

The Eatwell Plate shows you 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.

The GOOD GRUB CARDS

- Do you recognise these foods? Have you ever eaten them? Which do you like? Not like?
- Are there different kinds of the same food? Is the food whole or part or cross section? Is it raw or cooked? Is it packaged, fresh, frozen, dried, canned, juiced? Is it a combination?
- 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.)

The EATWELL PLATE

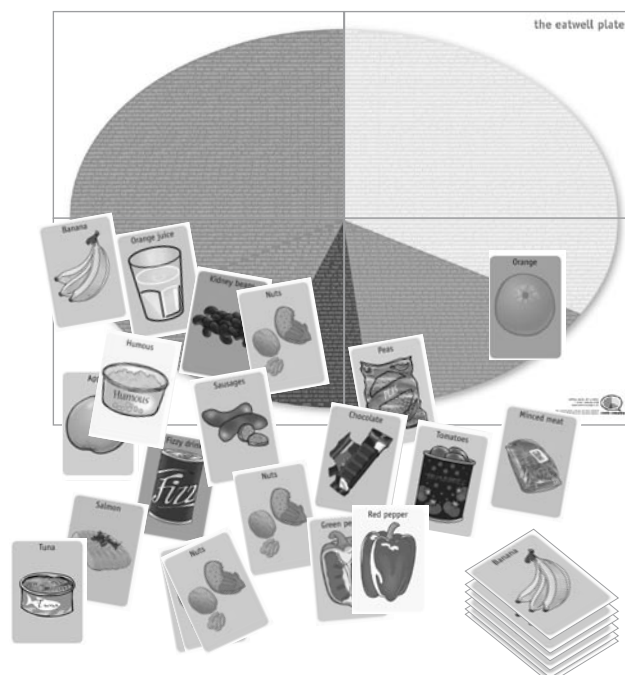
- What are the 5 food groups? Name some foods that belong in each of the groups.
- Which are the 2 biggest groups, that you should eat most from? What fraction are they of the whole plate? (Each is about a third).
- Of the other three, which is the largest, the next largest, and the smallest – that you 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?

- Which food card belongs in which group? Hand out cards or scatter them on the EATWELL PLATE. Which are in the wrong group? Arrange them in their proper groups.
- Make new cards for foods (e.g. combination foods) not included in this pack. Where do they belong?

A QUESTION OF BALANCE

- Using the EATWELL PLATE, 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 the EATWELL PLATE DIARY to keep a diary of everything you eat for a day (or more).
- 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?
- 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?



ROUND THE CLOCK

- 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.

ACTIVE GAMES (FOR LARGE SPACES)

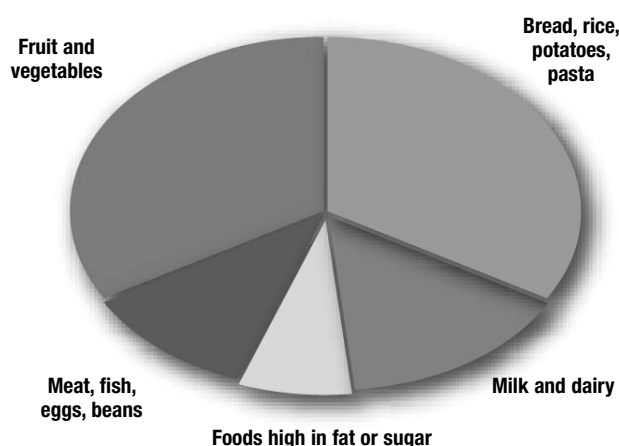
Being healthy includes being ACTIVE. Use the EATWELL PLATE in active team games. Here are just a few ideas.

- Distribute cards equally. Have a relay race in which players run to put the cards in their right group on the Big Plate.
- Lay out cards at random some distance from the teams. "Fill the Plate" – players run to pick up a card to put on an empty group on their EATWELL PLATE. Or call out a food group. Players run to pick a card in that group and return to place it on their team's plate.
- Has the fastest team put their cards in the right places?

EATWELL PLATE BASICS

The Eatwell Plate 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 Eatwell Plate, 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, rice, potatoes, pasta** group should make up about a third of the total you eat. **Fruit and vegetables** another third. And 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, eggs, beans** group, and least from the **Foods high in fat or sugar** group. You don't have to eat exactly these proportions at any one meal – just over a day.

The Eatwell Plate 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, rice, potatoes, pasta group

Mushrooms and tomato puree – Fruit and veg group

Cheese – Milk and dairy group

Chicken – Meat, fish, eggs, beans 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 Eatwell Plate 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 Eatwell Plate guidelines and you'll get all the nutrients your body needs to work well, to grow, and to stay healthy.

THE EATWELL PLATE GAME 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

www.5aday.nhs.uk

www.wiredforhealth.gov.uk

www.healthyliving.gov.uk/healthyeating

THE EATWELL PLATE: The food groups explained

Food group	Foods cards
<p>BREAD, RICE, POTATOES, PASTA</p> <ul style="list-style-type: none"> • This group includes all breads, rolls, chappatis, breakfast cereals, oats, pasta, noodles, rice, potatoes, yam, plantain, dishes made from maize, millet and cornmeal, and green bananas. • These foods provide <p>“complex” carbohydrates (starch), minerals such as calcium and iron, and B vitamins.</p> <ul style="list-style-type: none"> • Choose wholegrain varieties e.g. wholemeal bread, brown rice. These are often high in fibre and low in fat. Energy from <p>these foods is released into the body slowly, which stops you from feeling hungry for longer.</p> <ul style="list-style-type: none"> • This group is the most important source of energy and warmth. 	<p>Bread rolls Chappatis Corn flakes Macaroni Porridge</p>  <p>Porridge oats Potatoes Pitta bread Puffed wheat Rice Spaghetti Toast White bread Wholemeal bread</p>
<p>FRUIT & VEGETABLES</p> <ul style="list-style-type: none"> • Eat at least 5 portions of fruit & veg every day. 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. <p>Potatoes are a starchy food that belong to the Bread, rice, potatoes, pasta group above, so they don't count as a portion.</p> <ul style="list-style-type: none"> • 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 <p>rainbow of different colours and kinds.</p> <ul style="list-style-type: none"> • 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. 	<p>Apple Bananas Broccoli Carrots</p>  <p>Frozen peas Green pepper Orange Orange juice Peas Pineapple Pineapple juice Red pepper Tinned tomatoes Tomato</p>
<p>MILK & DAIRY</p> <ul style="list-style-type: none"> • This group includes milk, cheese, yoghurt, fromage frais, milkshakes and custard. (But not butter and cream, which belong in the “Foods high in <p>fat” group). Choose lower fat versions, if possible.</p> <ul style="list-style-type: none"> • Milk and dairy foods provide the mineral calcium, protein, and vitamins B12, A and D. <ul style="list-style-type: none"> • Calcium is needed to make strong bones & teeth. 	<p>Blue cheese Cheddar cheese</p>  <p>Cottage cheese Edam cheese Fromage frais Fruit yoghurt Full fat milk Natural yoghurt Semiskimmed milk Soft cheese</p>
<p>MEAT, FISH, EGGS, BEANS</p> <ul style="list-style-type: none"> • This group includes 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 <p>protein and other meat alternatives.</p> <ul style="list-style-type: none"> • 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 <p>nuts contain omega 3 fatty acids that help your heart to beat more regularly and help your blood to flow more easily.</p> <ul style="list-style-type: none"> • Protein is needed for growth and repair of muscles, skin and other parts of the body. 	<p>Bacon Baked beans Chicken Eggs</p>  <p>Fish fingers Humous Kidney beans Lamb chop Lentils Minced meat Nuts Peanut butter Salmon Sardines Sausages Tuna</p>
<p>FOODS HIGH IN FAT OR SUGAR</p> <ul style="list-style-type: none"> • This group includes 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. • It's best not to eat too many of these foods. The energy they <p>contain is usually surplus to requirements and they provide very few nutrients. Choose lower fat alternatives, where possible.</p> <ul style="list-style-type: none"> • 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. <p>Sugary foods and drinks are the major source of tooth decay.</p> <ul style="list-style-type: none"> • Processed foods 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. 	<p>Biscuits Chips Chocolate Chocolate biscuit Corn oil Cream cake Crisps</p>  <p>Fizzy drink Ice cream Low-fat spread Margarine Muffin Olive Oil Plain biscuit Sundae Sweets Vegetable oil</p>
<p>WHAT ABOUT COMBINATION FOODS?</p> <p>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.</p>	