



# EATWELL!

## Activity Booklet



Name:

# The Eatwell Guide

The Eatwell Guide shows us the different types of foods that we need to keep our body fit and healthy - it's a model of healthy eating.

Can you name some of the foods you can see in the Eatwell Guide below?

We should try and have a variety of foods as they all help our bodies in different ways. The bigger sections are foods we should eat more of.

Do you know why some foods are shown outside of the Eatwell Guide?

This is because they're not needed to keep our bodies healthy. Therefore, they should be eaten less often and in smaller amounts.

Think about some of your favourite foods, can you find which food group colour they belong to?

Food: ..... Colour/Group: .....

Food: ..... Colour/Group: .....

Food: ..... Colour/Group: .....



## The Eatwell Guide

The four main food groups of the Eatwell Guide are:

**Carbohydrates:** any type of bread, pasta, rice, couscous, noodles or potatoes. These foods give us energy.

**Fruit and Vegetables:** any type of fruit and vegetables. These contain vitamins, minerals and fibre to keep us fit and healthy.

**Protein:** different meats, fish, eggs or a non-dairy protein such as lentils and chickpeas. These foods help us grow properly and build strong muscles.

**Dairy:** different types of dairy foods made from milk such as cheese, yoghurt and fromage frais. These foods help us build strong bones and teeth.

### Yes/No Game (Play in Pairs)

Choose a food and writes it onto a post-it note. Then stick this onto the back of someone else who has to guess what it is by asking questions that can only be answered yes/no.

For Example: Am I vegetable? Am I in the dairy food group? Would you have me for breakfast? Do I make a good sandwich filling?



## Eatwell Superhero

Choose one of the food groups and make up a super hero who has special powers because they eat foods from that group.

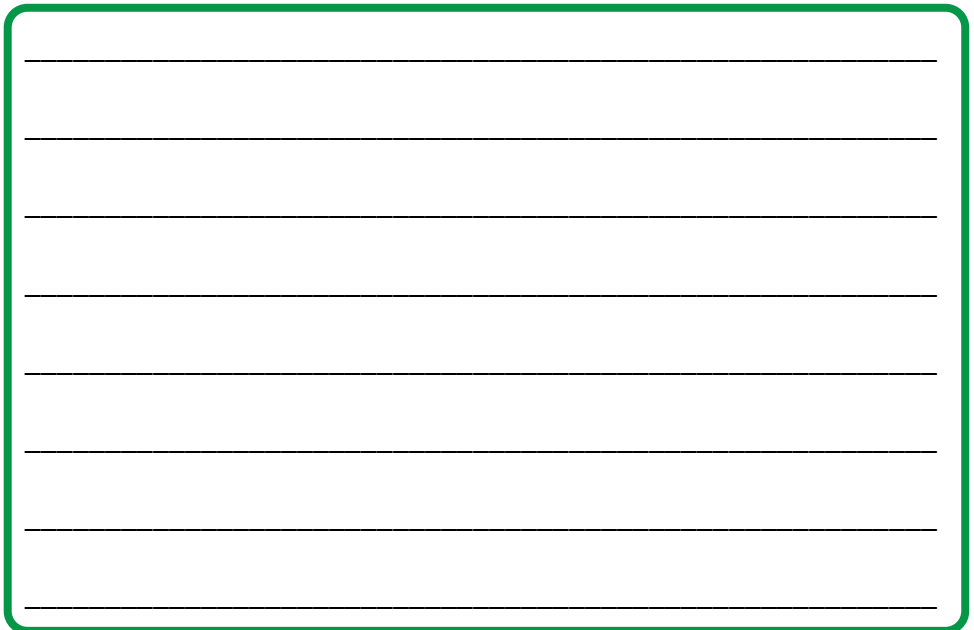
Examples:

- Captain Carbohydrate has incredible energy so he can outrun all his enemies.
- Dan Dairy can bite through metal with his extra strong teeth.
- Protein Powerman has giant muscles to pick up his enemies and throw them away!

What is their name? What do they look like? What special powers do they have? What is their favourite food?

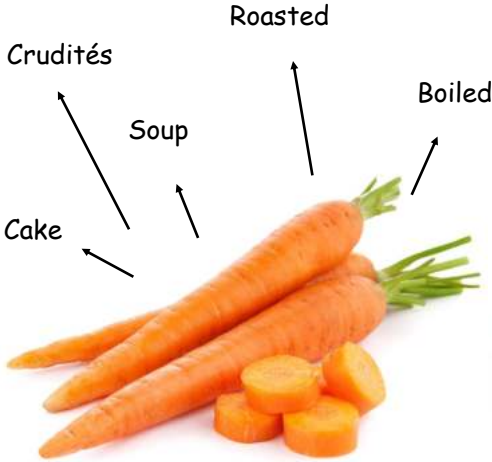
Draw a picture of your Super Hero and/or write a story about an adventure that they have had.





## Word Association

Look at the examples below of foods from each food group and write around them all the different variations of, and ways that the food can be cooked and eaten. The first one has been done for you!



**CARROTS**



**CHICKEN**



**POTATOES**

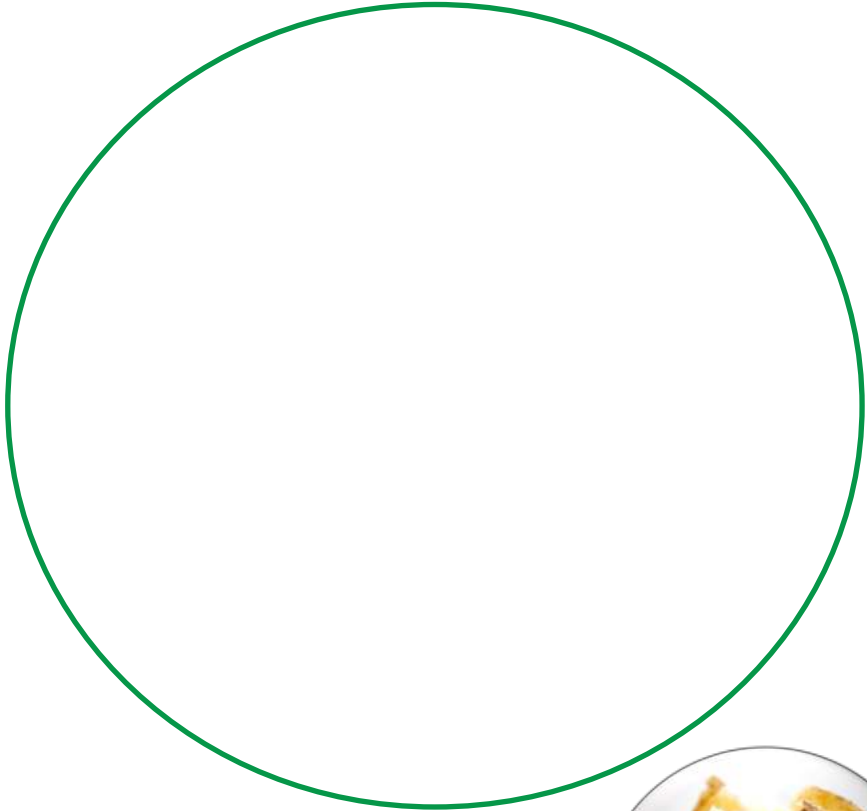


**MILK**

## Making Healthier Choices

Think about your favourite meal, are there any changes you could make to make it a healthier meal? For example, having a jacket potato instead of chips.

Draw your healthy meal on the plate below!



## Making Healthier Choices

Look at the two pictures of dinners below and answer the questions on the next page.

1



2





## Making Healthier Choices

Which dinner do you think is healthier?

What healthy swaps have been made? List them below!

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

What do you think it means to eat a balanced meal?

Can you remember why it is important to eat a variety of food?



## Consolidate And Make



### FOOD SAFETY AND HYGIENE

What do you need to do before you start any food preparation activities?

- Tie back long hair
- Roll up sleeves
- Remove jewellery
- Cover open cuts with a brightly coloured plaster
- Wash hands thoroughly with hot, soapy water
- Wear an apron
- Never cough or sneeze over food. Cough or sneeze into a tissue, bin it and rewash hands.

Copies of all recipes are available on our website at:  
[www.phunkyfoods.co.uk/recipes](http://www.phunkyfoods.co.uk/recipes)

Cook A Long videos to accompany these recipes are also available at: [www.phunkyfoods.co.uk/parents/cooktogether/](http://www.phunkyfoods.co.uk/parents/cooktogether/)

## SUPER SALMON DIP



This fishy dish uses tinned salmon (an oily fish) which contains healthy omega-3 fatty acids. Delicious served with raw veg sticks and/or wholemeal pitta bread. So easy for kids to make ... and learn to love fish!



**Skills Check:** Follow a recipe; follow food safety & hygiene rules; tidy away; use measuring spoons and cups; use weighing scales; use a tin opener safely; beat ingredients together; mash; use a citrus squeezer; use a sieve; season to taste.

**Equipment:** Weighing Scales, Tin Opener, sieve, Fork, Spoon, Bowl, Citrus Squeezer.

**Allergens\*:** Fish | Milk

**Ingredients (serves 2):**

- 100g low-fat soft cheese
- 100g canned pink salmon (in water)
- 1/2 lemon
- 1 tbsp low fat natural yogurt
- Freshly ground black pepper to taste

**Method**

1. Open the tin of salmon and drain. Put the salmon in a mixing bowl and mash lightly with a fork.
2. Spoon the low-fat soft cheese into the bowl with the salmon.
3. Squeeze the juice of 1/2 a lemon into the same bowl.
4. Mix all of the ingredients thoroughly together.
5. Add 1 tbsp low fat yogurt to make the mixture a dipping consistency.
6. Add black pepper to taste and serve with raw vegetable and pitta sticks, or crackers/breadsticks.

\*Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use.

# SUPER SALMON DIP

## Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

### So, thinking about salmon dip ...

**Salmon** is an excellent source of protein, as well as a range of vitamins and minerals. It is an oily fish and so contains high levels of omega-3 fatty acids. These are healthy fats and are very good for our bodies.



**Soft cheese** is an excellent source of protein and calcium. Choose reduced fat varieties where possible.



**Yogurt** is an excellent source of calcium, and a good source of vitamin D for strong teeth and bones.

### Energy, sugar, fat and salt per serving

Per 139g serving

**ENERGY**  
581kJ / 138kcal 7%

**MED FAT**  
5.0g 7%

**MED SATURATES**  
2.2g 11%

**LOW SUGARS**  
4.1g 5%

**MED SALT**  
1.0g 16%

% of an adult's reference intake  
Typical values per 100g : Energy 418kJ / 99kcal

### Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

**% Reference Intakes** are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage