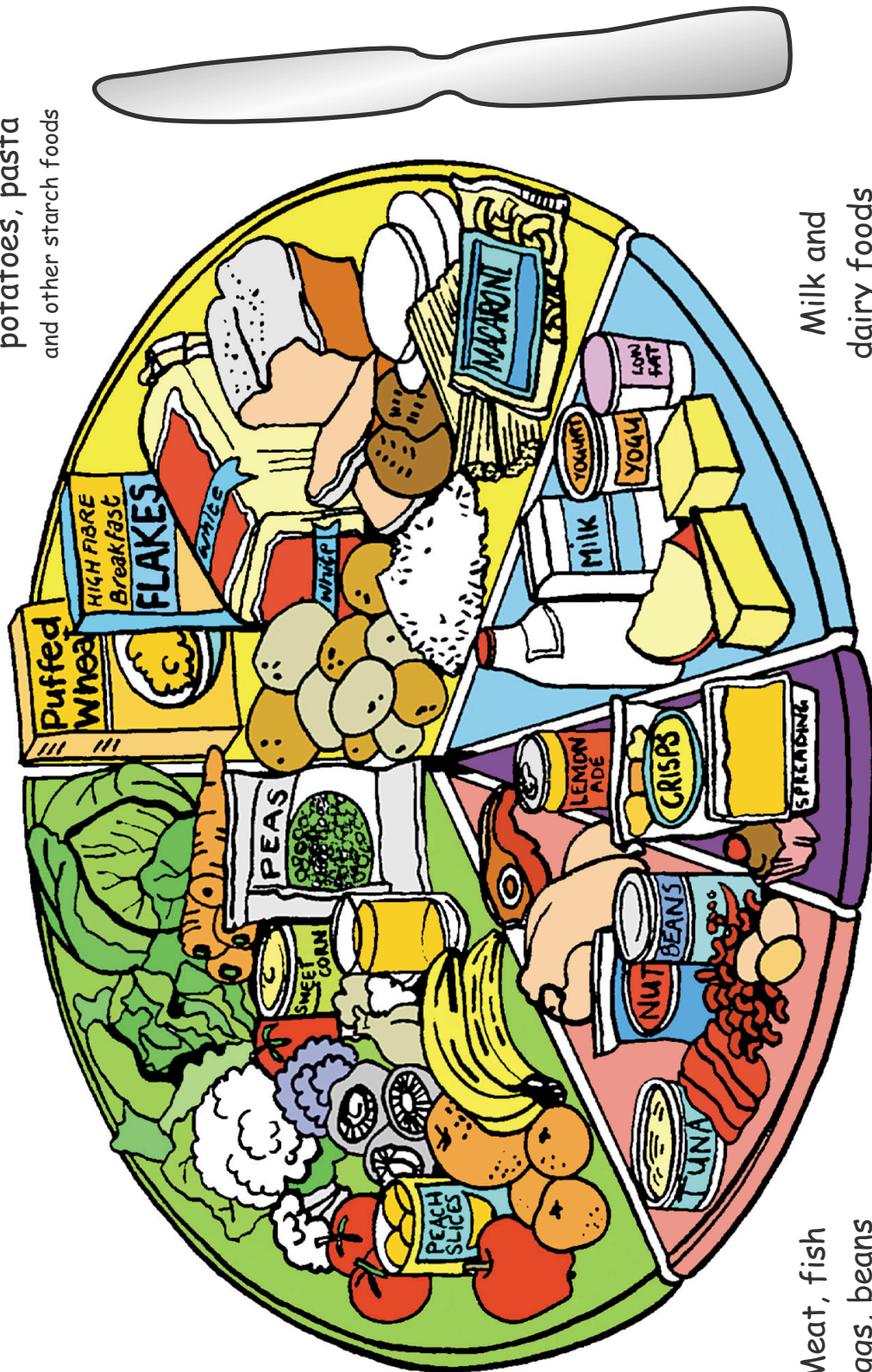


The Eatwell Plate

Fruit and vegetables

Bread, rice
potatoes, pasta
and other starch foods



Meat, fish
eggs, beans
and other non-dairy
sources of protein

Milk and
dairy foods

Foods and drinks
high in fat and/or sugar

Teacher's tips

The eatwell plate

Formally the Balance of Good Health, the eatwell plate has been recently updated by the Food Standards Agency. This is the British model of a healthy diet. Other models exist e.g. the Food Pyramid, which is used in America and Ireland. Health Professionals in the NHS prefer the eatwell plate as it does not give undue emphasis to fatty and sugary foods.

Variety and a change towards more vegetables, fruit, bread, breakfast cereals, potatoes, rice and pasta are what matters. Snacks as well as meals count towards a healthy balance.

The eatwell plate is a pictorial representation of the recommended balance of foods in a healthy diet. It shows that people don't have to give up the foods they enjoy for the sake of their health – just eat some in smaller quantities or less frequently.

The eatwell plate applies to most people, including vegetarians, people of all ethnic origins and people who are a healthy weight for their height as well as those who are overweight.

However, it does not apply to children under two years, as they need full fat milk and dairy products. Between the ages of two and five, children should make a gradual transition to family foods, and the recommended balance shown in the eatwell plate can begin to apply.

One of the aims of this campaign is to ensure that every child in the school sees this diagram and knows what it represents. Younger children need to understand that they need to eat a variety of foods to stay healthy.

A portion of fruit or vegetables is equivalent to the child's handful.