

Healthy Eating Sheet

What is healthy eating?

Healthy eating is about making choices.

Foods like sweets and chocolate and fried food taste good. You can choose to eat them a lot, but this is not good for your health.



If you eat a lot of unhealthy food, this can make you put on too much weight. This is not good for your body. You can get ill and feel unhappy about your body.

Healthy eating means choosing foods that are healthy most of the time. It does not mean you can never eat unhealthy foods – you can eat them, but not every day.

These are some **HEALTHY FOODS**
You can eat them a lot



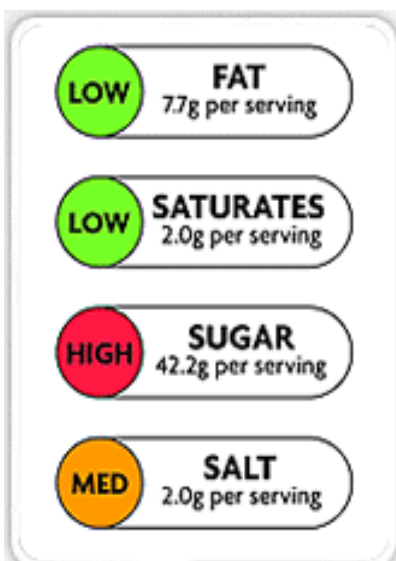
Fruits and vegetables
Wholegrain bread/pasta
Skimmed milk/ low fat cheese
Low fat meat
Fish
Nuts and seeds
Low fat yoghurt

These are some **UNHEALTHY FOODS**
You can eat them sometimes



Crisps
Cakes and biscuits
Fried foods
Chocolate and sweets
Sugary drinks
High sugar cereal
Takeaway food

How to find healthy food



When you go shopping, you might see red, orange and green on the label.

Green means eat this food a lot.

Orange mean eat this food sometimes.

Red means eat this food only once a week.

If you see food with lots of green, that is healthy food. **You can eat this food a lot!**



If you see food with lots of orange and red, that is unhealthy food. **Do not eat a lot of these foods.**

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Make healthy food fun!

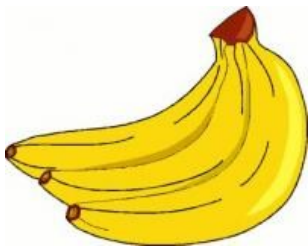
Healthy food is not boring. There are lots of tasty healthy foods!

Fruits and vegetables are healthy foods. They have vitamins and fibre, which are good for your body. They also taste good.

You should try to eat 5 different fruits and vegetables every day.
What is your favourite fruit or vegetable?

Tasty healthy snacks

If you are hungry in between meals, try these healthy snack ideas.



- An orange, apple, banana, kiwi or strawberries.
- Low fat yoghurt and a spoon of raisins.
- What's your favourite flavour?)
- A slice of toast with low fat spread and Marmite, ham, low fat cheese or low fat hummus.
- A slice of low fat cheese and crackers.
- A bowl of low sugar cereal and your favourite fruit.

Breakfast time!

Remember to always eat breakfast. This gives you energy and stops you from wanting to eat too much at lunch or snack time.

For breakfast you could have:

- Porridge with a spoon of honey and fruit.
- Low sugar cereal with semi-skimmed milk and fruit.
- 2 slices of toast with low fat spread and honey, Marmite or ham.
- 1 boiled egg and a slice of toast and low fat spread.



Remember to drink lots of water!

Water is good for your body.
Instead of fizzy drinks, you can drink water and healthy drinks.
Try water, low fat milk or low sugar squash.

Healthy food is fun and tasty. Try to eat fruit and vegetables and eat breakfast. Choose healthy foods you like and drink lots of water.

We hope you liked this healthy eating sheet. Enjoy eating healthy food!