

Do you like to move it move it?

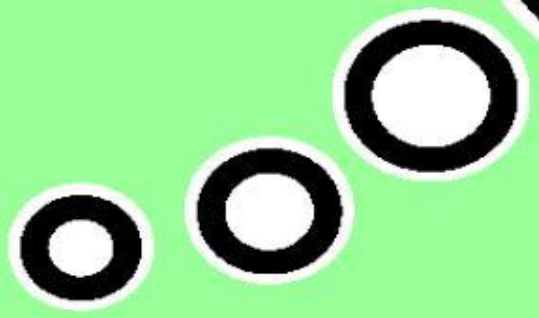
Science - Animals including humans



L.O: To understand the need for a balanced diet



**Name foods in
this food
group:**



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What is a balanced diet?



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A balanced diet is eating the right amount and type of food and drink so you keep healthy.



Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturated fat	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
	LOW	LOW	HIGH	HIGH
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.



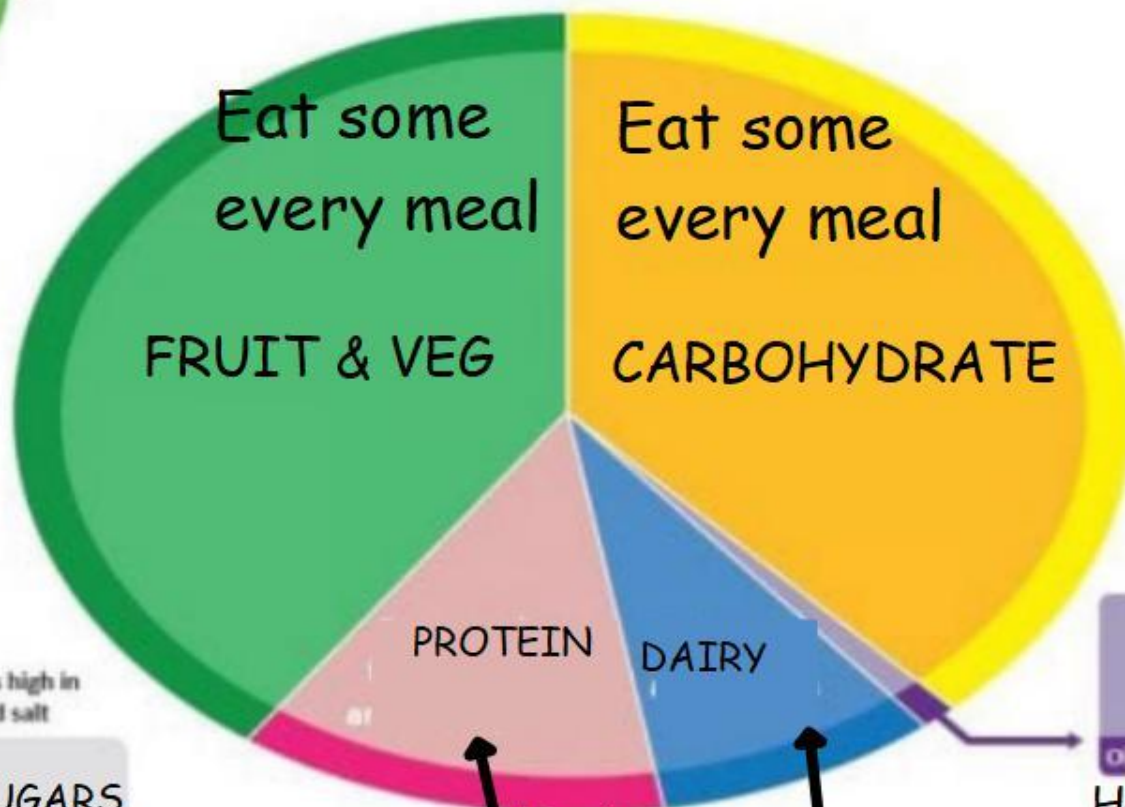
Saturated fats are unhealthy for you.

unsaturated fats are better for you, though you still limit how much you have.

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



EATWELL GUIDE



Food and drinks high in sugar, fat and salt

FATS & SUGARS
You don't need these to be healthy. If you have them, save them as treats.

Eat some every day

Oil and spreads
Have small amounts when needed

Water, lower fat milk, sugar-free drinks including tea and coffee all count

WATER



1.5 L
should be
drunk by a
child every
day.



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Is this a
balanced
meal?



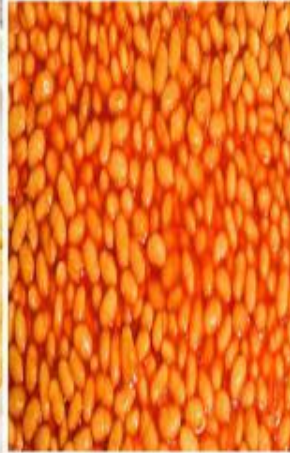
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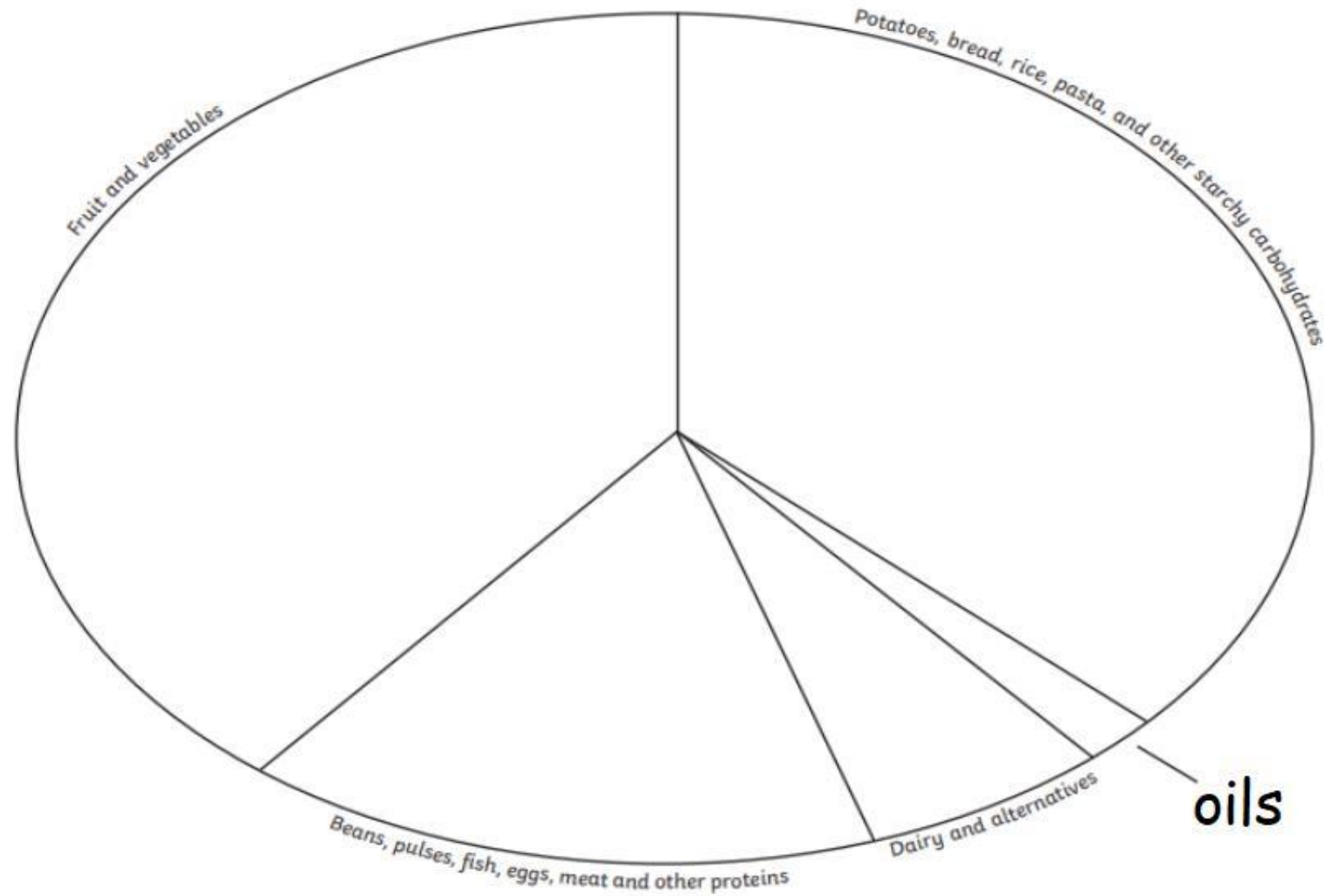
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Challenge - design a balanced lunchbox



plenary

Is there such thing as
a balanced meal or
should we always look
at food eaten over a
day?

