

FOR LESS

The Eatwell Lunchbox Activity Sheet


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What to do:

- Complete the table below using the Eatwell Guide to help you.
- For the final column, draw a picture of something you like from this food group.



Food Group	How much should be eaten in a balanced diet?	How does it help the body?	Examples	Picture
Starchy Carbohydrates	One third of a balanced diet	Provides long lasting energy for the body as well as fibre to help digestion	Bread, potato, rice, pasta	

Discussion points:

1. Why do we eat different amounts of each food group?
2. What might happen if we only ate one food group? Explain your answers.
3. Vitamin D and calcium are both involved in making bones and teeth strong and healthy. Identify the two food groups where you would find vitamin D and calcium.
4. It's important to eat at least five portions of fruit and vegetables each day. What do you think is healthier - eating fresh or frozen vegetables? Why?

