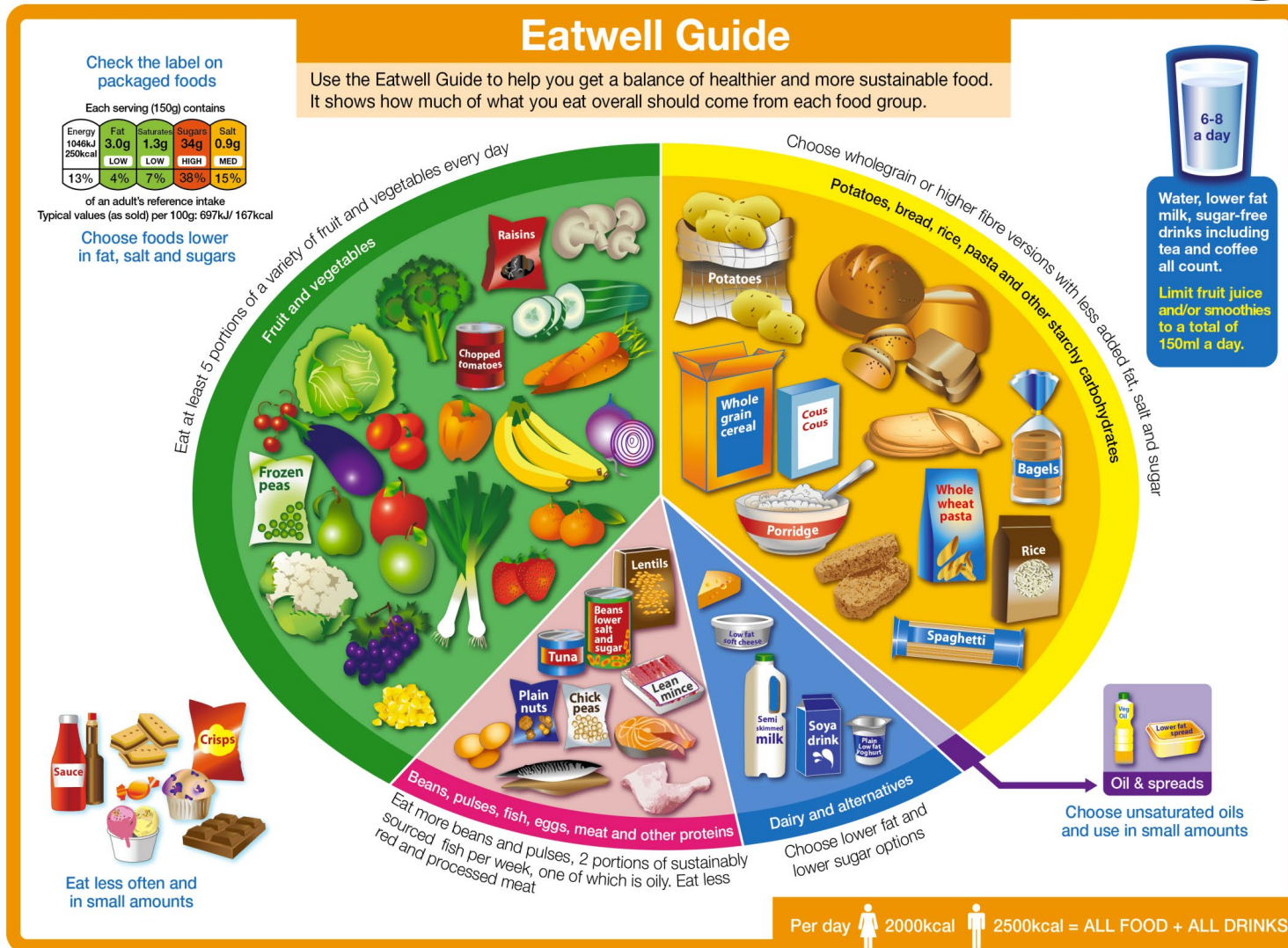


The Guide to Eating Healthy



Eatwell Guide

The Eatwell Guide is the Government guidance on what we should eat. It categorises food into different sections and the size of the section represents the percentage of foods from that section that we should eat each day.

The sections are

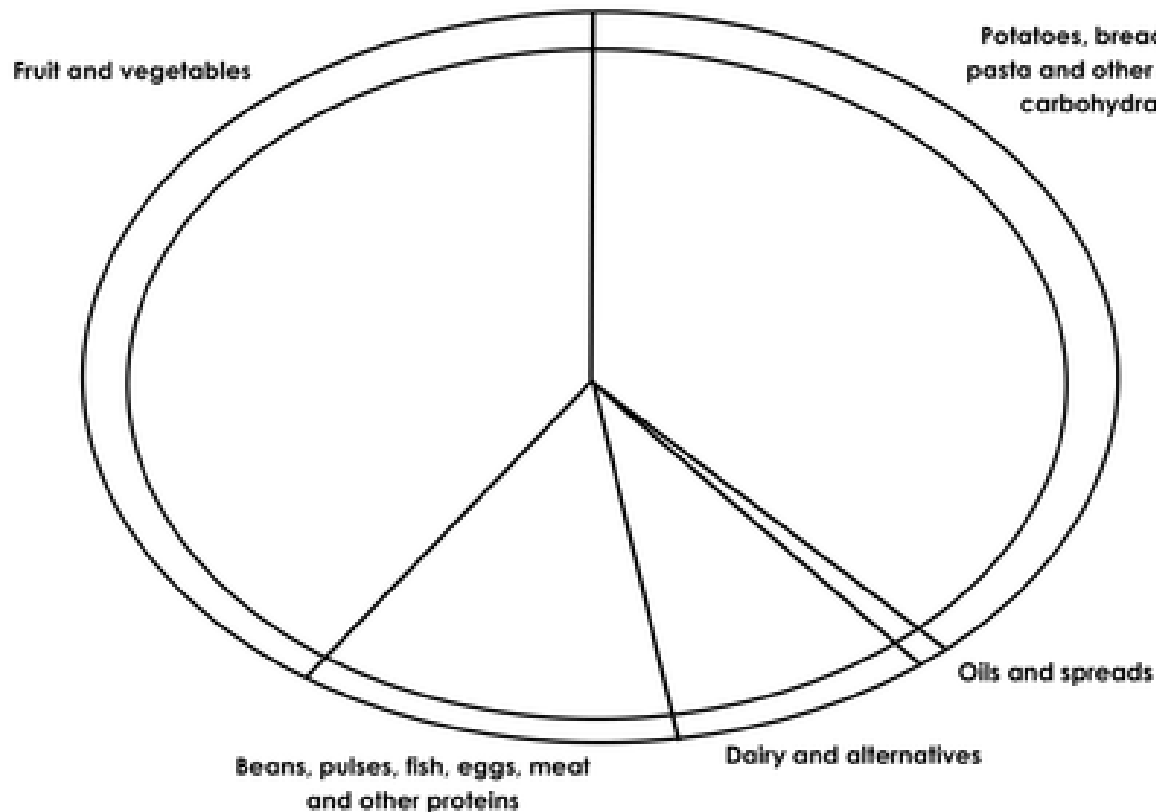
- Fruit and Vegetables
- Potatoes, bread, pasta and starchy carbohydrates
- Beans, pulses, fish, eggs, meat and other proteins
- Dairy and alternatives
- Oils and spreads

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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Task

The Eatwell Guide



This resource has been created by the British Nutrition Foundation, on behalf of Public Health England (PHE).

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Think about all the food that you ate yesterday.

Can you write and /or draw each of these ingredients that you ate into the correct section of the Eatwell Guide. Remember to break down the product into its individual ingredients

e.g.Sandwich

- Bread
- Ham
- Butter
- Tomatoes
- Cucumber

(If you don't have a printer you can just list them under the headings of each section)

Flapjacks



Ingredients:

85g Oats

1 tablespoons syrup

55g brown sugar

55g Margarine

Equipment:

Wooden Spoon

Pan

Tablespoon

Teaspoon

Scales

Method:

1. Weigh Butter, sugar and measure syrup into a pan.
2. Heat the pan over a medium heat for about 5 mins until all ingredients have melted together.
3. Remove from the stove.
4. Stir the oats into the pan until all of the oats are coated by the sugary mixture.
5. Pour into a greased baking tin and push down with the back of the spoon to ensure it is an even thickness.
6. Put them in the oven for about 15-20 mins.