



Delivered by Halton Health Improvement Team

Eatwell Guide

Check the label on packaged foods

Each serving contains

Energy (kcal)	Fat	Saturated fat	Sugars	Salt
12.5%	5g	1.3g	34g	0.9g
100%	100g	100g	100g	100g

of an adult's reference intake
Typical values (as sold) per 100g/100ml/160kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Eat at least 5 portions of a variety of fruit and vegetables every day

Fruit and vegetables



Eat less often and in small amounts

Choose wholegrain or higher fibre versions with less added fat, salt and sugar

Potatoes, bread, rice, pasta and other starchy carbohydrates



Beans, pulses, fish, eggs, meat and other proteins

Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat



Dairy and alternatives

Choose lower fat and lower sugar options



Choose unsaturated oils and use in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Fruit & Vegetables



Give us
vitamins to
keep us well

Have a handful

At least 5
a day

A green speech bubble with a white outline and a pointed tail at the bottom left. Inside the bubble, the text "5 a day" is written in white.

5 a day

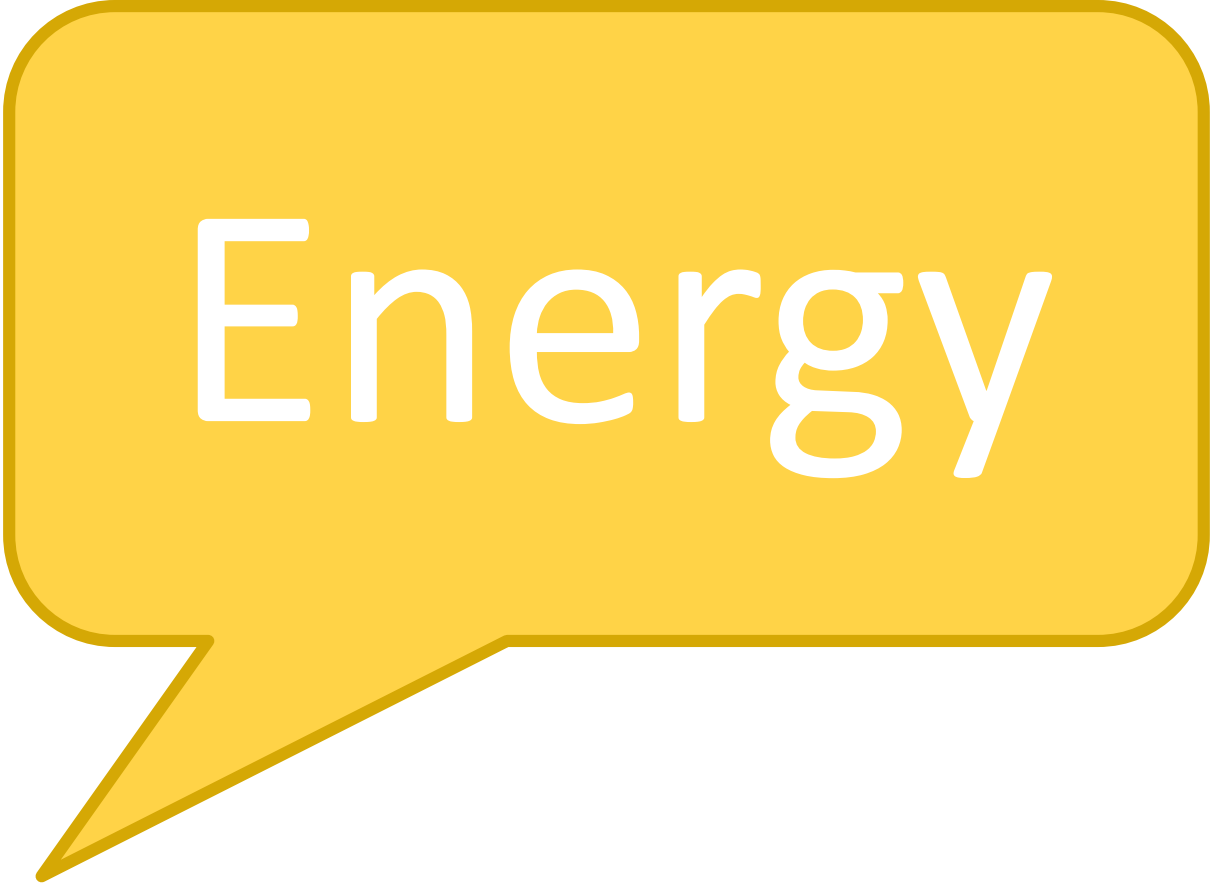
Starchy food



Our main source
of energy

Helps us to
feel full

Have a handful
or two



Energy

Protein



Helps the body
grow and repair

2 portions
per day

A portion is the
size of the palm
of your hand

A pink speech bubble with a white outline and a pointed tail at the bottom left. Inside the bubble, the text "Helps us grow" is written in white, sans-serif font, centered horizontally and split across two lines.

Helps us
grow

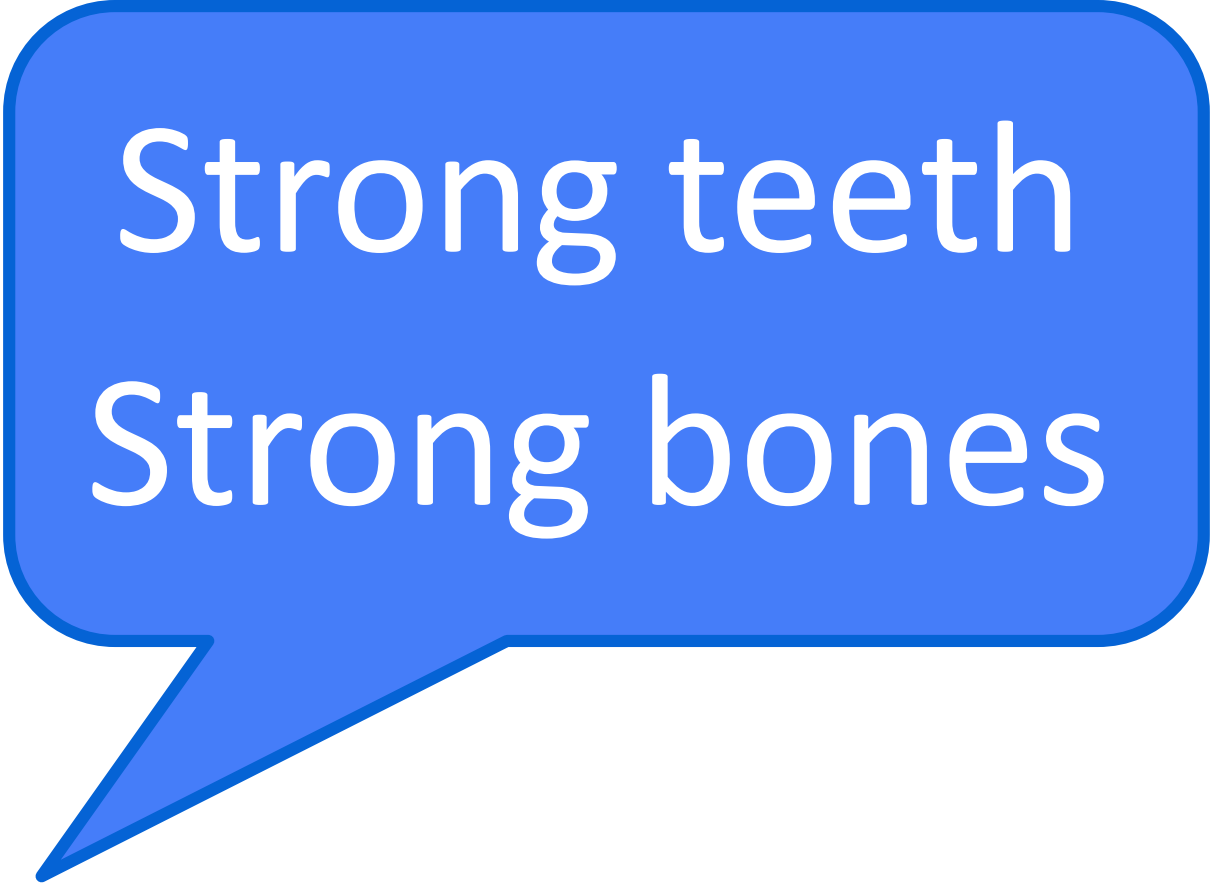
Dairy and alternatives



Gives us calcium
for strong teeth
and bones

Keep portions
quite small

3 portions
per day



Strong teeth
Strong bones

Oils and spreads

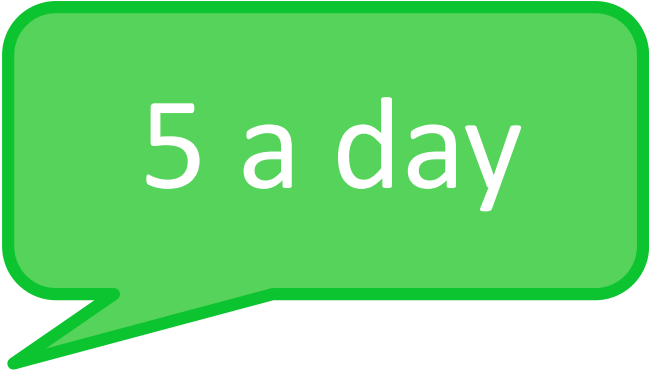
Important to
keep our hearts
healthy

We only need
SMALL AMOUNTS





Small
amounts



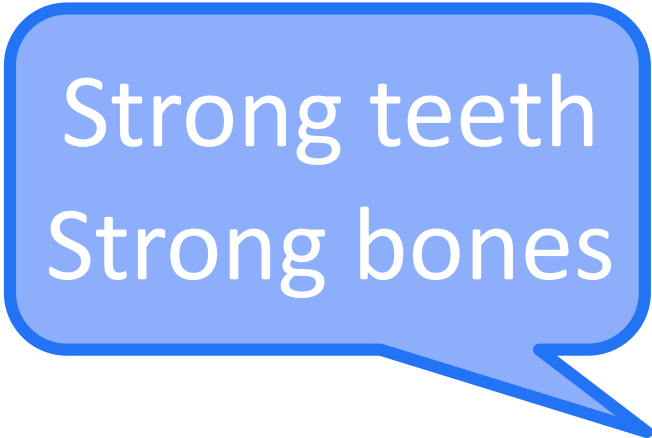
5 a day



Energy



Helps us
grow



Strong teeth
Strong bones



Small
amounts

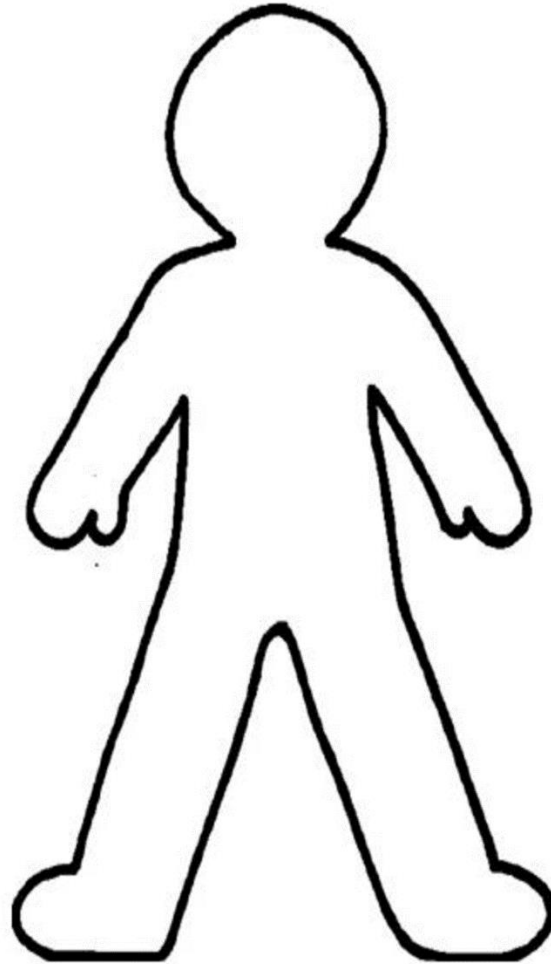
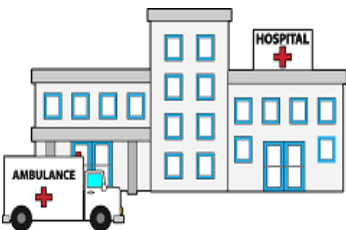
What about treats?

**SMALL
AMOUNTS!**

A central image showing a variety of treats: a red juice can, a bag of orange crisps, several cookies, a small pile of colorful candies, and a cupcake with purple frosting and sprinkles. The treats are arranged in a cluster, partially obscured by the large text 'SMALL AMOUNTS!'.

High sugar and high fat food and drink
are not included in the 5 food groups,
so should we be having them?

How do fat and added sugar affect your body?





PHYSICAL ACTIVITY



Children need **at least**

60 minutes

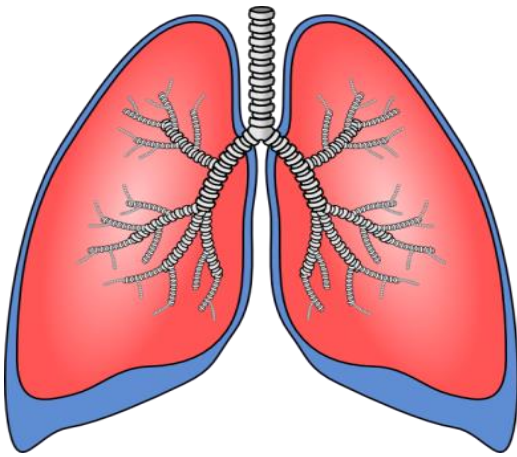
of physical activity **every day**

It doesn't have to
be all in one go

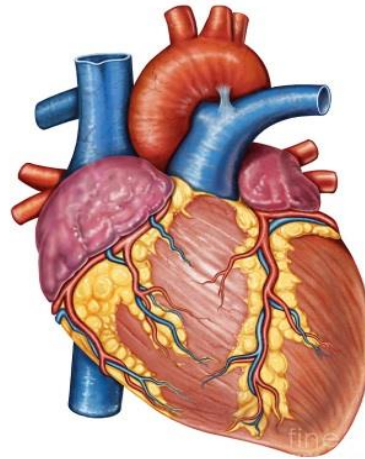
We can do it in
smaller chunks

Start small and build
up the minutes

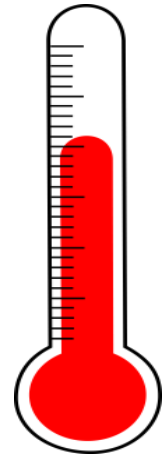
How should I feel?



Breathe
heavier



Heart beats
faster



Feel
warmer

This is called 'MODERATE INTENSITY'

What counts?



Walking



Playing computer games



Playing ball games



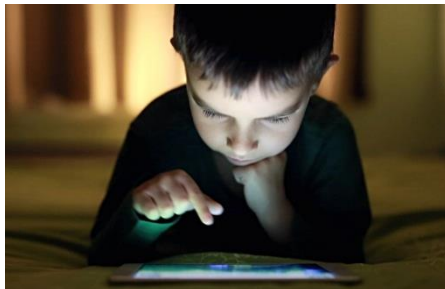
Watching TV



Scooting



Dancing



Using a tablet



Trampolining



Playing on the playground

How can **YOU** do your

60 minutes of physical activity
each day?

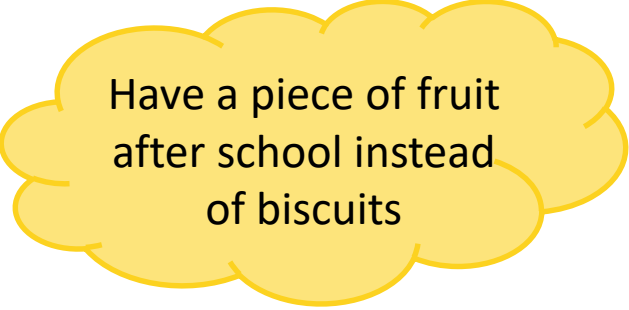
How can you add
more activity to
your day?

Think of things
you can do for 10
minutes at a time

Complete the activity wheel in your workbook

Can you think of one target you can set today...

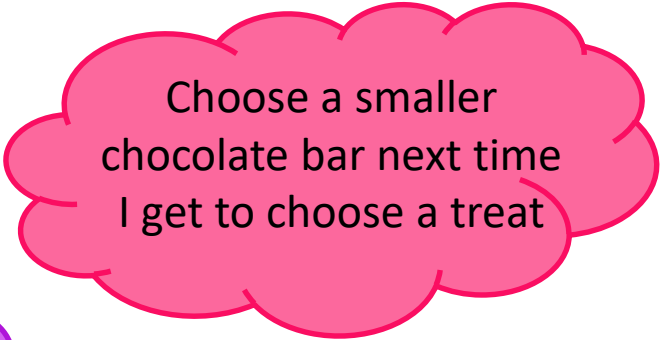
Make sure it is something you can really do

A yellow cloud-shaped bubble with a black outline, containing the text 'Have a piece of fruit after school instead of biscuits'.

Have a piece of fruit
after school instead
of biscuits

A green cloud-shaped bubble with a black outline, containing the text 'Play in the garden for 10 minutes before going on my xBox'.

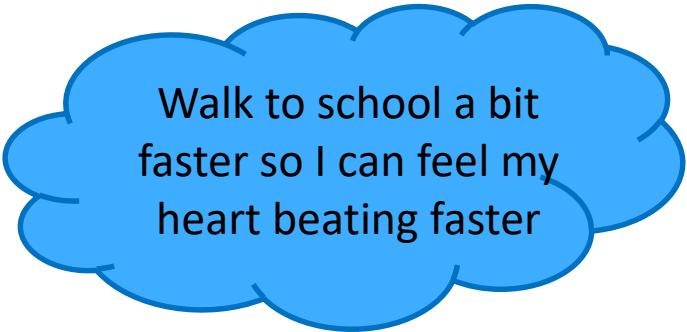
Play in the garden for
10 minutes before
going on my xBox

A pink cloud-shaped bubble with a black outline, containing the text 'Choose a smaller chocolate bar next time I get to choose a treat'.

Choose a smaller
chocolate bar next time
I get to choose a treat

A purple cloud-shaped bubble with a black outline, containing the text 'Swap my fizzy drinks for water'.

Swap my fizzy drinks
for water

A blue cloud-shaped bubble with a black outline, containing the text 'Walk to school a bit faster so I can feel my heart beating faster'.

Walk to school a bit
faster so I can feel my
heart beating faster