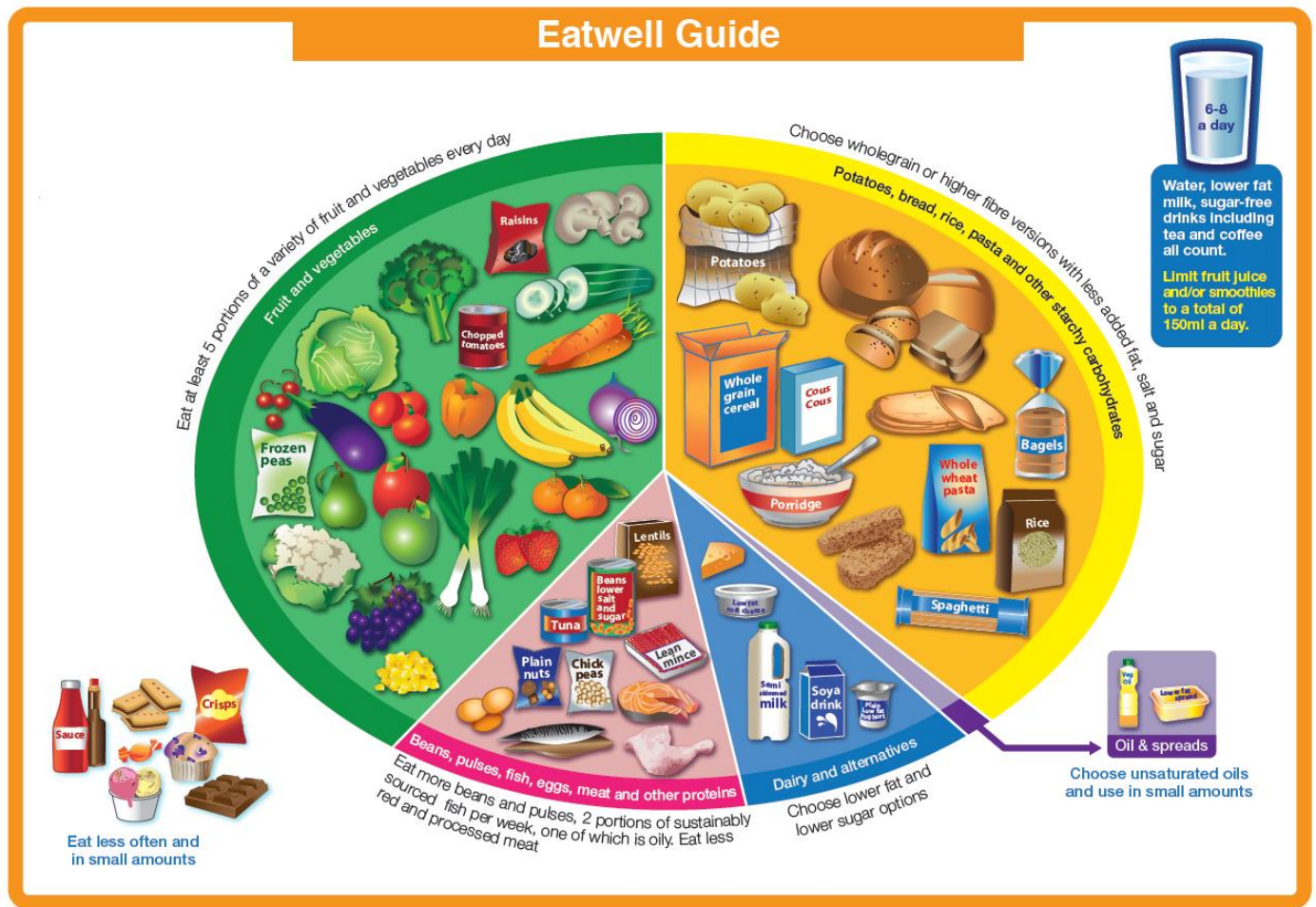




EATING WELL

Let's find out about eating well to keep ourselves healthy.

The foods you eat can turn you into a Super Hero. The Eatwell Guide below helps us see what we should eat and how much from each section we should eat to become Super Heroes.



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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Super Hero Challenge!

Be a Super Hero and use your powers. Choose foods from each of the food groups and draw them onto the right coloured section of the Eatwell Guide below.

Yellow - any type of bread, pasta, rice, couscous, noodles or potatoes. **These foods give us energy.**

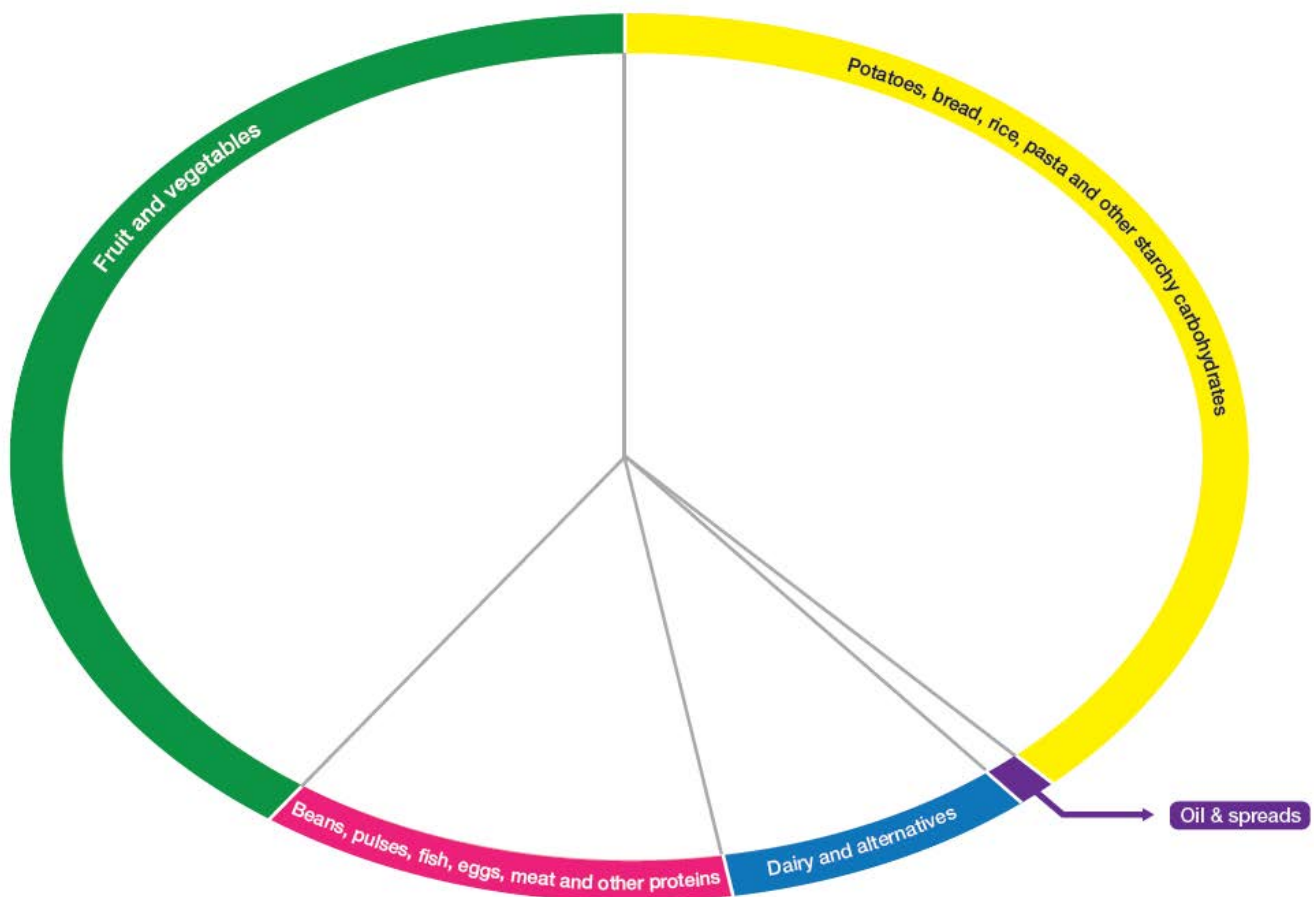
Green – any type of fruit and vegetables. **These keep us fit and healthy.**

Pink - different meats, fish, eggs or a non-dairy protein (lentils, chickpeas). **These foods help us grow properly and build strong muscles.**

Blue - different types of dairy foods made from milk such as cheese, yoghurt and fromage frais. **These foods help us build strong bones and teeth.**

Purple – we need a small amount of oils and spreads in our diets. **These foods provide a small amount of healthy fats.**

Drinks - a drink of water, glass of milk or fruit juice/smoothie (no more than 150ml). **These drinks keep us healthy and stop us feeling thirsty.**



Create your own Eat Well Super Hero!

Choose one of the food groups and make up a super hero who has special powers because they eat foods in that group.

For example, Captain Carbohydrate has incredible energy so he can outrun all his enemies or Dan Dairy who can bite through metal with his extra strong teeth!

Discuss the following things:

What is their name? What do they look like? What special powers do they have? What is their favourite food?

Draw a picture of your Super Hero or write a story about an adventure that they have had.

