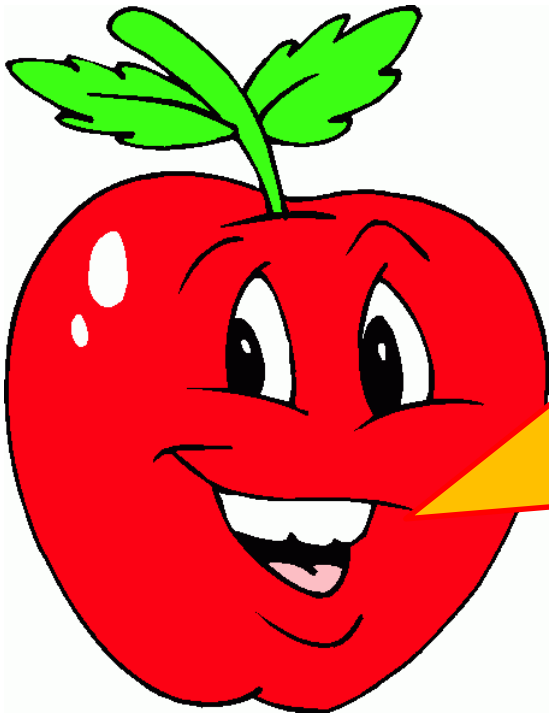


Healthy eating.



# WALT:



- Understand what a diet is.
- Know what the different food groups are.

# WILF:



- a balanced diet plate with different types of food.

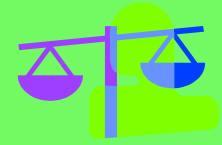
# What is a diet?



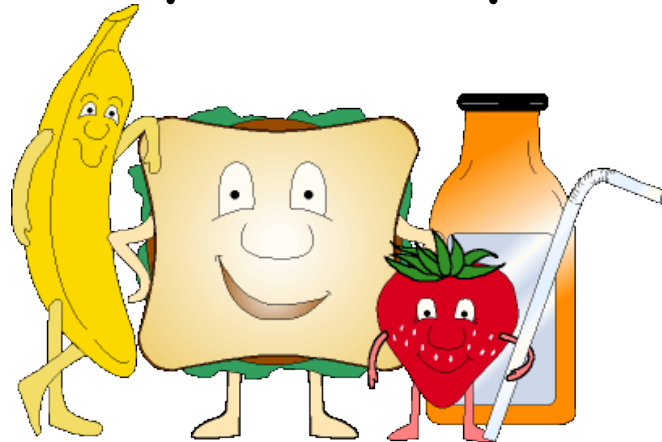
Your diet is the food and drink that you eat and drink every day.



# Staying healthy.

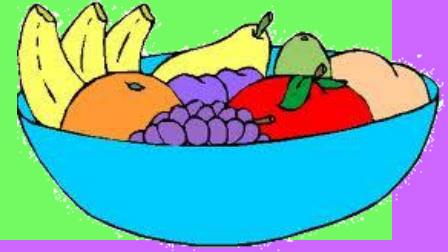


You need to eat lots of different foods to stay healthy.



Eating lots of different foods is called having a 'balanced diet'

# A balanced diet

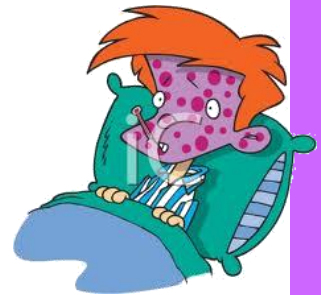


- Give us energy



- Help us grow

- Normal body functions



- Repair our bodies when we are ill

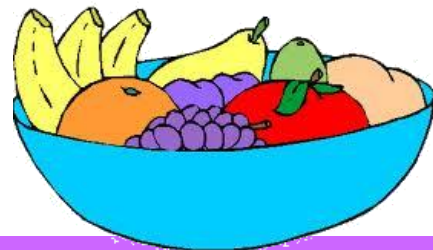
# Good and bad foods.





# Different foods.

- To help your body to grow and work well it is important that you enjoy your food, eat plenty of fruit and vegetables and eat a variety of different food.
- It is important to eat different types of foods.

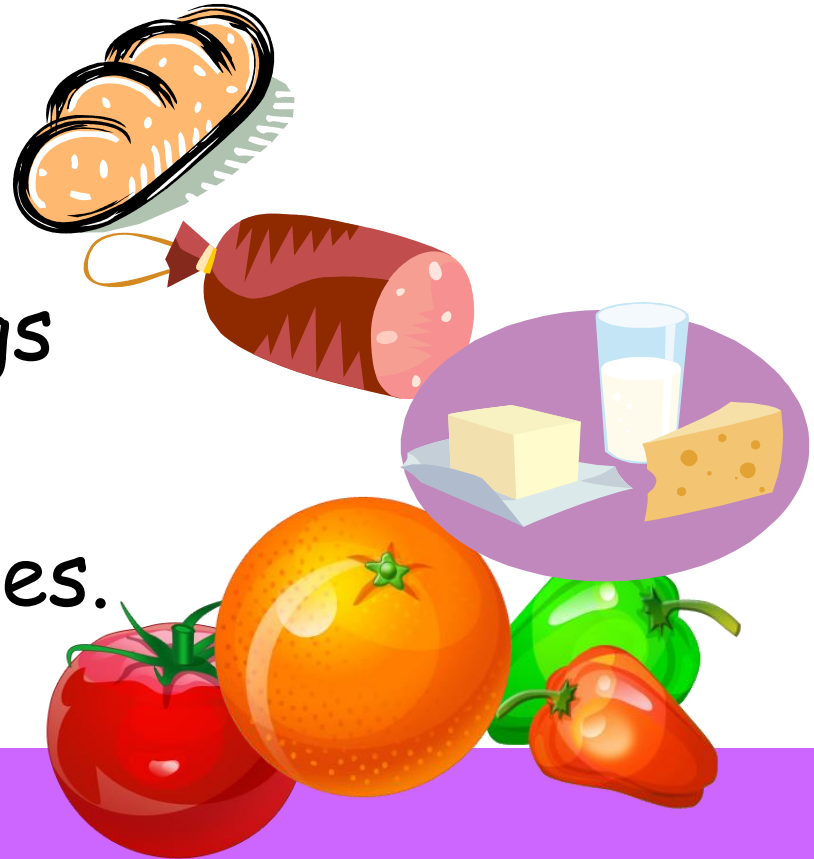




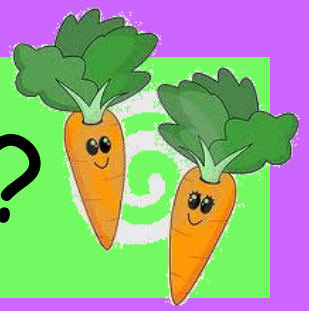
# Food types

The different types of food can be put into groups:

1. Bread and cereals
2. Meat, fish and eggs
3. Dairy
4. Fruit and vegetables.

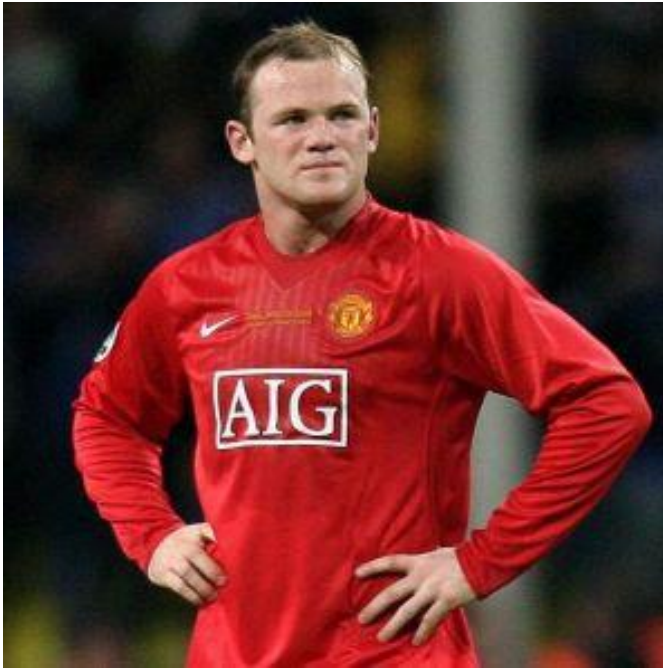


# How does food help us?



- Fruit and vegetables contain minerals and vitamins. They stop us becoming poorly.
- Milk and dairy foods contain calcium. It helps our bones, teeth and nails to grow.
- Meat and fish contain protein. It helps our body to grow and repair itself.
- Bread, cereals and potatoes contain fibre and carbohydrates. This helps us to digest our food.
- Fatty and sugary foods contain fat. They give us energy, but only in small amounts.

Everybody needs to eat a balanced diet.



Wayne Rooney



Bruno Mars



# Your job...



- You are a chef for either Wayne Rooney or Bruno Mars. It is important that they eat a balanced diet of food as they live busy lifestyles.
- Design a plate of food which is healthy and a balanced diet.



# Now I can ...

- understand that a diet is the food and drink we eat every day
- recognise some different food groups
- discuss what makes a meal healthy
- Design a balanced diet meal.

