

Assembly Presentation Lesson Plan – Eat Well, Keep Well

	Content	Additional Information
1	Title Slide	
2	<p>Why is it important to eat well?</p> <p>Eating well helps you:</p> <ul style="list-style-type: none"> • Have lots of energy • Have strong bones and muscles • Feel good about yourself • Concentrate in school <p>Eating well and keeping active is important to your health and reduces the risk of you getting ill</p>	
3	<p>How do I eat well?</p> <p>It is important to eat a variety of foods</p> <p>This is the Eatwell Guide</p> <p>It represents the overall balance of a healthy diet</p>	<p>The eatwell guide has been developed by scientists and the government to represent the overall balance of a healthy diet.</p> <p>It should not be used to determine how much of each type of food should be on a plate at each meal time.</p> <p>This presentation will go through each component on the eatwell guide and give you a bit more information about each one.</p>
4	<p>Protein</p> <ul style="list-style-type: none"> • Protein helps you grow • Helps repair the body after an illness or injury <p>Try to eat a range of protein-containing foods such as:</p> <ul style="list-style-type: none"> • Meat • Fish • Eggs • Beans • Lentils 	<p>Pulses such as beans, peas and lentils are good alternatives to meat as they also provide you with fibre.</p> <p>Aim to consume fish at least once a week as fish has other valuable nutrients for your health such as Vitamin D and Omega 3</p>

<p>5</p>	<p>Fruit and Vegetables</p> <p>Fruit and vegetables provide vitamins, minerals and fibre to keep you healthy.</p> <p>Try to eat 5 portions of fruit and vegetables each day.</p> <p>A portion is roughly the amount you can fit in the palm of your hand.</p> <p>What counts?</p> <ul style="list-style-type: none"> • Dried fruit • Fresh or frozen fruit • Fresh or frozen vegetables • Tinned fruit or vegetables • Small glass of fruit juice 	<p>Fruits and vegetables are where you get the majority of your vitamins from. These are important to prevent you getting ill.</p> <p>Try to eat lots of different coloured fruits and vegetables as they all provide you with different nutrients.</p>
<p>6</p>	<p>Carbohydrates</p> <ul style="list-style-type: none"> • Foods like cereals, bread, potato, pasta and rice provide you with energy • Wholegrain varieties give you more fibre which helps keep your digestive system healthy 	<p>Carbohydrates provide you with energy and are a source of nutrients from our diet.</p> <p>The eatwell guide recommends that starchy foods such as potatoes and pasta should make up about a third of what we eat.</p>
<p>7</p>	<p>Dairy</p> <ul style="list-style-type: none"> • Dairy products (or dairy alternatives) provide you with protein and calcium • Calcium gives you strong bones and teeth 	<p>Milk, cheese and yoghurts are good sources of protein and some vitamins (such as iodine and calcium) which are important to keep our bones strong.</p> <p>If you cannot eat dairy products, many alternatives are fortified with these vitamins and minerals so you don't miss out.</p>
<p>8</p>	<p>Fats and Sugar</p> <ul style="list-style-type: none"> • Foods such as chocolate, cakes, sweets, biscuits and ice cream are high in fats and sugar • Your body needs some fats for energy, but they need to be taken in in small amounts • If we eat more than we need our body cannot burn all the energy which could lead to weight problems in later life 	<p>Your body needs some fats such as the Omega 3 fats from fish, to function.</p> <p>Fats from these foods (cakes, biscuits etc) are not efficiently used by the body if they are consumed in large amounts which can lead to weight problems.</p> <p>Therefore, it is recommended that you only eat these foods in small quantities and not very frequently</p>



<p>9</p>	<p>Drinks</p> <p>Aim to drink 6-8 glasses of fluid every day</p> <p>Keeping hydrated will help your concentration</p> <p>Try to avoid sugary soft drinks as these can lead to tooth decay</p>	<p>Keeping hydrated is really important to make sure your body is working properly.</p> <p>Water is vital for the life of every cell in your body. It helps us maintain our body temperatures and helps transport the food we eat through our bodies.</p> <p>Water can be lost through sweat, urine and by breathing, so it is important to replenish this.</p>
<p>10</p>	<p>Exercise Regularly</p> <p>Staying active is important for keeping healthy</p> <p>Try to take part in a variety of types of physical activity across the week</p> <p>Aim to break up periods of sitting down with some activity</p> <ul style="list-style-type: none"> • What counts? • P.E. classes • Walking or cycling to school • Playing in the playground • Sports and playing with your friends outside of school 	<p>Keeping active helps keep your muscles strong and healthy which increases your ability to do other physical activities.</p> <p>Exercising regularly also helps your mood and can boost your energy levels.</p>
<p>11</p>	<p>End Slide</p>	

