

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>



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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 4	✓
+	Answer 2	✓	+	Answer 5	✓
+	Answer 3	✓			



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?

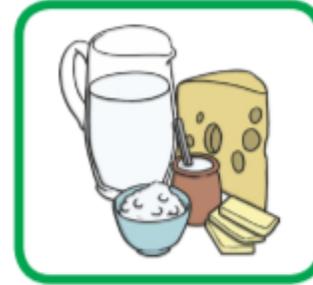


Different food help
to keep up healthy
in different ways.

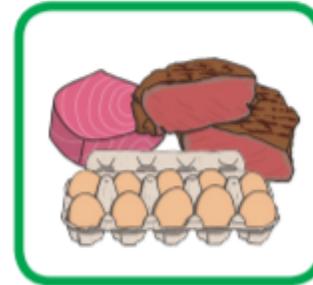
Can you match the
foods to how they
help us stay
healthy.



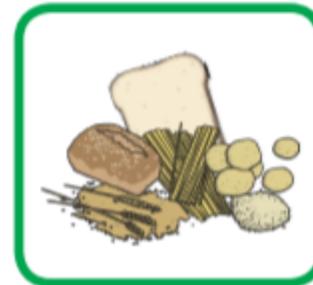
I should eat
these for
energy



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



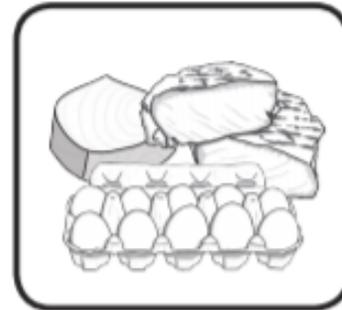
Answers.



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

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 

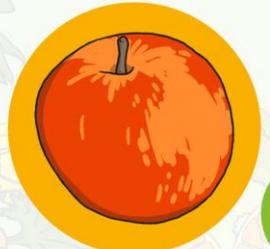


Your challenge is to plan and create a healthy snack or meal that you and your family will enjoy.

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

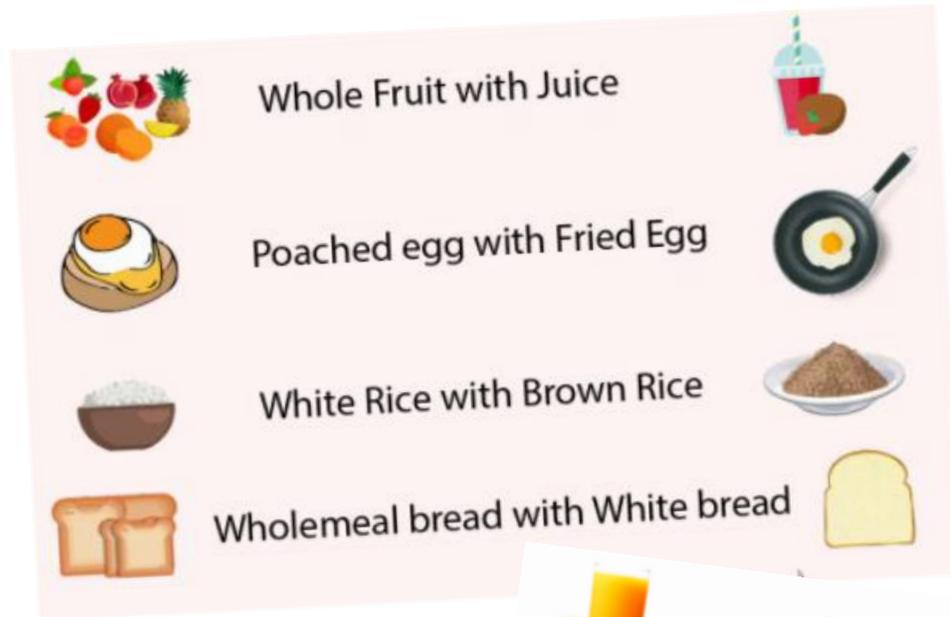
3 celery sticks



= 1
portion

Things to think about.

What foods can you swap to make a meal healthier?



FRUIT JUICES



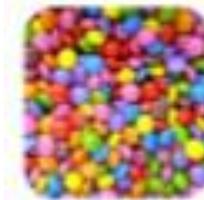
WHOLE FRUITS



Cookies



Berries



Candy



Frozen grapes



Pretzels & Chips



Air popped popcorn

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

Things to think about.

Here are some ideas!





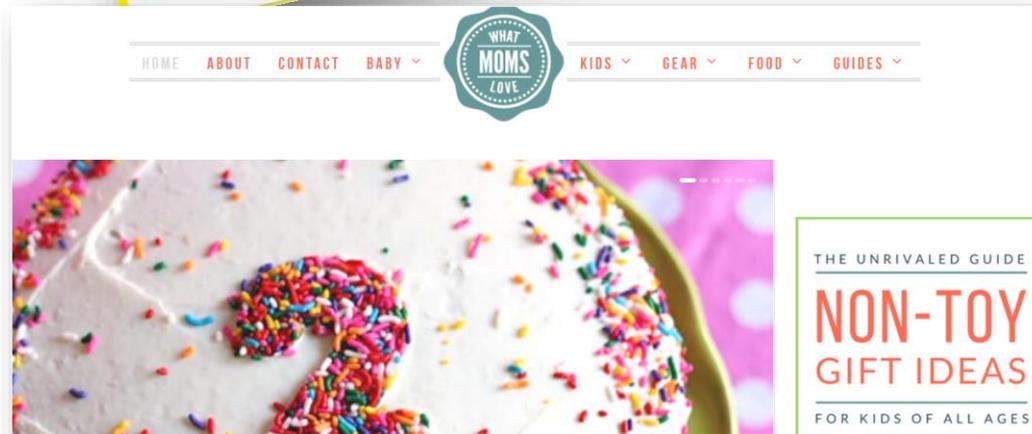
Things to think about.

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

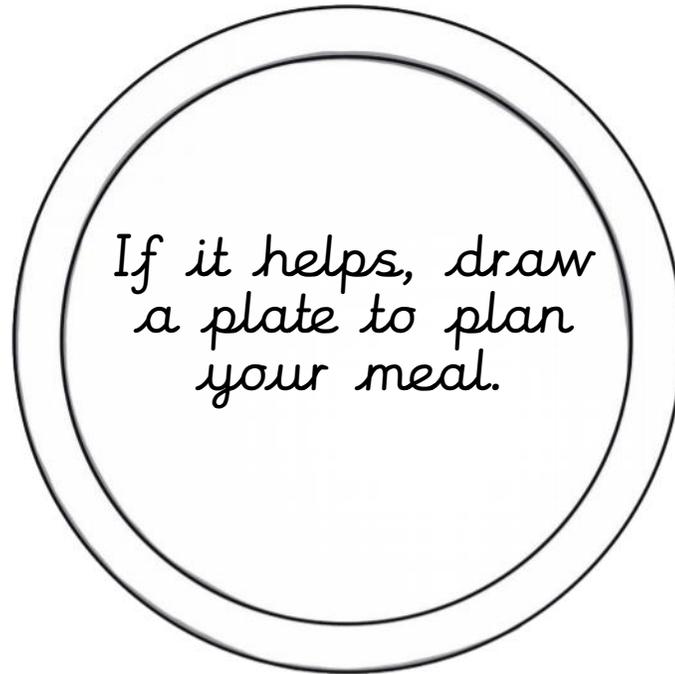


<https://whatmomslove.com/category/food/>

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



A vibrant collage of fresh vegetables including tomatoes, cucumbers, carrots, and onions. The text is centered on a white background within this collage.

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