

Eat Well Guide Lesson Plan	
Subject	Appropriate age group
The Eat Well Guide – The UK's healthy eating model	5yrs – 8ys KS1 Primary Education
Learning Objectives	Resources
1.) To learn about the UK's healthy eating model 2.) To have an idea of how to identify a well-balanced diet 3.) To be able to name the different food groups	PowerPoint presentation A balanced healthy diet activity sheet
Teaching Input	
<ul style="list-style-type: none"> Public Health England (PHE) regularly reviews dietary recommendations as part of its role in promoting public health. In light of the evidence about our diet and health, particularly revised recommendations on sugars and fibre, the Eatwell Guide was developed. The Eatwell Guide shows the proportions in which different groups of foods are needed in order to have a well-balanced and healthy diet. The proportions shown are representative of food eaten over a day or more, not necessarily at each meal time. Choose a variety of different foods from each food group to help get the wide range of nutrients the body needs to stay healthy. The Eatwell Guide divides foods into groups, depending on their nutritional role and shows the proportions of each of the groups needed for a healthy, varied diet <p>Key messages</p> <ul style="list-style-type: none"> Eat at least 5 portions of a variety of fruit and vegetables every day. Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible. Have some dairy or dairy alternatives (such as soya drinks); choosing lower fat and lower sugar options. Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily). Choose unsaturated oils and spreads and eat in small amounts. Drink 6-8 cups/glasses of fluid a day. If consuming foods and drinks high in fat, salt or sugar have these less often and in small amounts. <p>LESSON ACTIVITY</p> <ul style="list-style-type: none"> The children should create their own balanced plate, drawing food items in each of the sections to create a balanced and varied diet. The more variety the better. 	