
Balanced Diet

Learning Outcomes:

- To understand the importance of a balanced diet.
- To see what a balanced diet might look like on a plate.
- To visualise the food in different groups.

Equipment:

- Balanced Diet – plate diagram
- Paper plates if you have them, if not any plate will be fine
- Pretend food or food pictures
- Balanced Diet – Notes

Instructions:

- Using the notes, start by chatting to your child(ren) about the different types of food – and what is important about each group.
- Show them the plate diagram, so they can see how the plate should be divided.
- Using the diagram get them to draw this onto a paper plate (if you have one) or find a way to 'divide' (using string/tape/something safe and appropriate) the plate into the segments shown in the diagram.
- Using the pretend food, or the pictures, the child(ren) can 'create' meals that are balanced. They can do a variety of meals if they want to.
- Remind them that drinking water is also important!
- As you are doing this, keep chatting to them about what foods they like, and get them thinking about how much they should (or shouldn't!) be eating of each, if they want to have a healthy diet.

National Curriculum: Primary: Pupils should know what constitutes a healthy diet (including understanding calories and other nutritional content), and the principles of planning and preparing a range of healthy meals.

Balanced Diet – Notes

The body uses food for energy, to grow and repair and to stay healthy.

There are five types of food:

1. Meat, fish, nuts and pulses, lentils, baked beans and eggs, i.e. proteins
2. Fruit and vegetables
3. Fats and sugars
4. Dairy produce
5. Breads and cereals

Meat and fish, nuts, pulses etc. have proteins which help the body grow and repair.

Fruit and vegetables have vitamins and minerals that keep your body healthy.

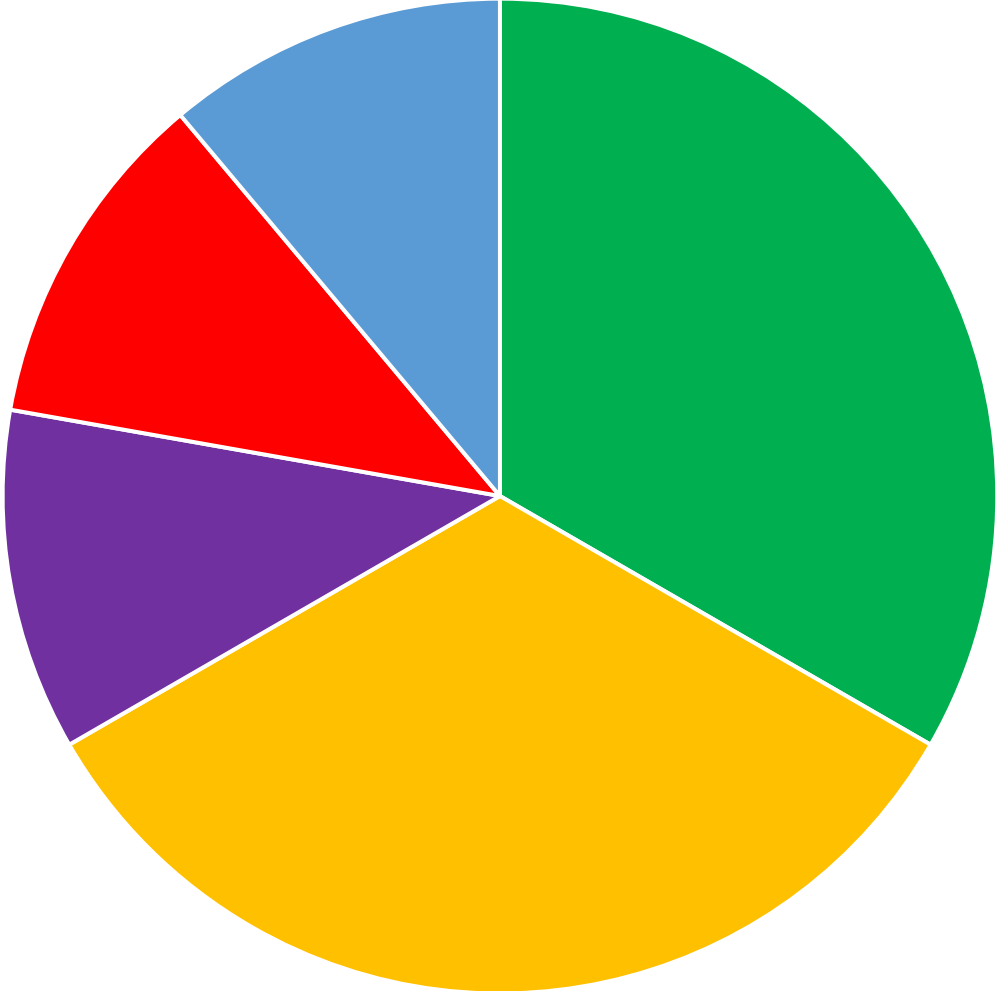
Fats and sugars give the body energy

Dairy produce has fats, protein and calcium that give the body energy and keep it healthy.

Breads and cereals have carbohydrates that give the body energy.

Your body needs all of these every day, but not the same amount of each.

Balanced Diet Plate



■ Fruit and Vegetables ■ Carbohydrates ■ Protein ■ Dairy ■ Sugars and fat