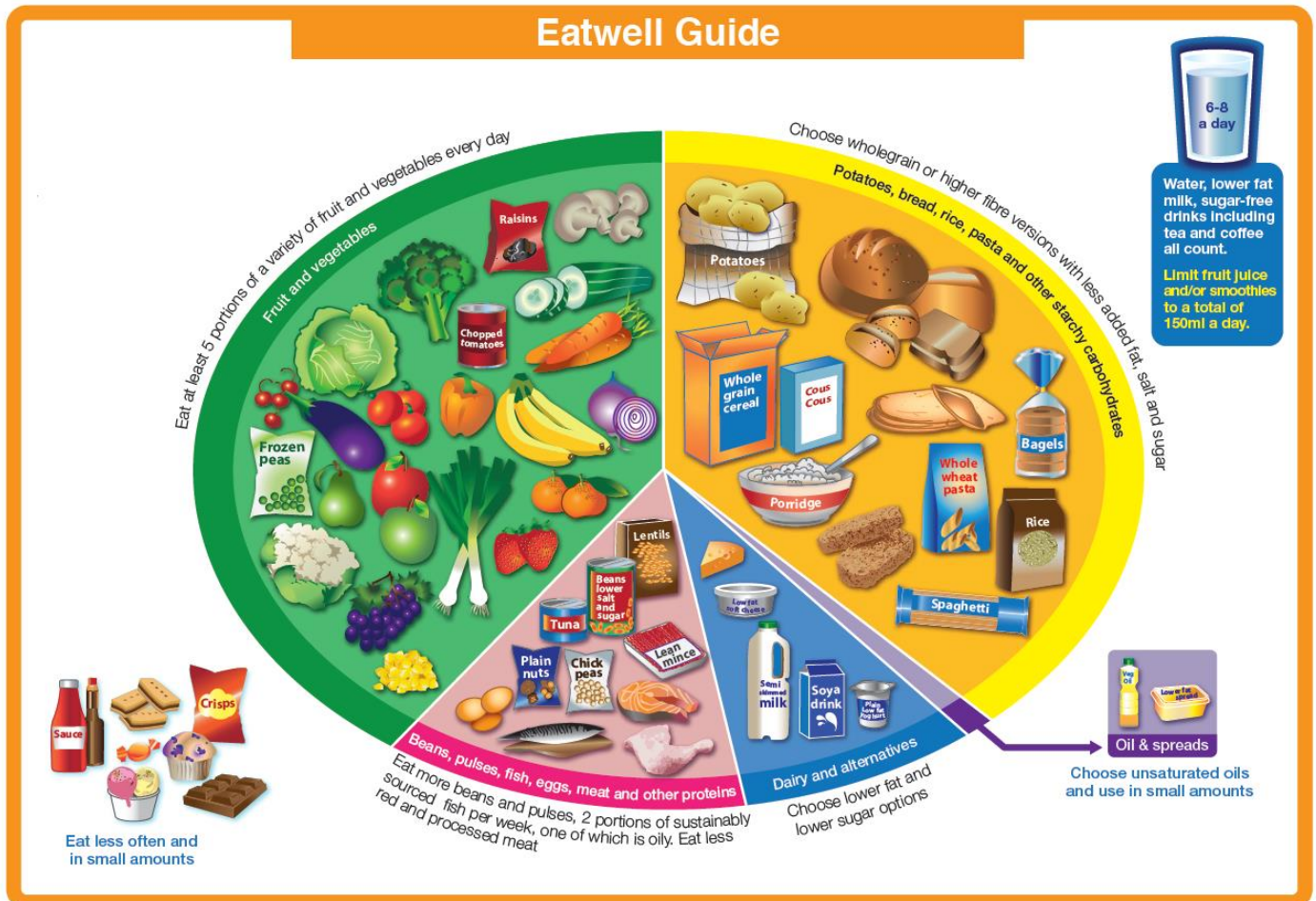




THE EATWELL GUIDE

The Eatwell Guide is a useful guide that shows us the balance of foods we should try to eat and in the right amounts for good health.



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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The guide shows us lots of different foods in each coloured section. These food groups provide us with nutrients.

Yellow = carbohydrate foods that give us energy.

Green = fruit and vegetables that keep us healthy and provide vitamins, minerals and fibre.

Pink = protein foods that help us grow and build muscles.

Blue = dairy foods rich in calcium that help us build strong bones and teeth.

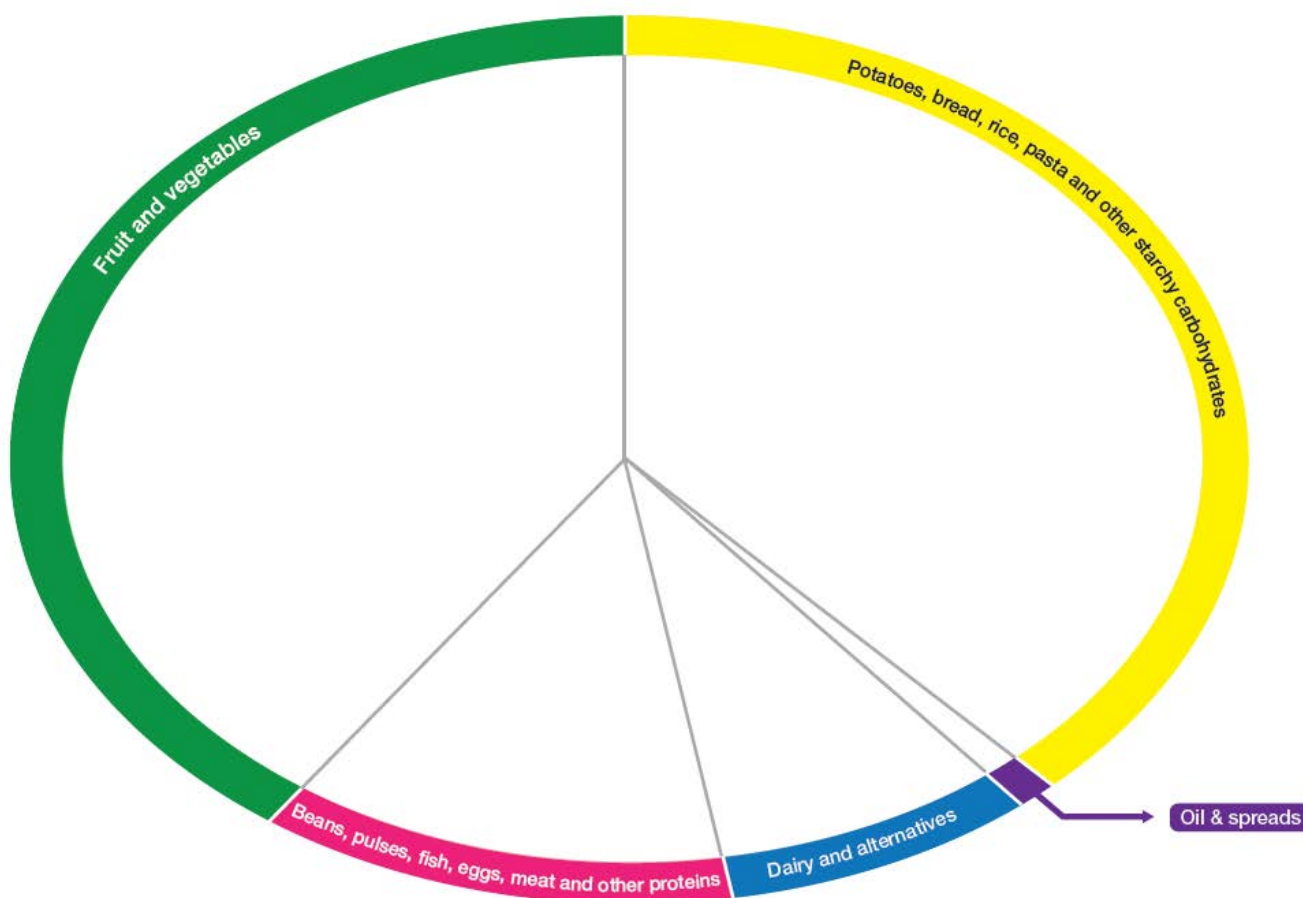
Purple = oils and spreads provide fat which is needed in small amounts for good health.

Recipe Detective

Using the Super Salmon Dip recipe sheets in this week's activities, use your detective skills to match the ingredients it contains to the sections of the Eatwell Guide below.

If you were making the recipe, would you change or add anything to it? Talk about different combinations and how you can make it colourful.

Think about and discuss what you might serve with your dip to make it a balanced meal e.g. pitta bread and vegetables. Look up what ingredients are needed and see which section of the Eatwell Guide they go into.



Haiku Challenge!

A haiku is a Japanese poem that has only three short lines that do not rhyme. It is arranged in syllables (sy-lla-bles) with a pattern of 5, 7, and 5. It really makes you have to think about the words you choose!

Your task is to create a haiku for each of the main food groups – **carbohydrates** (you could use 'carbs' instead!), **fruit and veg**, **protein** and **dairy**.

Think about what the food group gives our body and maybe use some examples of foods. Here's a fruit and veg example (with words split into syllables where needed)

Five a day is great

Eat a rain-bow of col-ours

Grapes are so ta-sty!

