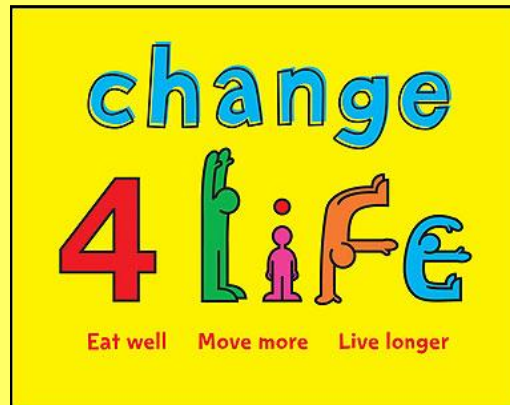


Healthy Eating

Eat Well...Stay Well



How can I be Healthy?

Being healthy means looking after yourself



Eating healthy food



Keeping Active



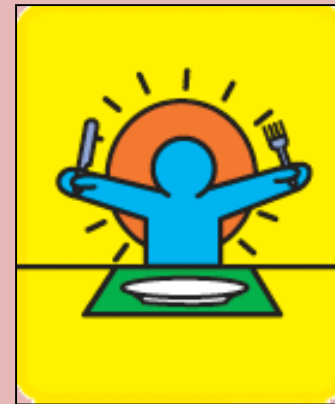
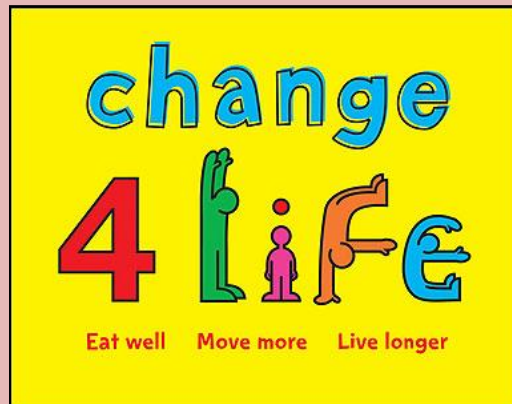
Feeling good



Why do we need food?

Food gives us energy to be able to do things during the day.

Food keeps us healthy and help us grow.



What should I be Eating??

Fruit & vegetables



Bread, rice, potatoes, pasta



Meat, fish, eggs, beans



Milk & dairy foods



Foods & drinks high in fat and/or sugar



Fruit and Vegetables



Healthy Body
Fight Infections
Growth

Carrots, Apples,
Broccoli, Grapes,
Peppers, Strawberries

Bread, Rice, Potatoes & Pasta

and other starchy foods

Energy for Sports
Energy for Moving
Growth

Bread, Rice
Potatoes, Pasts
Cereal



Milk and Dairy

Growth

Strong Bones

Strong Teeth

Milk, Yoghurt, Cheese



Meat, Fish, Eggs and Beans

Growth

Strong Hair and Nails

Healthy Skin

Strong Muscles



Sausages, Beans,
Ham, Cod, Eggs,
Beef, Chicken.

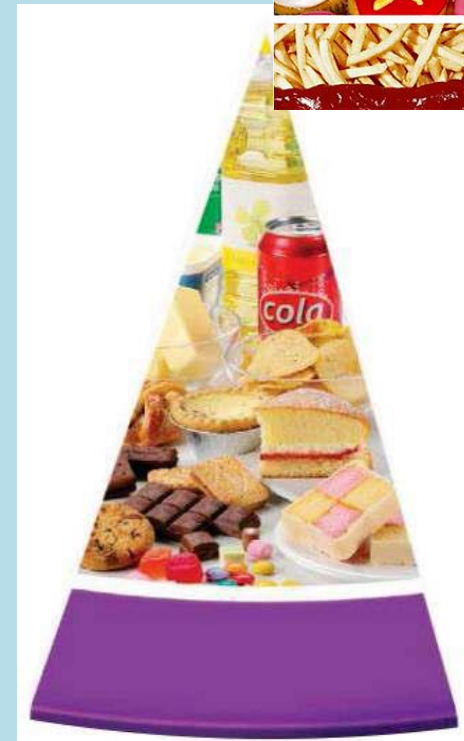
Fatty and Sugary Food & Drink

Energy

Warmth

Protection

Cakes, Biscuits, Coca Cola,
Chips, Cream, Ice Cream,
Sugar



Can I eat unhealthy food?

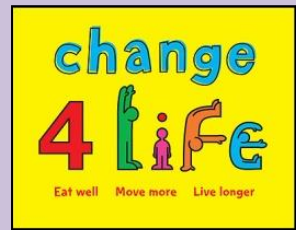
We can eat some unhealthy food but not too much.



Eating lots of unhealthy food can make us put on weight, makes us very tired, can make us ill, and our bodies unhealthy.

We should try to eat lots of healthy food.

Keeping Active



Strong heart

Makes you feel good

Helps you to be good at sport

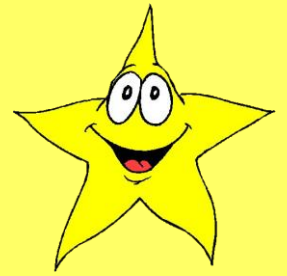
Fight infections

Helps you to sleep





Top Tips!



- Eat lots of different types of foods.
- Don't eat lots of unhealthy foods.
 - Keep active.
 - Enjoy your food.
- Be Happy and Feel Good.

Name one reason why
we need food?

A To sleep

B To become famous

c To help us grow

D To be funny

Which foods should we eat lots and lots of?

A Fruit and Vegetables

B Fats and Sugars

C Milk and Dairy

D Meat, Fish, Eggs & Beans

What can happen if we eat lots of unhealthy food?

A We can become ill

B We can put on weight

C It can make us tired

D All of the above

Why should we keep active?

A It helps you to sleep

B It gives you a strong heart

C It helps us to feel good

D All of the above