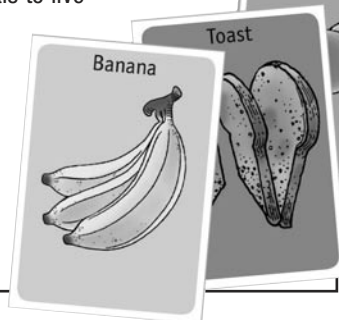


# SHEET 1 BALANCE OF GOOD HEALTH MAT & CARDS

The Balance of Good Health Mat shows the types of food you need to eat, and the proportions in which you should eat them, if you're to enjoy a healthy balanced diet.

## GETTING STARTED WITH THE CARDS

- Show individual food cards. What's this? Have you ever eaten it? Do you like it? What foods are similar to it?
- Discuss e.g. Is it raw or cooked? How do you cook it? Is it packaged, fresh, frozen, dried, canned, juice? Is the food whole or part or cross section?
- Why do we eat food? (Tastes nice; we feel hungry; energy/fuel for warmth and movement; nutrients/chemicals to live and grow; so we don't get ill and starve etc.)
- What do you think would happen if you ate your favourite food and nothing else? (Soon get bored; not get the energy and nutrients you need; get ill etc.)



## ROUND THE CLOCK GAME

- Deal out all the cards to the different players/teams. The aim of the game is to use up all your cards.
- Player 1 puts a food card on its correct food group.
- Player 2 can either put a card on the same group, or on the next group round (clockwise).
- Player 3 does the same etc.
- A player who can't put a correct card down in the same or the next group misses their go, so the next player has a chance to put a card down.
- If nobody can go, the last person to lay down a card can start again.

## THE BIG MAT

- What are the 5 food groups on the plate / pie chart? Name some foods that belong in each of the groups.
- Which are the 2 biggest groups, that you should eat most from? What fraction are they of the whole plate? (Each is about a third.)
- Of the other three, which is the largest? the next largest? the smallest (the one you should eat least from)? Together these make up the last third.
- What are the most important nutrients in each group? Why are they important for health?

## WHICH FOODS IN WHICH GROUPS?

- Show a card. Which group does it belong to? (Or put cards in the wrong food groups. Where should they go?)
- Name other foods to add to each food group. Make your own cards for foods not included in this pack.

## ACTIVE GAMES (FOR LARGE SPACES)

Being healthy includes being ACTIVE. Use the mat in active team games. Here are just a few ideas.

- RELAY RACE – Distribute cards equally. Players run to put the cards in their right group on the mat.
- FILL THE MAT – Lay out cards at random some distance from the teams. Players run to pick up a card to put on an empty group on their Balance of Good Health mat. Or call out a food group. Players run to pick a card in that group and return to place it on their team's mat.
- Has the fastest team put their cards in the right places?

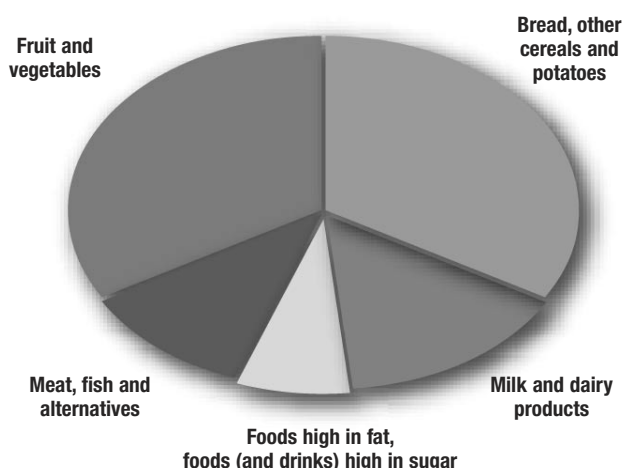
## A QUESTION OF BALANCE

- Use a mat to analyse a meal that you've eaten today (e.g. breakfast, school dinner, packed lunch, takeaway). Break the meal down into the different food groups. Is it balanced? If not, what could you add or take away to make it balanced?
- Use **My Balance of Good Health Diary** to keep a record of **everything** you eat for a day (or more). Is it balanced? How could you balance it?
- Give examples of balanced and unbalanced meals. Plan a delicious balanced meal or a menu for a whole day.
- Are you eating 5 portions of fruit & veg a day? Which are the most popular fruits and vegetables?
- Watch food adverts on TV or cut out food ads from magazines. Which food groups are advertised? Do the adverts promote a balanced diet? What does a piechart of advertised foods look like?

# BALANCE OF GOOD HEALTH BASICS

The Balance of Good Health is a simple pictorial guide showing the types of food you need to eat, and the proportions in which you should eat them, if you're to have a healthy balanced diet.

Food provides nutrients to help the body work. But no single food contains them all in the amounts you need, so you have to eat a mixture. **If you choose a variety of food in the proportions suggested by the Balance of Good Health, you'll get all the nutrients your body needs.**



There are **5 food groups**, shown as segments of a pie chart or "plate". The size of the segments shows the best proportions (by weight) for each food group. The foods in each group contain **similar nutrients**, so you can select from among them for variety.

The **Bread, other cereals and potatoes** group should make up about a third of the total you eat. **Fruit and vegetables** another third. The other three groups together should add up to the remaining third. Of these, eat most from the **Milk and dairy** group, less from the **Meat, fish and alternatives** group, and least from the **Fat and sugar** group. You don't have to eat exactly these proportions at any one meal – just over a day.

The Balance of Good Health **applies to almost everybody over the age of 5**. (Young children under two have slightly different nutritional requirements for growth and development. For example they need the energy and vitamins that fatty foods such as full fat milk and dairy products provide. Similarly, people with medical conditions, and pregnant and breast-feeding women, may require

special diets.) It applies to vegetarians and people of all ethnic origins

## Combination foods

Many meals we eat – such as sandwiches, pizzas, lasagne, curries, pies and so on – are a **combination** of foods from different groups. We can break down their ingredients into different food groups:

For example, a **chicken and mushroom pizza** contains ingredients from the four main food groups:

**Dough base** – "Bread, other cereals and potatoes" group

**Mushrooms and tomato puree** – "Fruit and veg" group

**Cheese** – "Milk and dairy" group

**Chicken** – "Meat, fish and alternatives" group.

The proportion of mushrooms and tomato is small, but you could make the pizza into a balanced meal by adding a mixed salad or a glass of pure fruit juice or piece of fruit.

The Balance of Good Health helps you to choose a healthy diet built on a base of energy-giving carbohydrates, vegetables and fruit. It will be low in saturated fat and sugar, moderate in protein, but full of fibre, vital vitamins, minerals and antioxidants.

**Follow the Balance of Good Health guidelines and you'll get all the nutrients your body needs to work well, to grow, and to stay healthy.**

### Balance of Good Health supports the UK Government's Guidelines for a Healthy Diet:

1. **Enjoy** your food
2. Eat a variety of **different** foods
3. Eat the right amount to be a **healthy weight**
4. Eat plenty of foods rich in **starch** and **fibre**
5. Eat plenty of **fruit** and **vegetables**
6. Don't eat too many foods that contain a lot of **fat**
7. Don't have **sugary** foods and drinks too often
8. Don't eat too many foods high in **salt**.

For more info visit

[www.eatwell.gov.uk](http://www.eatwell.gov.uk)

[www.5aday.nhs.uk](http://www.5aday.nhs.uk)

[www.wiredforhealth.gov.uk](http://www.wiredforhealth.gov.uk)

[www.healthyliving.gov.uk/healthyeating](http://www.healthyliving.gov.uk/healthyeating)

Other useful publications about the Balance of Good Health available from Comic Company:

EAT 2B FIT poster 110, postcard 109, bookmarks 111, stickers 112  
BALANCE OF GOOD HEALTH posters A2 code 306, A3 108, postcard 107  
BALANCE OF GOOD HEALTH bingo game code 302  
EAT 5 GAME, SET & MATCH pack code 98  
FATS OF LIFE leaflet code 131

GOOD GRUB GAME, SET & MATCH pack code 176  
GOOD GRUB / BALANCE OF GOOD HEALTH activity sheets code 301  
SUGAR: NO VALUE ADDED leaflet and poster code 184

Balance of Good Health mat and cards © Comic Company 2007  
Illustrations by Graham Higgins, Corinne Pearlman, Woodrow Phoenix



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# BALANCE OF GOOD HEALTH: The food groups explained

Food group	Picture cards
<p><b>BREAD, OTHER CEREALS &amp; POTATOES</b></p> <ul style="list-style-type: none"> <li><b>This group includes</b> all breads, rolls, chapatis, breakfast cereals, oats, pasta, noodles, rice, potatoes, yam, plantain, dishes made from maize, millet and cornmeal, and green bananas.</li> <li>These foods provide “complex” carbohydrates (starch), minerals such as calcium and iron, and B vitamins.</li> <li>Choose wholegrain varieties e.g. wholemeal bread, brown rice. These are often high in fibre and low in fat. Energy from these foods is released into the body slowly, which stops you from feeling hungry for longer.</li> <li><b>This group is the most important source of energy and warmth.</b></li> </ul>	<p><b>Bread rolls</b> <b>Chappatis</b> <b>Corn flakes</b></p> <p>Wholemeal bread</p>  <p><b>Macaroni</b> <b>Porridge</b> <b>Porridge oats</b> <b>Potato</b> <b>Potatoes</b> <b>Pitta bread</b> <b>Puffed wheat</b> <b>Rice</b> <b>Spaghetti</b> <b>Toast</b> <b>White bread</b> <b>Wholemeal bread</b></p>
<p><b>FRUIT &amp; VEGETABLES</b></p> <ul style="list-style-type: none"> <li><b>Eat at least 5 portions of fruit &amp; veg every day.</b> One portion is about a handful or 80g. All kinds count – fresh, frozen, canned, dried or juice. One glass of 100% fruit juice counts as 1 portion, but don’t count any more no matter how much you drink. Beans and other pulses only count once.</li> <li>Potatoes are a starchy food that belong to the Bread, other cereals and potatoes group above, so they don’t count as a portion.</li> <li>Fruit and veg provide a wide variety of nutrients – including vitamin C and other vitamins, minerals such as potassium, and fibre. They’re an important source of anti-oxidants. Eat a rainbow of different colours and kinds.</li> <li><b>Fruit and veg help protect against colds and other infections, heart disease, stroke and cancers. They’re also important in keeping the skin, gut and lungs healthy.</b></li> </ul>	<p><b>Apple</b> <b>(Baked beans)</b> <b>Bananas</b> <b>Broccoli</b></p> <p>Broccoli</p>  <p><b>Carrot(s)</b> <b>Green pepper</b> <b>Orange</b> <b>Orange juice</b> <b>Peas</b> <b>Peas (frozen)</b> <b>Pineapple</b> <b>Pineapple juice</b> <b>Red pepper</b> <b>Tomato</b> <b>Tomatoes (tinned)</b></p>
<p><b>MILK &amp; DAIRY</b></p> <ul style="list-style-type: none"> <li><b>This group includes</b> milk, cheese, yoghurt, fromage frais, milkshakes and custard. (But not butter and cream, which belong in the “Foods high in fat” group). Choose lower fat versions, if possible.</li> <li>Milk and dairy foods provide the mineral calcium, protein, and vitamins B12, A and D.</li> <li><b>Calcium is needed to make strong bones &amp; teeth.</b></li> </ul>	<p>Semiskimmed milk</p>  <p><b>Blue cheese</b> <b>Cheddar cheese</b> <b>Cottage cheese</b> <b>Edam cheese</b> <b>Fromage frais</b> <b>Fruit yoghurt</b> <b>Full fat milk</b> <b>Semiskimmed milk</b> <b>Soft cheese</b></p>
<p><b>MEAT, FISH &amp; ALTERNATIVES</b></p> <ul style="list-style-type: none"> <li><b>This group includes</b> meat (beef, pork, bacon, lamb), meat products (sausages and beef burgers), poultry (chicken, turkey), fish (fresh, frozen and canned), fish products (fish fingers, fish cakes), offal (liver, kidney), eggs, pulses (baked beans, chickpeas, lentils), nuts and nut products (peanut butter), textured vegetable protein and other meat alternatives.</li> <li>These provide protein, B vitamins, and minerals such as iron, zinc and magnesium. Eat at least 2 portions of fish a week, one of which should be an oily fish (such as mackerel, sardines, salmon, fresh tuna or herring). Oily fish and some nuts and seeds contain omega 3 fatty acids that help your heart to beat more regularly and help your blood to flow more easily.</li> <li><b>Protein is needed for growth and repair of muscles, skin and other parts of the body.</b></li> </ul>	<p><b>Bacon</b> <b>Baked beans</b> <b>Chicken</b> <b>Eggs</b></p> <p>Egg</p>  <p><b>Fish fingers</b> <b>Humous</b> <b>Kidney beans</b> <b>Lamb chop</b> <b>Lentils</b> <b>Minced meat</b> <b>Nuts</b> <b>Peanut butter</b> <b>Salmon</b> <b>Sardines</b> <b>Sausages</b> <b>Tuna</b></p>
<p><b>FOODS HIGH IN FAT, FOODS &amp; DRINKS HIGH IN SUGAR</b></p> <ul style="list-style-type: none"> <li><b>This group includes</b> margarine, butter, other spreading fats, cooking oils and fats, oil-based salad dressings, mayonnaise, salad cream, cream, chocolate, crisps, biscuits, pastries, cakes, puddings, ice cream, rich sauces, gravies, jam, sugary soft drinks, sweets, sugar and jelly.</li> <li>It’s best not to eat too many of these foods. The energy they contain is usually surplus to requirements and they provide very few nutrients. Choose lower fat alternatives, where possible.</li> <li>Eat as little saturated fat as possible – it raises cholesterol levels in the blood and increases the risk of heart disease. But small amounts of unsaturated fats (found e.g. in olive oil and rapeseed oil) may be helpful for heart health.</li> <li>Sugary foods and drinks are the major source of tooth decay.</li> <li><b>Processed foods also tend to be high in salt. Too much salt can cause high blood pressure, heart and kidney disease, and stroke. Recommended salt intake for adults is no more than 6g a day, and less for children (depending on age). Babies should be given no salt at all.</b></li> </ul>	<p><b>Biscuits</b> <b>Chips</b> <b>Chocolate</b> <b>Chocolate biscuit</b> <b>Corn oil</b> <b>Cream cake</b> <b>Crisps</b></p> <p>Crisps</p>  <p><b>Fizzy drink</b> <b>Ice cream</b> <b>Low-fat spread</b> <b>Margarine</b> <b>Muffin</b> <b>Olive Oil</b> <b>Plain biscuit</b> <b>Sundae</b> <b>Sweets</b> <b>Vegetable oil</b></p>

## WHAT ABOUT COMBINATION FOODS?

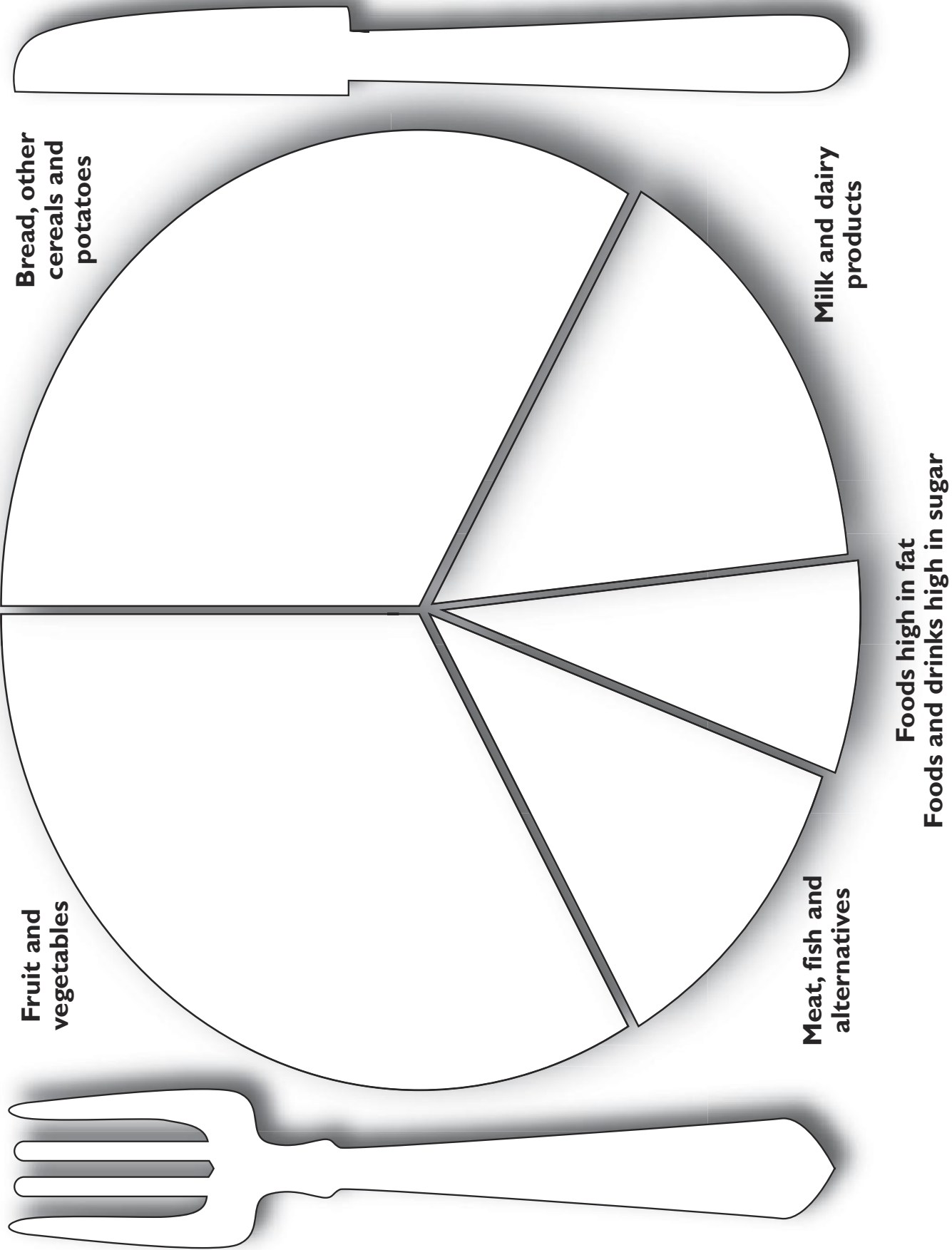
Many meals – such as spaghetti bolognese, curries, stews, pies – combine foods from different groups. Most home-cooked meals, takeaways, fastfoods and processed ready meals fall into this category. Their components can be separated into the different food groups to see if the meal is balanced.



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# BALANCE OF GOOD HEALTH BLANK PLATE





# MY BALANCE OF GOOD HEALTH DIARY

	BREAD, CEREALS & POTATOES	FRUIT & VEGETABLES	MILK & DAIRY	MEAT, FISH & ALTERNATIVES	FOODS high in FAT / SUGAR	IS IT BALANCED?
Breakfast						
Morning						
Lunch						
Afternoon						
Evening meal						
Evening						
HOW DID I DO?						

INCLUDE EVERYTHING – all meals, snacks and drinks. COMBINATION FOODS: break them down into their different food groups.  
e.g. “Chicken sandwich” = “Bread 2 slices” in the Bread etc column, and “Chicken 1 slice” in the Meat etc column.

