

All about

Healthy Eating Week



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Healthy Eating Week

Healthy Eating Week is a week when people try to eat healthily.



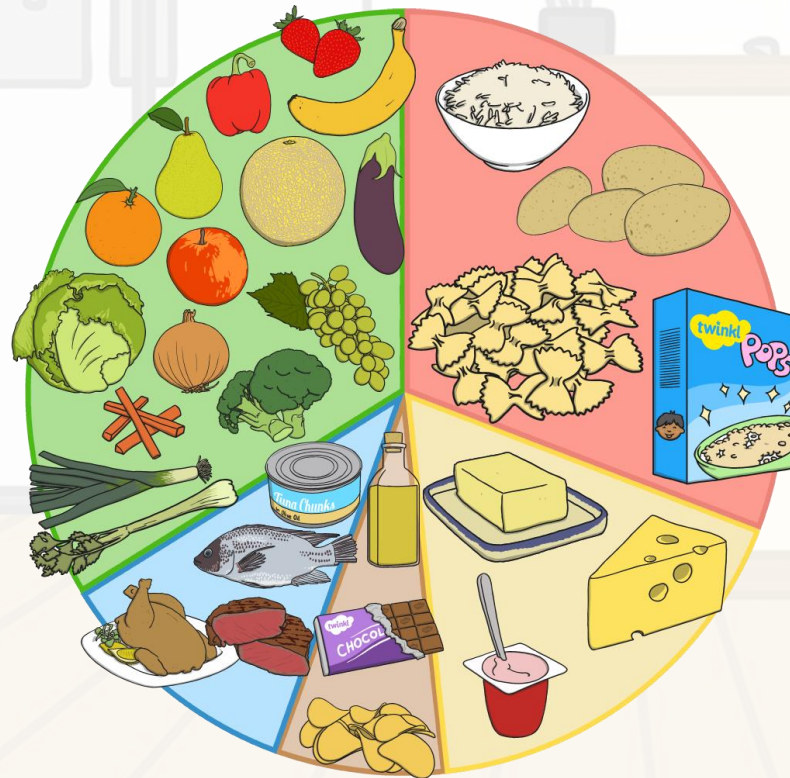
Healthy Eating

What do you know about eating healthily?
Tell your partner what you know.



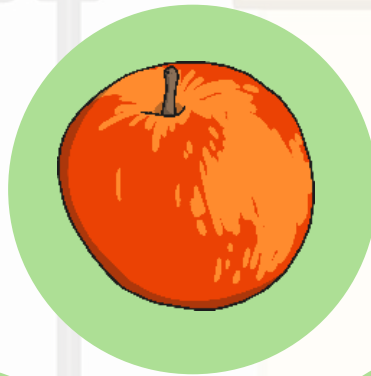
Eat Well Plate

This plate shows lots of different food.
The bigger the part of the plate, the more of those foods you should eat.



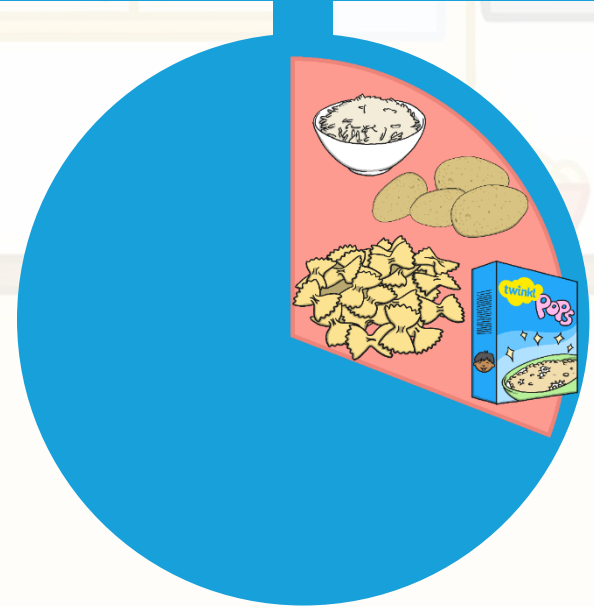
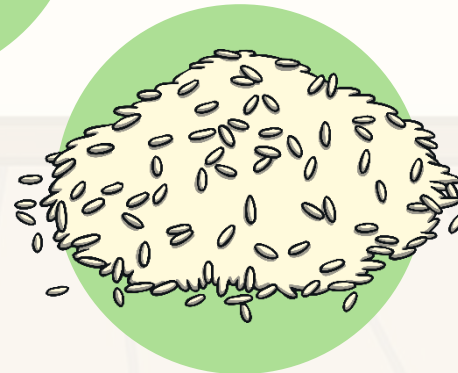
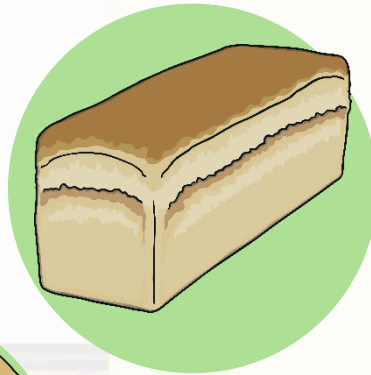
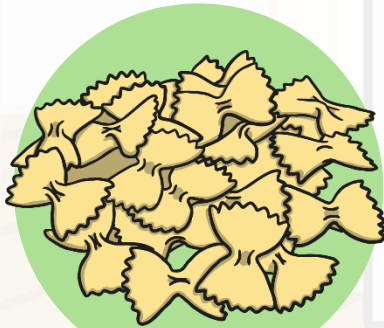
Fruit and Vegetables

Fruit and vegetables are a very important part of a healthy diet. You should aim to eat at least five portions of fruit and vegetables every day. A portion could be:



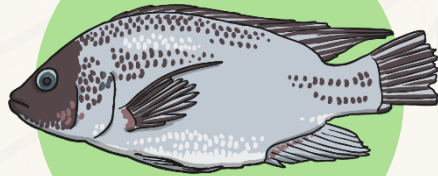
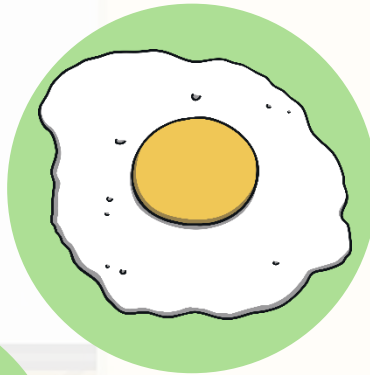
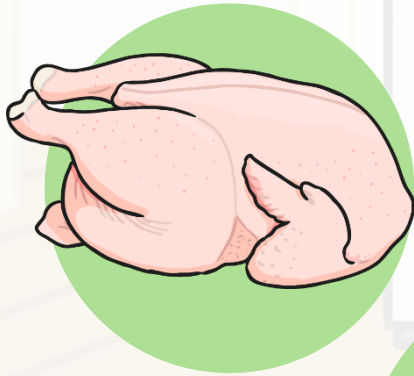
Carbohydrates

Carbohydrates give you energy.
You should eat lots of...



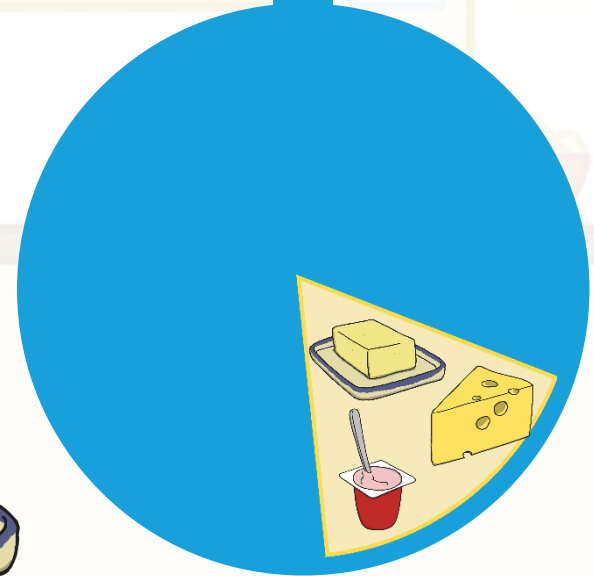
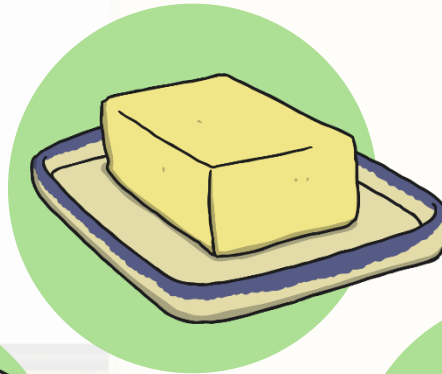
Protein

Protein helps to build and repair the muscles in your body. You should eat some protein. Foods with protein include...



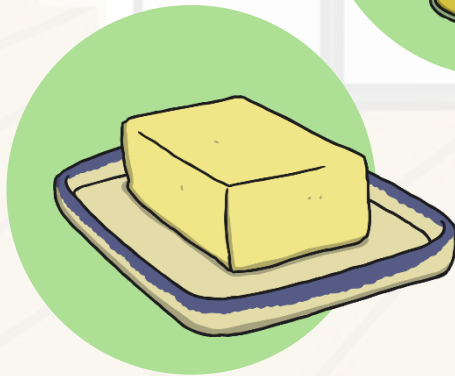
Dairy

Dairy helps to make your bones strong. You should eat or drink some dairy products. Examples include...



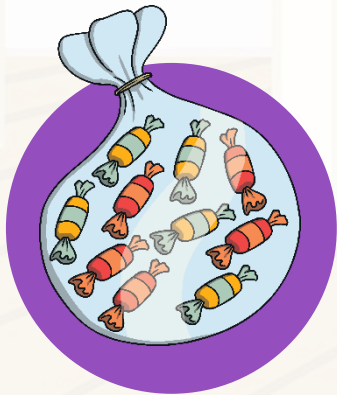
Fats and Oils

You should only eat very small amounts of fats and oils. These foods include...



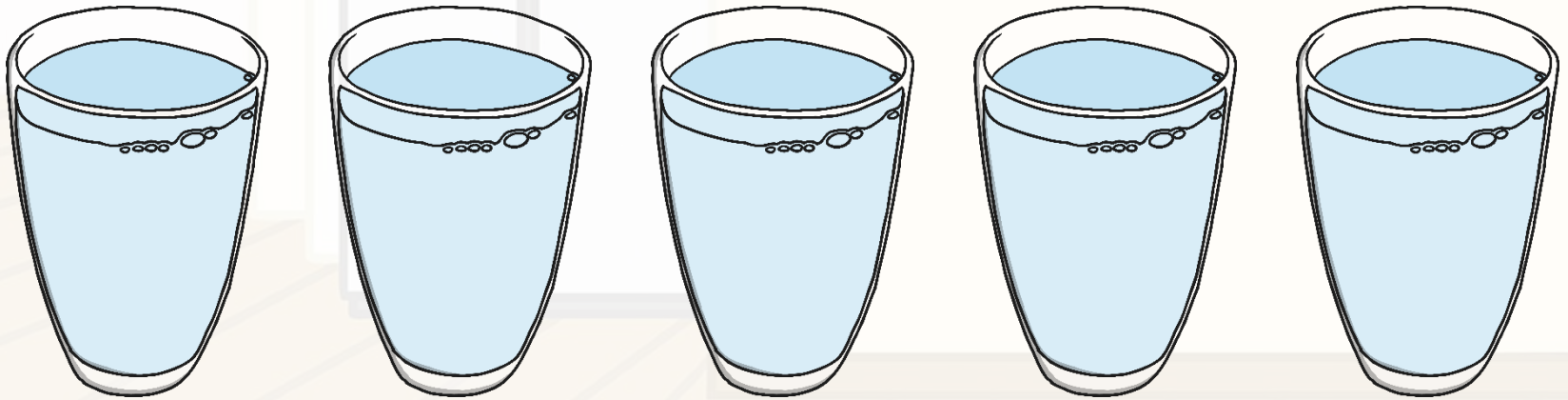
Less Healthy Food

There are some foods you should only have every so often. This is because they aren't as healthy, and too much of them is bad for you. Examples of these foods and drinks include:



How Else Can You Have a Healthy Diet?

The healthiest thing you can drink is water. You should try to drink 5 glasses of water each day.



Lots, Some or a Little?

Look at these foods.

For each one, say 'lots', 'little' or 'some' to show how often you should eat it.



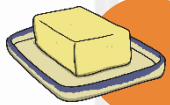
Grapes

Lots



Yoghurt

Some



Butter

Little



Chicken

Some



Spaghetti

Lots



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