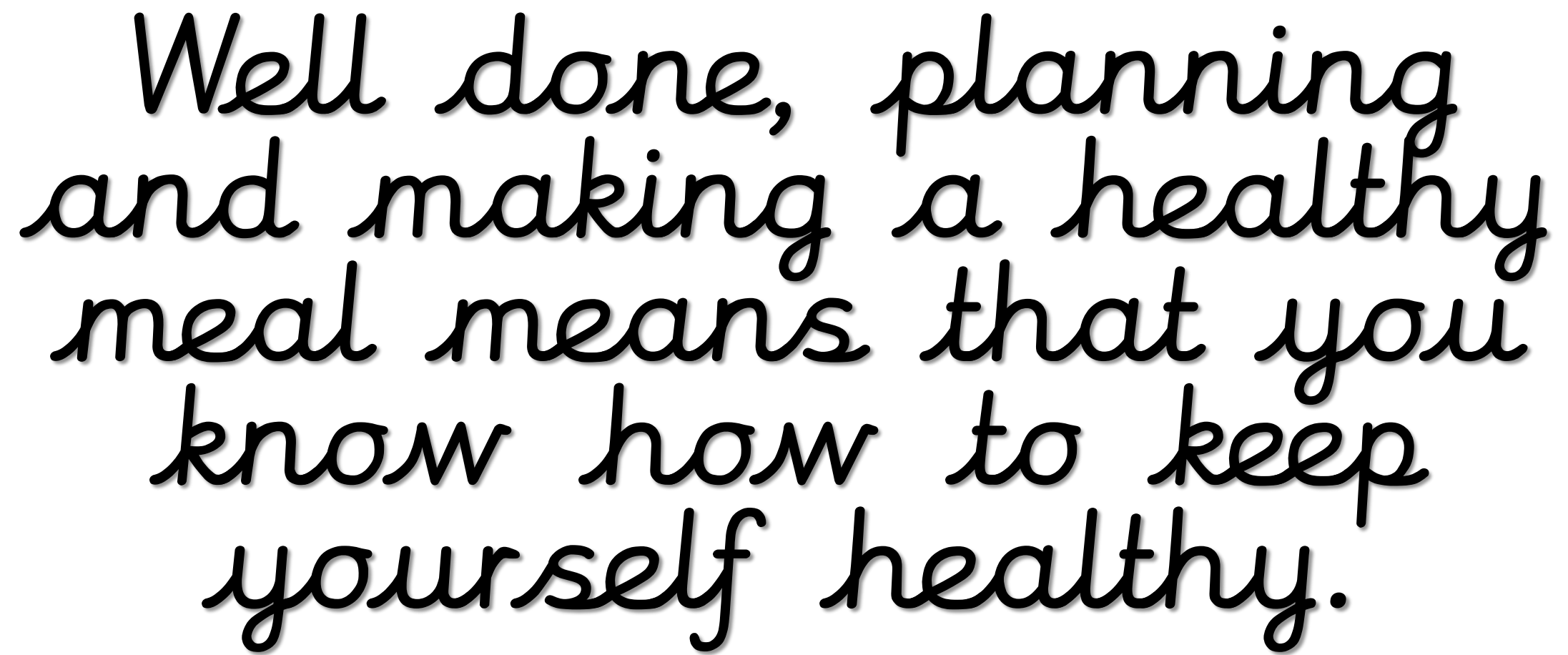
Presentation



Overall







Well done, planning  
and making a healthy  
meal means that you  
know how to keep  
yourself healthy.