

**Important-Parents and carers please read with you child.
Supervise when making dishes at time**

This week we are looking at healthy eating and balanced meals



L.O: To understand why healthy eating is important.

Still to come...
**In coming weeks will plan a range of
healthy summer salads**

Lesson 1

Learning Objectives: healthy eating



Answer the worksheet with help from an adult guiding them to the correct places in the



Find the correct slides to go back to when answering questions on the work sheets



Have answered most of the worksheet from memory, finding the missing information to fill the gaps

Challenge by group

- Listen and follow along as the PowerPoint is read to you.
- Let an adult find the correct slide to help answer the work sheet
- Use the symbols provided. You can point to them on screen or draw them on paper if you do not have a printer
- Or you could ask an adult to copy, paste and crop the symbol to drag it into the correct place

- Read the PowerPoint to an adult. Let them help you with the tricky words
- Find the correct slide yourself when answering the worksheet
- Fill in the worksheet on the computer or write the answers on paper

- Read the PowerPoint independently
- Try to answer the questions without looking back at the information
- Find the correct slide yourself when answering the worksheet, for answers you could not remember
- Fill in the worksheet on the computer or write the answers on paper

Have fun!

Important-Parents and carers please read with you child if they are not independent readers.

Why Do We Need Food?

Why Do We Need Food?

Food keeps us healthy and help us grow.

Food gives us energy to be able to do things during the day.

Without proper nutrition, your body can't survive.



When you eat a balanced diet, your body obtains the fuel and nutrients it needs to function properly.

For example:

- Your body needs minerals to make hormones, build bones and regulate your heartbeat.
- Water is needed to flush out toxins, transport nutrients to cells and perform other vital bodily processes.

How Can We Make the Right Food Choices?

Food labelling

Nutrition labels can help you choose between products as they let you know whether the food is high in salt, fat or added sugars.

Colour-coded nutritional information tells you if the food has high, medium or low amounts of fat, saturated fat, sugars and salt.



Sugar 0.9g	Fat 20.9g	Sat Fat 10.8g
Green	Amber	Red
1%	29%	54%

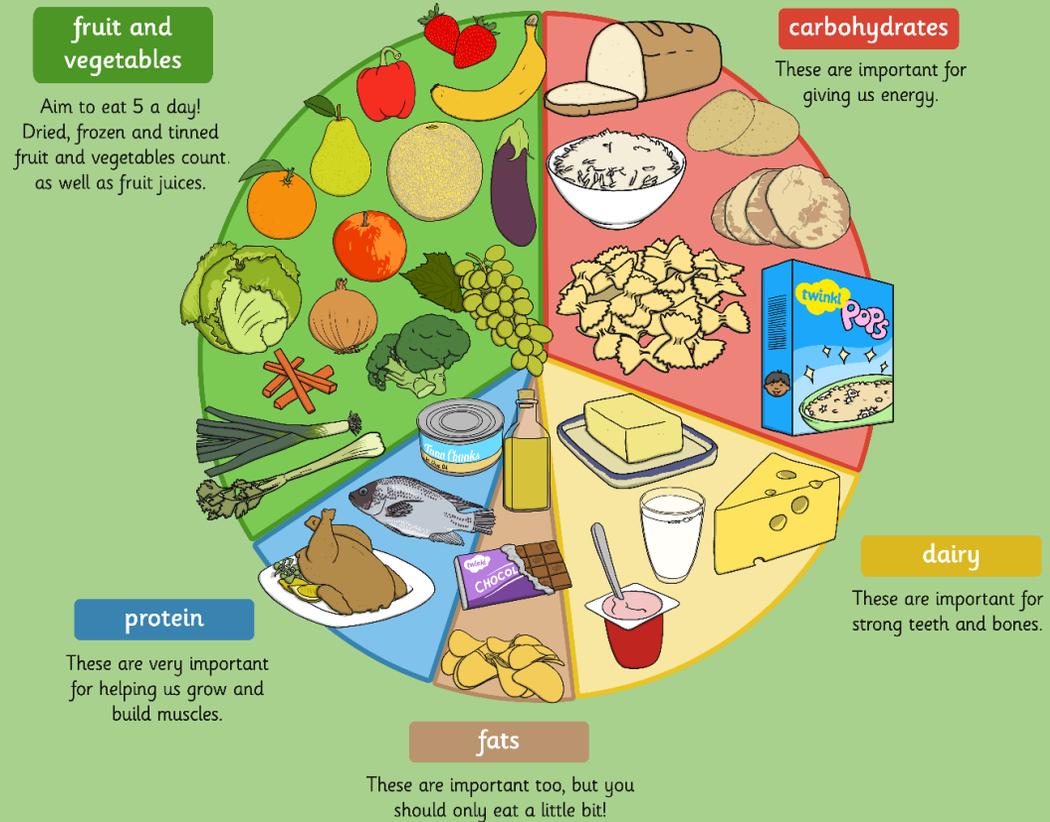
LOW MEDIUM HIGH

Green is a low amount, amber is a medium amount and red is a high amount. If you buy a food that has all or mostly green on the label, it's a healthier choice.

What Should We Be Eating? 'The Eat well Plate'

To be healthy, nutritious food is needed to provide energy for the body. A variety of food is needed in the diet because different foods contain different substances that are needed to keep you healthy.

An average meal should be made up of one-third carbohydrates and one-third fruit and vegetables, with the remaining one-third split between dairy, protein and a little bit of fat.



Eatwell Guide

Check the label on packaged foods

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/ 167kcal

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.

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

potatoes bread, rice, pasta and other starchy carbohydrates

Choose lower fat and lower sugar options.

oil, & spreads

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

dairy, and alternatives

fruit and vegetables every day.

fruit and vegetables

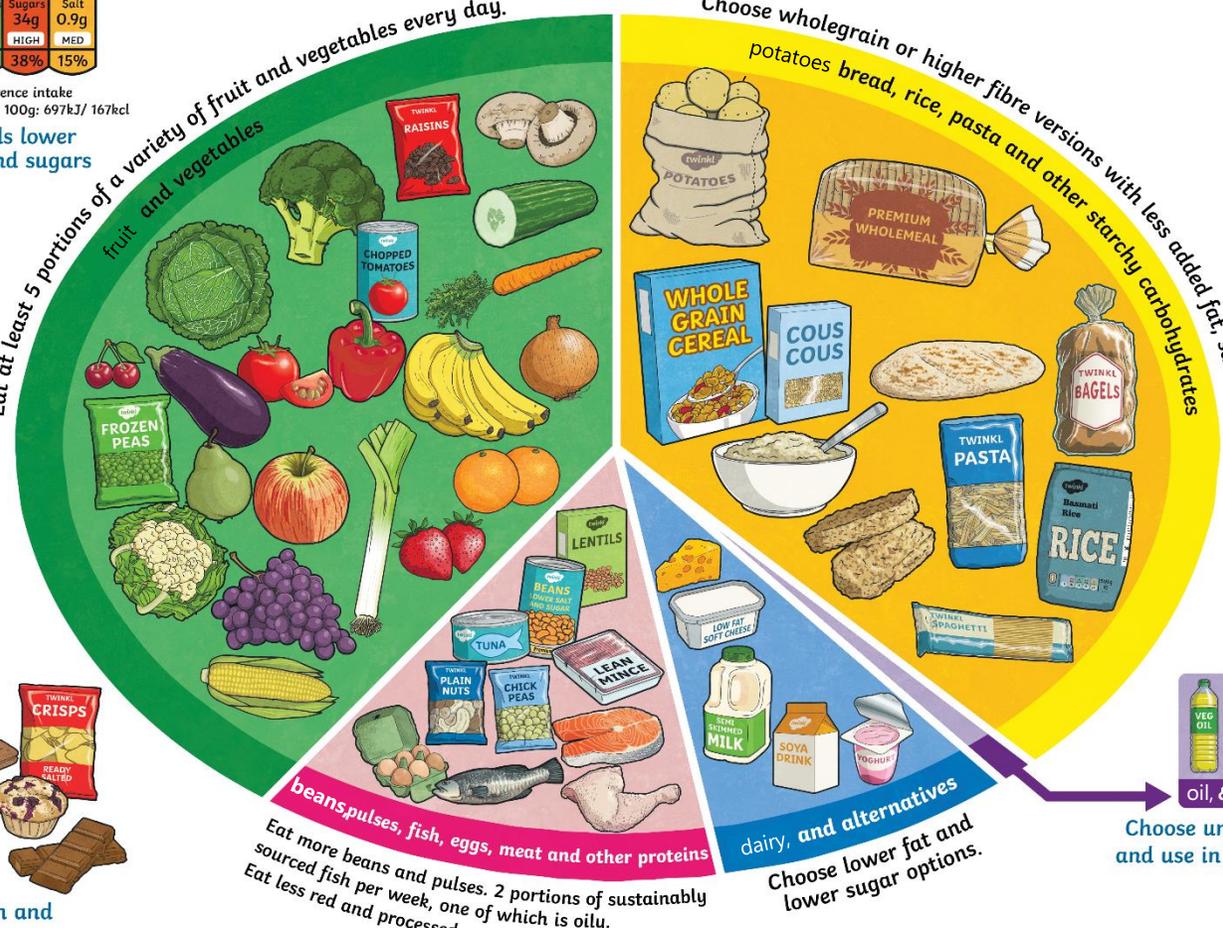
Eat at least 5 portions of a variety of fruit and vegetables every day.

Eat less often and in small amounts

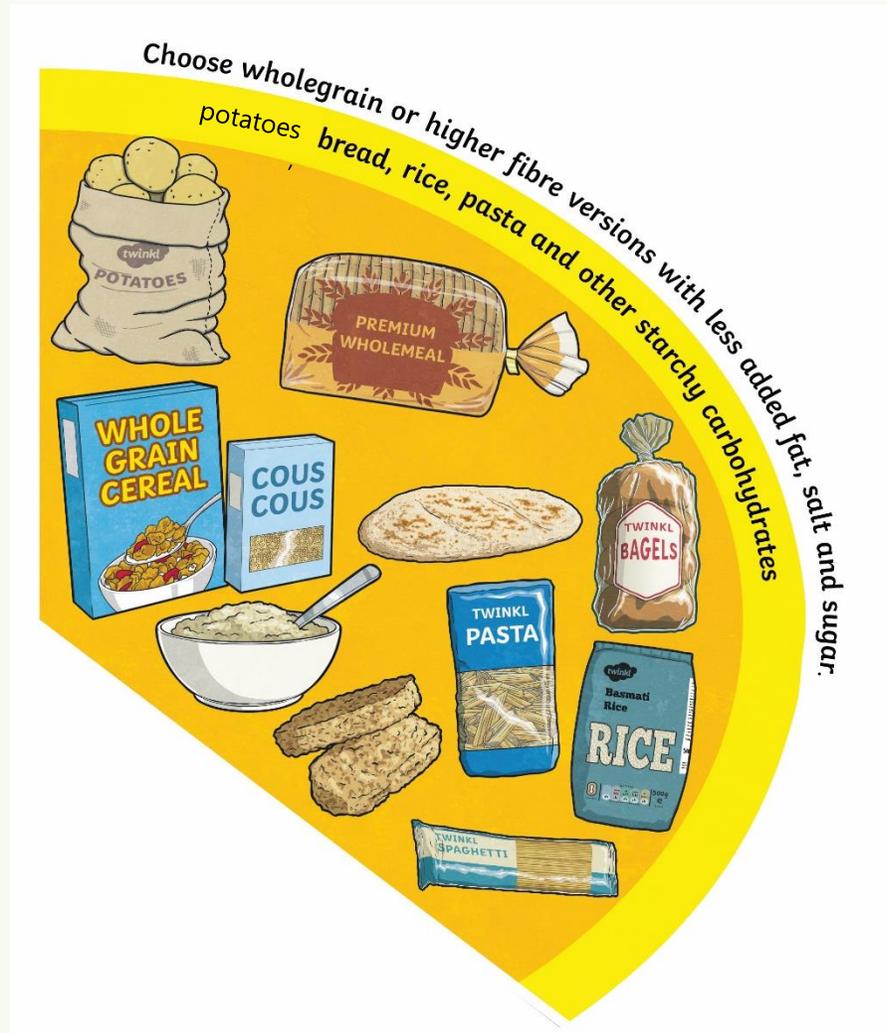
Eat more sourced fish per week, one of which is oily.
Eat less red and processed meat.

Choose unsaturated oils and use in small amounts.

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



Carbohydrates



Bread, Rice, Potatoes & Pasta

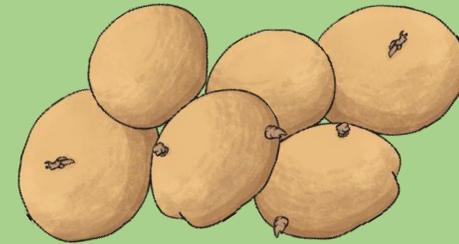
(and other starchy foods)

Starchy foods are a good source of energy and the main source of a range of nutrients in our diet.

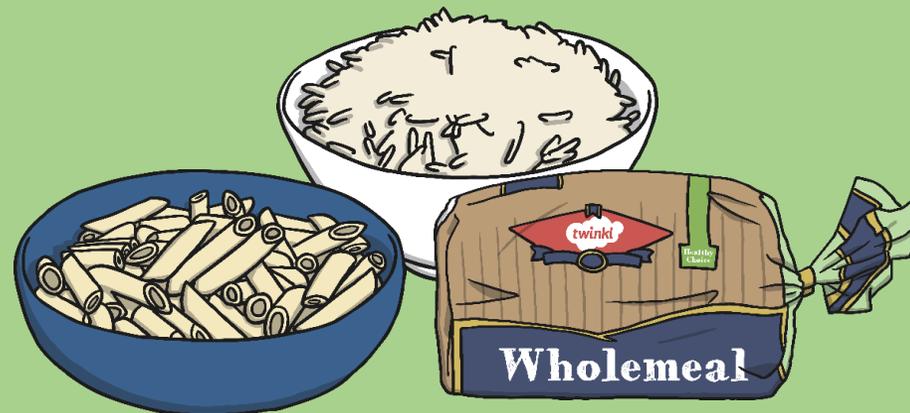
As well as starch, they contain fibre, calcium, iron and B vitamins.

You should eat lots of these foods every day.

Remember - potatoes don't count as one of your fruit or vegetables!



Watch out for the added fats used when you cook and serve them; this is what increases the calorie content.



Fruit and Vegetables

Fruit and vegetables are a good source of vitamins and minerals, including vitamin C and potassium.

They're an excellent source of dietary fibre, which Vitamins and minerals help to keep maintain healthy digestion.

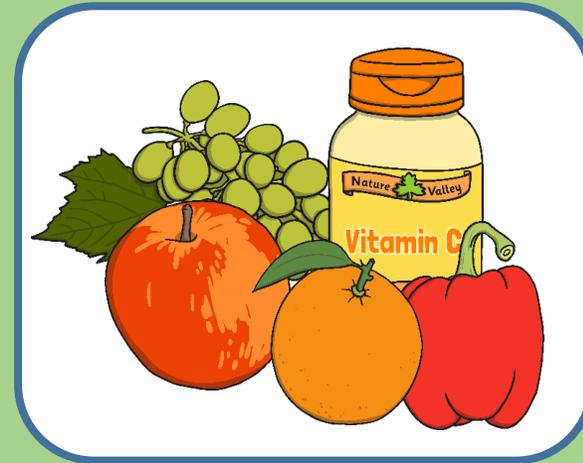


A diet high in fibre can also reduce your risk of heart disease, stroke and some cancers.

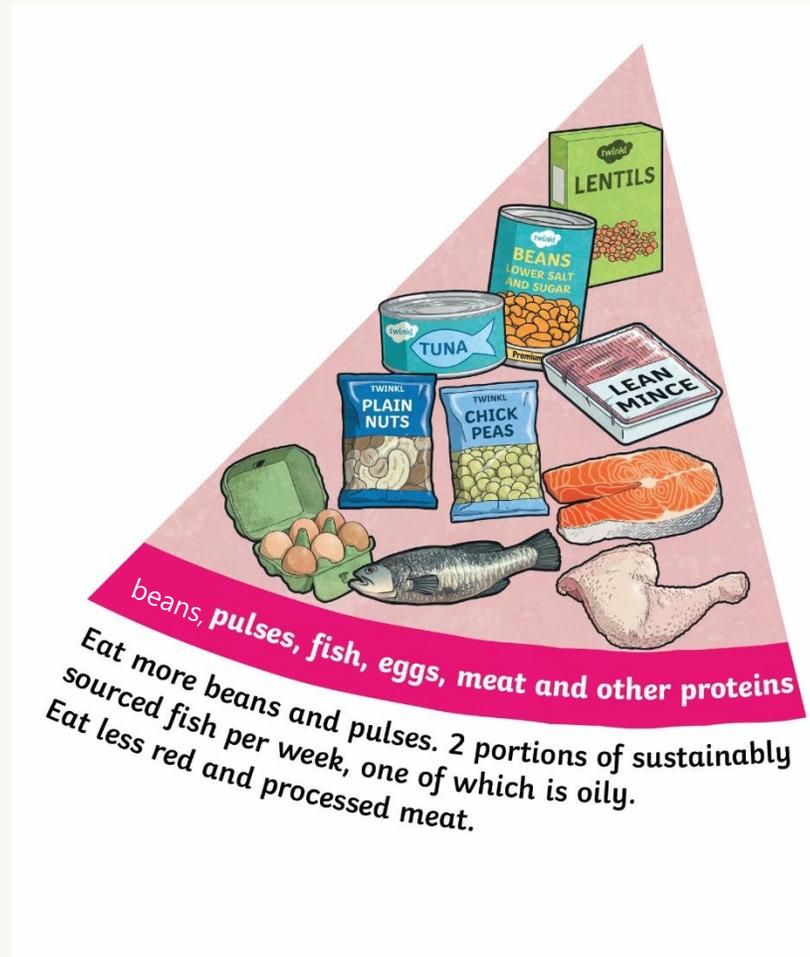
Vitamins and minerals help to keep your body healthy, to grow and repair and help to fight infections.

Fruit and vegetables taste delicious and there's a wide variety to choose from.

Eat at least 5 every day!



Beans, Pulses, Fish, Meat and Other Proteins



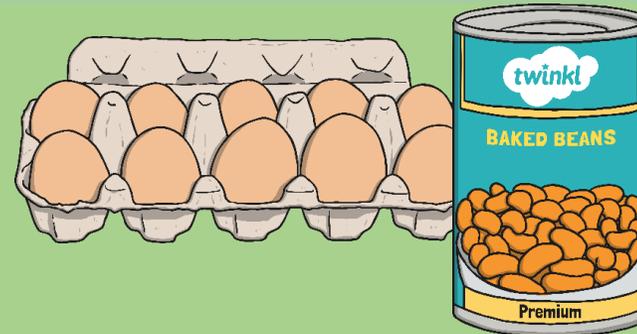
Meat, Fish, Eggs and Beans

(and other non-dairy products)

These products are a good source of protein, vitamins and minerals in your diet.

These foods help the body to grow and repair itself and keep hair, skin, muscles and nails strong.

Some meats are high in saturated fat, which can raise blood cholesterol levels.



We should eat some foods from this group every day.



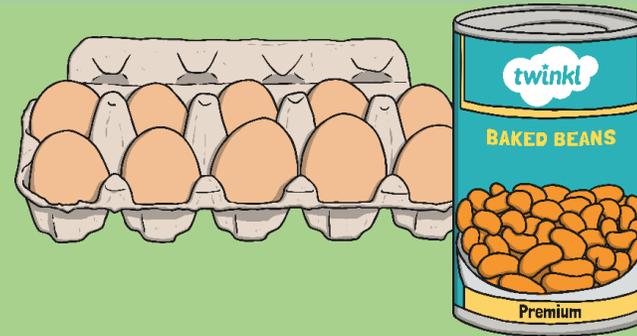
Meat, Fish, Eggs and Beans

(and other non-dairy products)

These products are a good source of protein, vitamins and minerals in your diet.

These foods help the body to grow and repair itself and keep hair, skin, muscles and nails strong.

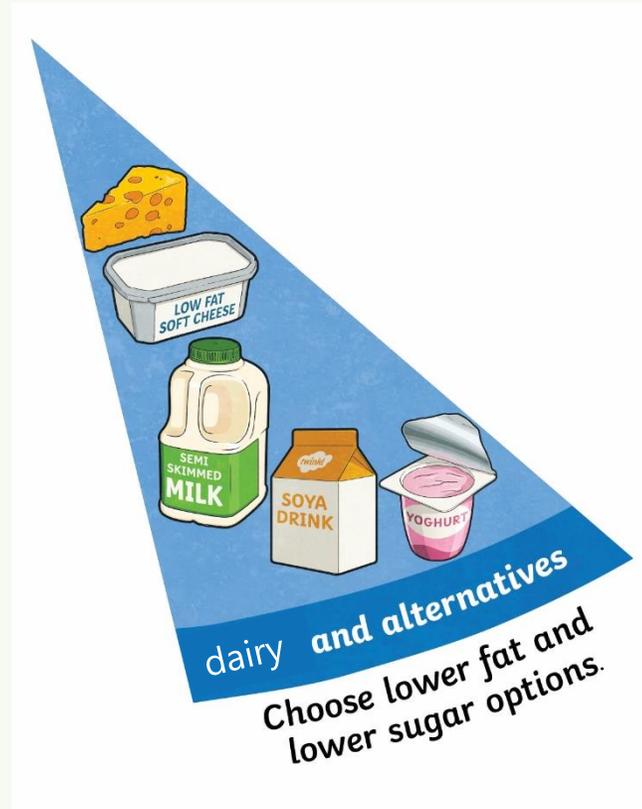
Some meats are high in saturated fat, which can raise blood cholesterol levels.



We should eat some foods from this group every day.



Dairy and Alternatives



Milk and Dairy

Milk and dairy products are great sources of protein and calcium. To make healthier choices, go for lower-fat milk and dairy foods.

Our bodies need protein to work properly and to grow or repair themselves. Calcium helps to keep our bones and teeth strong.

The calcium in dairy foods is particularly good for us because our bodies absorb it easily.

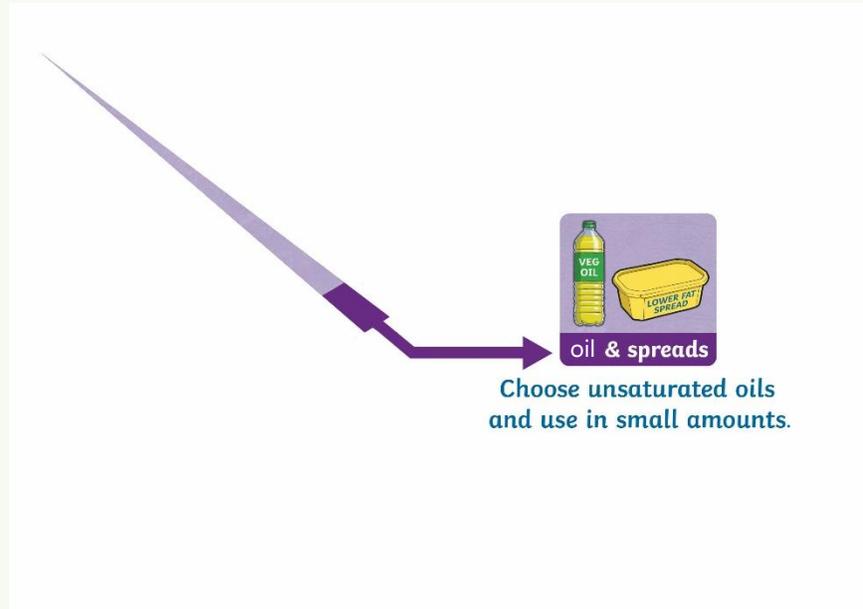


What counts as 1 portion of milk and dairy?

200ml glass of milk;
150g or a pot of yogurt;
30g or a matchbox-sized piece of hard cheese.

You should eat 2-3 portions of these every day.

Oil and Spreads



Saturated Fats

Saturated fats are found in many foods, both sweet and savoury. Foods high in saturated fats include:

- fatty cuts of meat
- meat products, including sausages and pies
- butter, ghee and lard
- cheese, especially hard cheese
- cream, soured cream and ice cream
- some savoury snacks and chocolate
- confectionery
- biscuits, cakes and pastries
- palm oil
- coconut oil and cream



Unsaturated Fats

It's best to reduce your overall fat intake and swap saturated fats for unsaturated fats. There is good evidence that replacing saturated fats with unsaturated fats can help lower cholesterol. Foods low in saturated fats include:

- olive oil, rapeseed oil and their spreads
- avocados
- some nuts, such as almonds, brazils and peanuts



Foods and Drinks High in Fat and Sugar

These foods provide the body with energy, warmth and insulation around vital organs.

Too much fat in your diet can raise cholesterol, which increases the risk of heart disease.

A small amount of fat is an essential part of a healthy, balanced diet. Fat is a source of essential fatty acids such as omega-3 because the body can't make them itself. Fat helps the body absorb vitamins A, D and E.



Water



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.

Obesity

Almost 2 in 3 Australian [adults](#) (63%) are overweight or obese and 1 in 4 Australian [children](#) (25%) are overweight or obese. Obesity is most likely caused by a person eating more calories than they burn off. Modern lifestyles, easy access to high calorie foods and low activity jobs, make weight gain more likely. Obesity costs the Australian society billions of dollars per year in healthcare costs.



What is Obesity?

“Obese” is used to describe somebody who is very overweight. Being obese increases your risk of developing serious and potentially life-threatening diseases including heart disease and type 2 diabetes.

Now!

Download the worksheet and answer the questions.
Red group should try to answer first without revisiting the information

Lesson 1

Success criteria

- Have listened to the information
- Can answer the worksheet with help from an adult guiding them to the correct places in the PowerPoint

- Have read the information to an adult with some help
- Can find the correct slides to go back to when answering questions on the work sheets
-

- Have read the information independently
- Have answered most of the worksheet from memory
- Have then revisited the slides to find the missing information