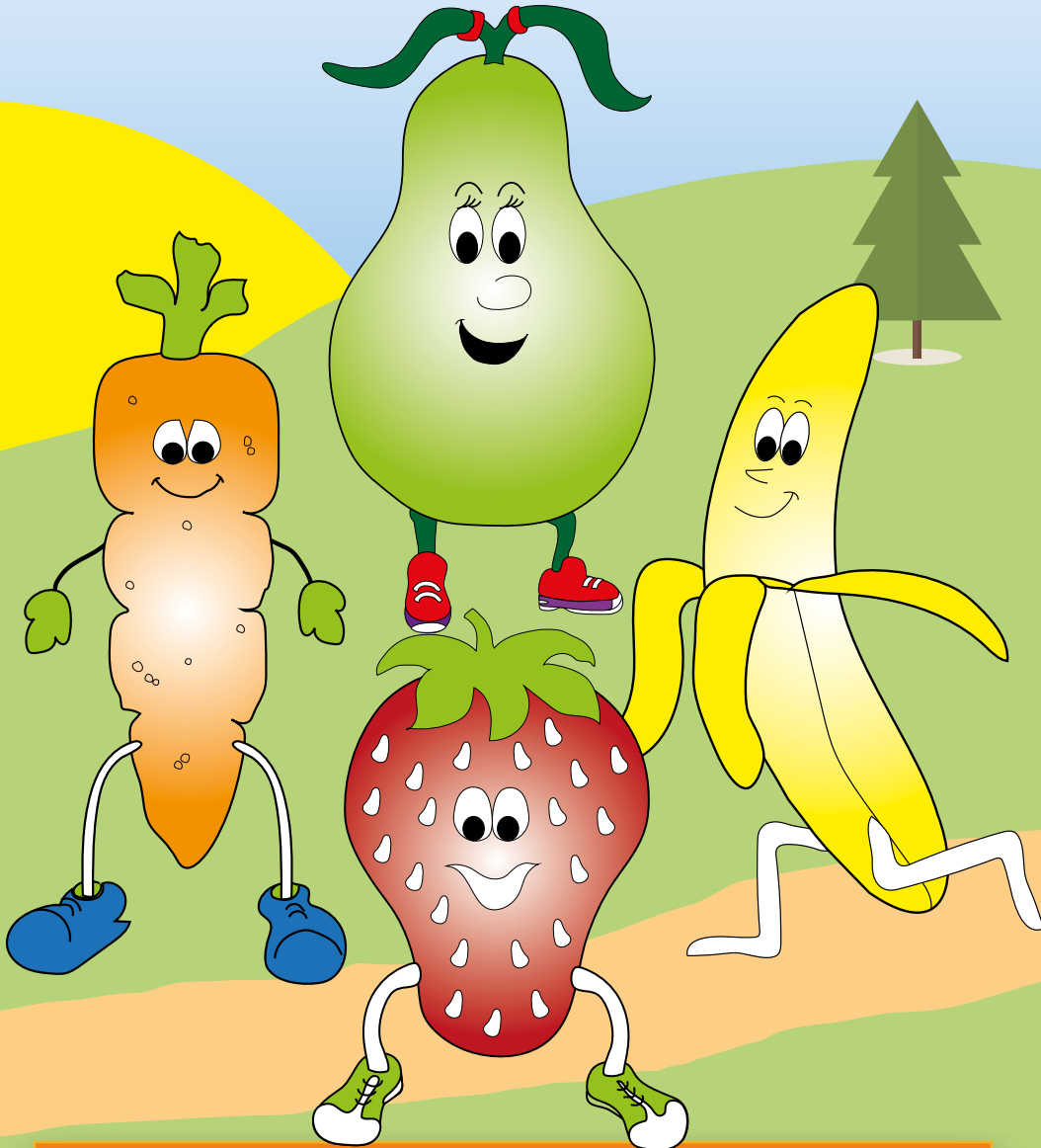


FUN FIT FOOD



HEALTHY EATING FOR CHILDREN OVER 5

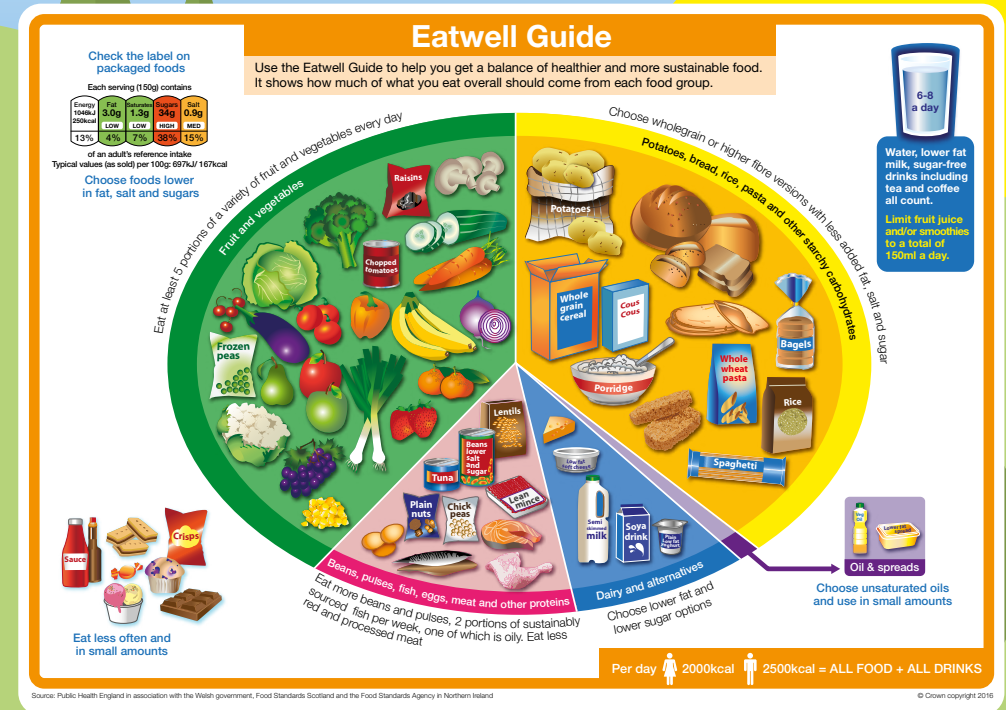
HOW IMPORTANT IS HEALTHY EATING?

How do popstars dance and sing without getting out of breath?
How does your favourite footballer run so far and fast without having to stop for a rest?

Could you do that?

They all can because they keep active and eat a wide variety of healthy foods every day.

Check out the picture below...

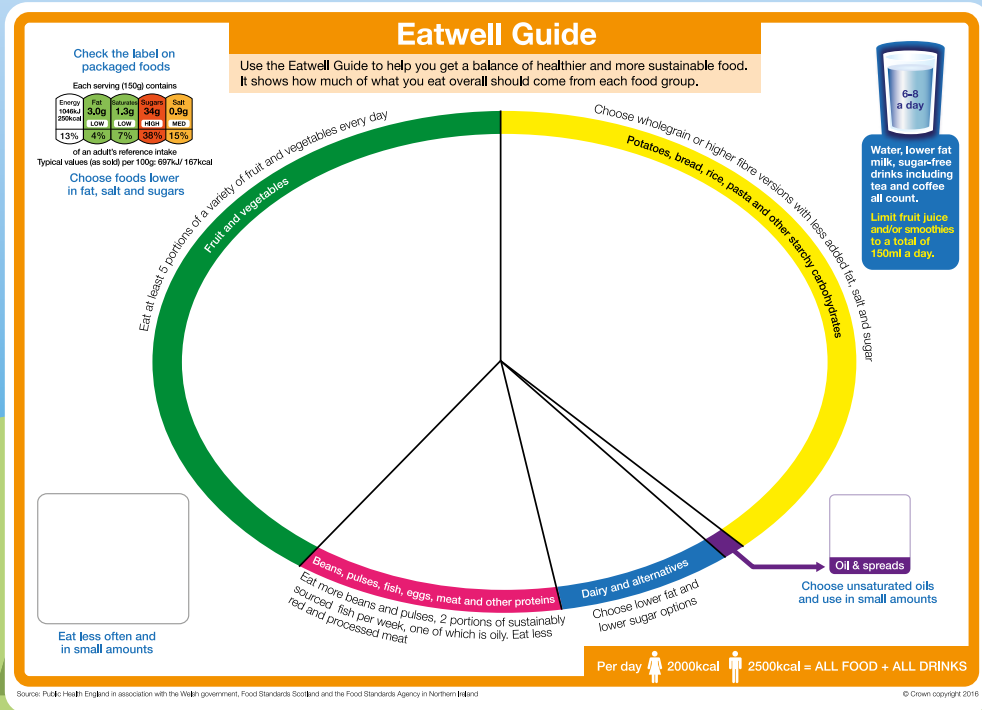


This is the **Eatwell Guide**.

It shows us the type of foods we should eat.
The bigger the section is, the more foods we need to eat from that group.

FIND ITS PLACE

Using what you have learnt so far, draw a line from the food to where it goes on the Eatwell Guide.

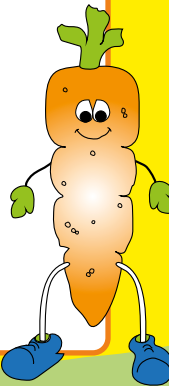


Check your answers by looking at the Eatwell Guide on the first page!

MY FOOD DIARY

Fill in the table below to show what you ate and drank yesterday.

Breakfast	Lunch	Dinner	Supper	Snacks



How many foods from each group did you eat?



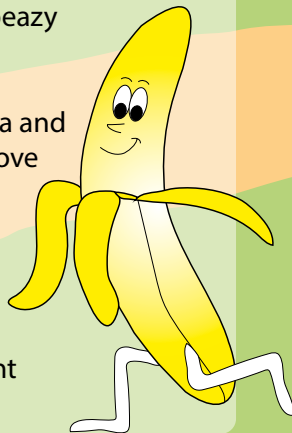
Compare this with 'What foods should I eat?' over the page.

WHAT'S YOUR FAVOURITE...

Meal?	Drink?
Fruit?	Snack?
Vegetable?	Exercise?

TOP TEN TIPS

- 1 Healthy start** - start every day with breakfast to help you to concentrate on your schoolwork
- 2 Mix it up** - include lots of different foods every day and try not to skip meals. Why not set yourself a challenge to try a new food every week?
- 3 High five!** - it's easier than you think to get your 5 portions of fruit and vegetables a day, 1 portion is roughly a handful
- 4 Be sugar smart:**
 - swap sugary cereals for wholewheat options and add fruit for some sweetness
 - go for water, lower fat milk and no added sugar drinks instead of sugary drinks
 - choose healthier snacks like fruit, cut up veg, plain rice cakes or toast instead of chocolate, biscuits and cake
- 5 Slow it down** - it can take a while for our brain to know our tummy is full so try not to rush your meals. If you are full, you don't have to finish what's on your plate
- 6 Family food** - sharing a meal with your family and friends at home or at school is a great way to enjoy food. Why not get involved with food shopping and cooking healthy meals along with an adult?
- 7 Dump the junk** - fast food, pizza and takeaways can be high in fat and salt so don't eat them often - try our eazy peazy pizza for a healthier recipe idea
- 8 Fibre power** - eat more wholegrain breads, rice, pasta and cereals - they contain extra fibre which helps food move through our body easier and is good for our heart
- 9 Get moving** - exercise keeps your body healthy and strong. Try to be active every day
- 10 Pass it on** - tell your friends and family how important it is to eat right and move more to stay healthy!



QUICK QUIZ

Once you have checked out this leaflet, test your knowledge with this quick quiz. Circle the correct answer below.

- 1** We need regular meals, with a variety of healthy foods each day
a True b False
- 2** How many portions of fruit and vegetables should we eat every day
a 2 b 4 c 5 or more
- 3** Sweets and chocolate should be eaten:
a For breakfast
b As an everyday snack
c In smaller amounts and less often
- 4** Foods containing sugar help to build strong bones and teeth
a True b False
- 5** Foods containing protein help us:
a Sleep
b Build muscle and grow
c Look good
- 6** We should eat fast food every day
a True b False
- 7** How often should we do physical activity?
a Once a week
b A few times a week
c Every day

Answers: 1a 2c 3c 4b 5b 6b 7c

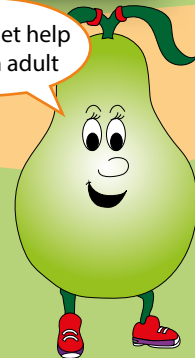
EAZY PEAZY PIZZA RECIPE (SERVES 1)

What you need:

- 1 wholegrain pitta
- 1 tablespoon tomato puree
- A handful of grated cheese
- A handful of your '5 a day' eg. sweetcorn, chopped peppers, sliced mushrooms, chopped olives, pineapple chunks.

1. Lightly toast the pitta under the grill or in a toaster
2. Spread the tomato puree over the pitta
3. Sprinkle with cheese and your chosen toppings
4. Grill until the cheese is melted and serve.

Always get help from an adult



WHAT FOODS SHOULD I EAT?



Potatoes, bread, rice, pasta and other starchy foods

These foods are for energy. They fill you up and keep you going all day - just like filling cars with petrol. They also make healthy snacks.

Eat some of these at every meal.



Fruit and vegetables

These are full of vitamins, minerals and fibre. They help to keep your body working properly. They make good snacks too!

Go for at least 5 portions a day.

1 portion is:

1 medium sized fruit



apple
orange
pear
banana

2 small fruits



mandarins
plums
kiwi

1 handful



grapes
strawberries

1 small glass (150ml)



pure fruit
juice or
smoothie

3 heaped tablespoons



cooked
vegetables
/ tinned
fruit

1 dessert bowl



salad



Dairy and alternatives

This includes milk, cheese, yoghurt and fromage frais. They contain calcium for strong, healthy bones and teeth. **Eat some of these every day.**



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

Eat some of these foods every day. They give us protein that is needed to build muscle and help us grow, and some give iron for healthy blood.



Oils and spreads

Too much fat is not good for your health.

Eat only a small amount.



Foods high in fat, salt and sugar

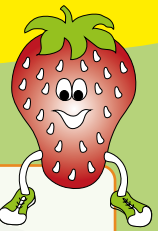
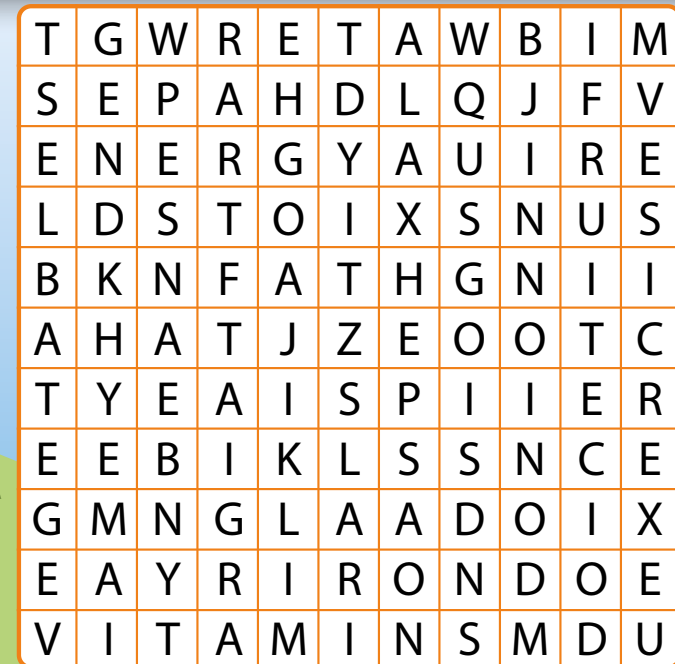
Foods like chocolate, cakes, sweets, biscuits, ice cream, crisps and fizzy drinks are not needed. Having these foods too often is not good for health and can damage teeth. **Eat them less often and in small amounts.**



Drinks

Drink 6-8 glasses of fluid every day. Water and milk are the best for your teeth. Fruit juice or smoothies also count but have no more than 150ml in total each day and it's best to take them at mealtimes when they are less damaging to teeth.

WORDSEARCH



As you find the words, circle them on the wordsearch. They can be up, down, across, diagonal, forwards or back.

- | | | | |
|----------|-------|---------|------------|
| BEANS | FISH | MILK | VEGETABLES |
| ENERGY | FRUIT | ONION | VITAMINS |
| EXERCISE | IRON | PROTEIN | WATER |

CRAZY AMAZING FUN FOOD FACTS!

- The first carrots were not orange - they were a variety of colours eg. red, black and purple
- A potato was the first vegetable to be grown in space
- Strawberries are the only fruit with the seeds on the outside
- Banana plants can grow up to 20ft tall - that's as tall as a 2 storey house.

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