

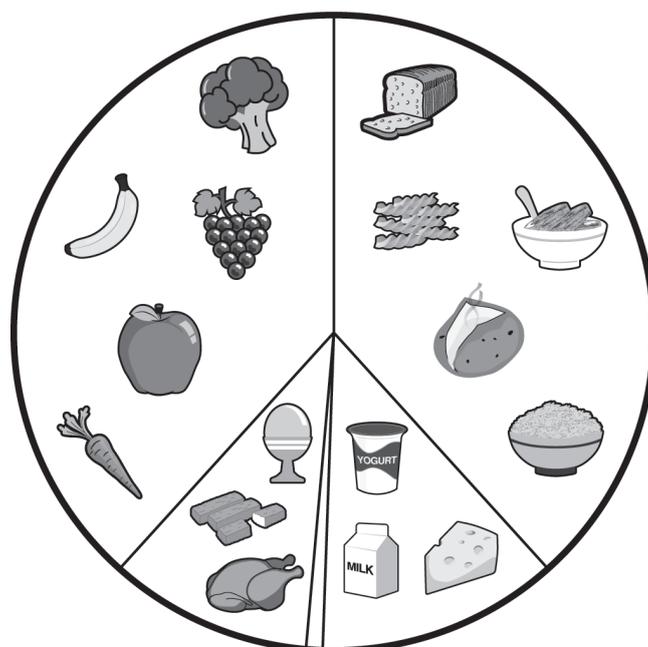
# A Balanced Diet



A good diet can play an important part in a child's health and development. It can also give them the best chance of doing well at school.

## Foods can be divided into five groups based on the nutrients they provide:

- 1** Potatoes, bread, rice, pasta and other starchy foods
- 2** Fruit and vegetables
- 3** Milk and dairy foods
- 4** Beans, pulses, fish, eggs, meat and other proteins
- 5** Oils and spreads



## A healthy balance

The 'Food and Fitness' Food Wheel shows the recommended balance of the food groups. Foods from the largest sections should be eaten most often and foods from the smallest group least often.

Foods such as crisps, chocolate, sweets, biscuits and fizzy drinks are not part of the wheel because they are not essential to a healthy diet, and if they are included, they should be just a small part of what a child eats.

Children should be drinking 6-8 glasses of fluids each day, including water, milk, low-sugar or sugar-free drinks. Variety is important too; the more varied a child's diet, the more likely it is to provide them with all the nutrients they need.

# Fitness

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An active lifestyle is just as important as a balanced diet for a healthy body and mind. It's recommended that school-aged children should do at least 60 minutes and up to several hours of moderate to vigorous\* activity every day.

\* Moderate activity means something that's the equivalent of brisk walking - enough for them to feel warm and breathe a bit more heavily than usual. Vigorous is of a higher intensity causing a bigger increase in heart rate and breathing such as running or fast bike riding.

## Being active can help children

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- |   |                               |
|---|-------------------------------|
| <b>1</b> Maintain a healthy weight      | <b>5</b> Concentrate better   |
| <b>2</b> Boost energy levels            | <b>6</b> Deal with stress     |
| <b>3</b> Build strong muscles and bones | <b>7</b> Sleep well           |
| <b>4</b> Increase self-esteem           | <b>8</b> Improve heart health |

**60% of children in NI do less than the recommended hour of activity a day.**

## Exercise doesn't just mean playing sports

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Games like tag and skipping count too, and so do activities such as dancing, cycling, skateboarding and so on.

## Building it up and sitting down less

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The hour of activity doesn't have to be done all at once; children can accumulate it in several smaller chunks of 10 to 15 minutes. For example, walking to and from school might add up to half an hour, playing tag at break-time another 10 minutes, a kick-about in the park 15 minutes and so on. Doing some vigorous activity at least three times a week is important, as is minimising the time children spend sitting.

# Getting the balance right!

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The Food Groups:

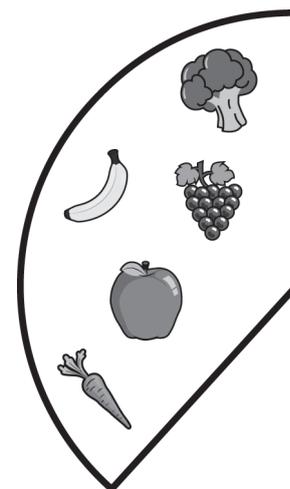
## Fruit and vegetables

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We should eat a wide variety of fruit and vegetables and aim for at least **5** portions a day (5-a-day). Most children should be eating more fruit and vegetables than they do currently.

### Foods in this group include:

All fresh, frozen and canned fruits and vegetables. Fruit juice counts but consumption should be limited to a combined total of 150ml per day. A 30g portion of dried fruit can also be included as one of the five a day. Potatoes don't count because they are a starchy food.



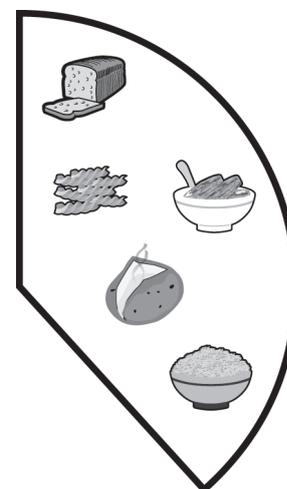
## Potatoes, bread, rice, pasta and other starchy carbohydrates

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It is recommended that we eat plenty of foods from this group. Starchy foods should make up about a third of our diet, so we should aim to include at least one food from this group at each meal. Choosing wholegrain and high-fibre varieties whenever possible is recommended.

### Foods in this group include:

Bread, potatoes, breakfast cereals, pasta, rice, oats, noodles, chapattis, naan bread, pitta bread.



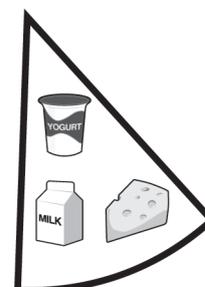
## Milk and dairy food

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It's important that children eat some foods from this group as part of a healthy balanced diet. Dairy foods provide calcium which is needed for normal bone development. Milk is also rich in protein, iodine, vitamin B12 and vitamin B2. Choose options which are lower in fat and sugar.

### Foods in this group include:

Milk, cheese, yogurt and fromage frais. Alternatives such as soya are also included. (This group does not include butter, eggs and cream.)



# Getting the balance right!

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The Food Groups:

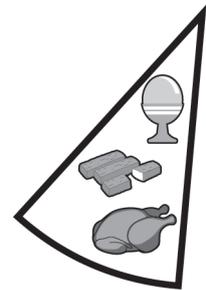
## Beans, pulses, fish, eggs, meat and other proteins

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As well as protein, this group is a source of iron. Choose lower fat versions where possible. Eat more beans and pulses, and aim for at least two portions of fish a week, including a portion of oily fish.

### Foods in this group include:

Fish, including frozen products (e.g. fish fingers) and canned fish (e.g. sardines), eggs, nuts, seeds, soya products (e.g. tofu), pulses (e.g. beans, peas, chickpeas or lentils), meat and meat products (e.g. bacon, sausages and pâté) and poultry (e.g. chicken and turkey).



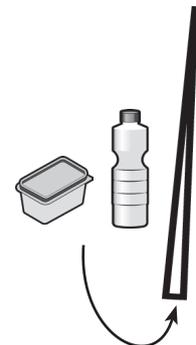
## Oils and spreads

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All types of fats are high in energy and should be eaten sparingly.

### Foods in this group include:

Vegetable, rapeseed, olive and sunflower oils and other unsaturated fats.



## Fluids

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It's recommended to drink 6-8 glasses of fluids each day. Water, low-fat milk, or sugar-free drinks including tea and coffee all count. Fruit juices and smoothies should be limited to a total of 150ml per day as they contain free sugars.

## Foods high in fat, sugar or salt

Foods in this category are not included in the Food Wheel as they are not needed in the diet and should be eaten less often and in smaller amounts.

This section includes chocolate, crisps, biscuits, sweets, cake, and full-sugar drinks.



# Teaching Extensions

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To take this subject further, why not follow our extension ideas as shown below or feel free to devise your own:

- **ACTIVITY QUIZ**

Encourage the children to discuss their results and suggest ways to improve activity levels.

- **FOOD AND FITNESS RAP**

Why not ask the children to create their own actions or dance routine. They could also make up their own 'food and fitness' rap or poem.

- **FOOD AND FITNESS WORDSEARCH**

A fun worksheet to aid children's learning in relation to Food and Fitness.

- **FOOD AND FITNESS CROSSWORD**

A further activity to test children's knowledge and understanding of the Food and Fitness programme.

- **TRUE OR FALSE**

Use the statements to raise discussion around each of the areas.

For example:      Calcium is found in dairy products  
                            Fizzy drinks are kinder to teeth than milk and water  
                            We should aim for one hour's activity each day

You could also use this as a basis for an activity game with the right hand side of the room TRUE and the left hand side FALSE. Position all the children in the centre of the room, they can choose their answer by moving to the appropriate side.

- **FOOD DIARIES**

Refresh knowledge about the food groups and how they make up a balanced diet.

- **MILK AND DAIRY FINGER PUZZLE**

- **CLASS ACTIVITIES**

Get your class active; here are a few practical suggestions.

# How active are you?

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Tick the answer which applies most to you!

1. How do you usually get to and from school?
  - A. Car or bus
  - B. Walk or cycle SOME OF the way to school
  - C. Cycle or walk ALL the way to school

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2. At break-times and lunchtime, what do you usually do?
  - A. Sit around and chat
  - B. Stand about or walk around
  - C. Play games or run around

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3. After school and at weekends, how do you mainly spend your spare time?
  - A. Sitting around - for example, watching TV or using the computer
  - B. Watch some TV and occasionally do something more active
  - C. Spend most time being active – I'm always on the go!

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4. How often do you do any of these things: walk quickly, cycle, play games or sport, dance, skateboard, swim?
  - A. Rarely or never
  - B. Two or three times a week
  - C. Everyday

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5. Added together, how much activity do you think you do a day?
  - A. Less than 30 minutes
  - B. About 30 minutes
  - C. One hour or more

## Mostly A's

Its time to get active! Being active helps you feel good on the inside and look good on the outside. Try to fit a little more exercise into your daily routine – you'll soon start to see the benefits.

## Mostly B's

You're getting there and with just a bit more effort you should reach your target of at least an hour a day. Do something you enjoy – that way you're more likely to keep it up.

## Mostly C's

Well done, it looks like you've got the activity habit! You should really be feeling the benefits of your active lifestyle. Keep it up!

# Food & Fitness Rap!

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Five food groups for you and me  
With a wide variety  
Stay on top throughout the day  
Energy to think and play  
Five food groups for you and me  
Help us grow up healthily

**Listen to me and peel your eyes!  
Food and Fitness – no surprise  
It's what you need for looking good  
And feeling great, the way you should!**

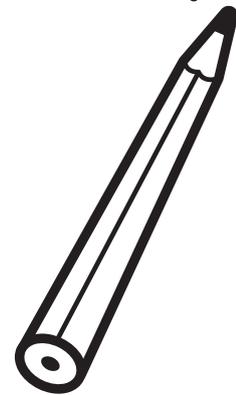
Starchy foods with every meal  
Gives our bodies a balanced deal  
Five fruit and veg are good to eat  
Each kind is a special treat  
Calcium helps bones grow strong  
With dairy foods you can't go wrong

**Listen to me and peel your eyes!  
Food and Fitness – no surprise  
It's what you need for looking good  
And feeling great, the way you should!**

Add protein foods like fish or meat  
Remember to drink as well as eat  
Sugary foods, choose just a few  
Because they're not the best for you  
To top it off add exercise  
A healthy body is your prize

**Listen to me and peel your eyes!  
Food and Fitness – no surprise  
It's what you need for looking good  
And feeling great, the way you should!**

*Why not create your own healthy eating poem to tell other children about a balanced lifestyle?*



# Wordsearch



ACTIVE  
BALANCE  
BODY  
BONES  
CALCIUM

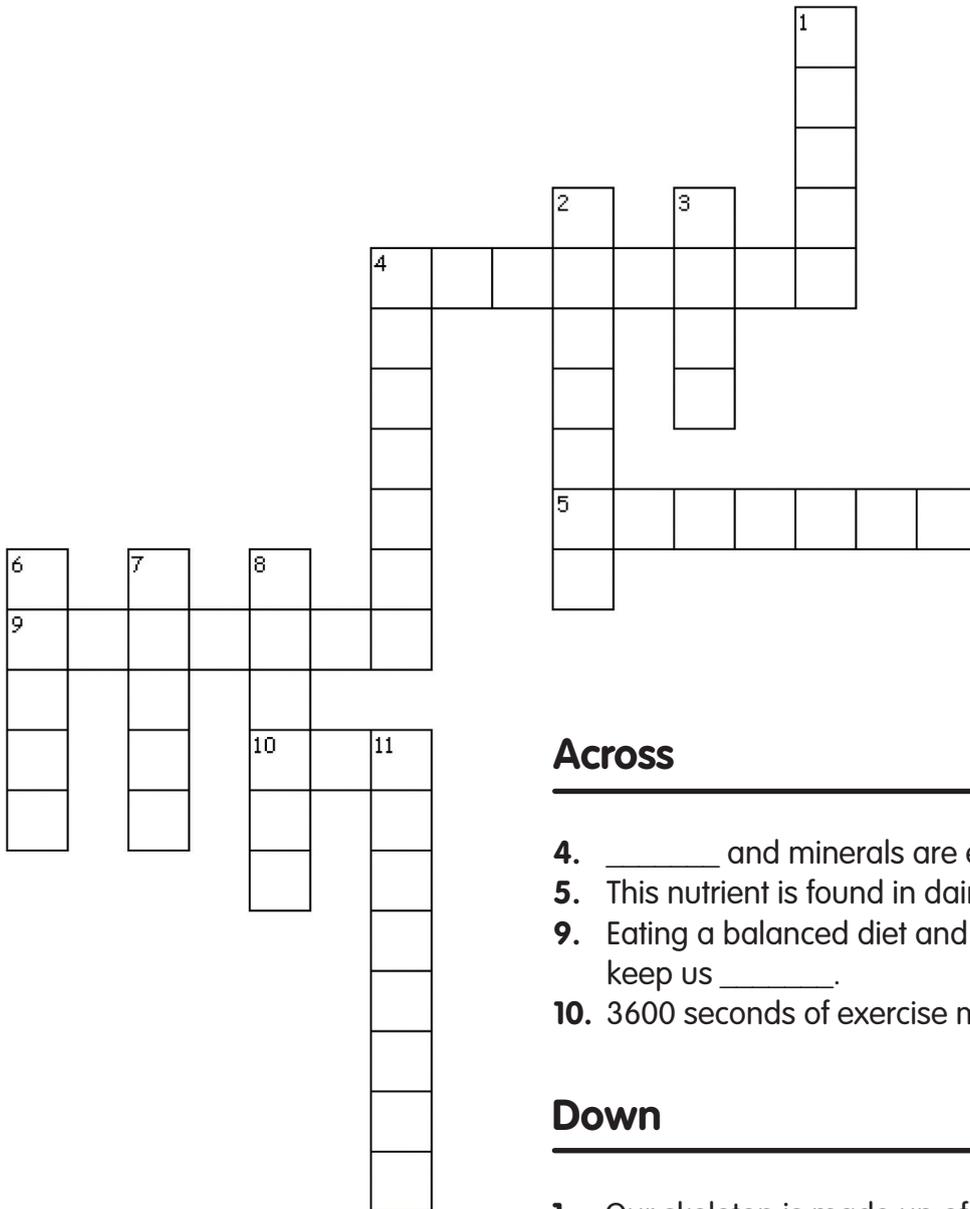
CEREAL  
EXERCISE  
MILK  
PLAY  
VEGETABLES

CHEESE  
FRUIT  
MEAT  
YOGURT  
WATER

DAIRY  
FOOD  
NUTRIENTS  
TEETH  
FISH

C	R	M	E	H	S	I	F	K	D	C
E	L	E	A	R	T	S	U	A	S	R
M	E	A	T	C	H	E	E	S	E	F
I	D	S	F	A	S	L	E	N	N	T
L	A	E	I	L	W	B	T	T	O	R
K	C	N	E	C	N	A	L	A	B	U
S	T	N	E	I	R	T	U	N	Y	G
C	I	I	E	U	R	E	P	E	R	O
E	V	R	U	M	A	G	X	L	I	Y
A	E	N	S	R	C	E	R	E	A	L
F	D	D	O	O	F	V	B	O	D	Y

# Crossword Puzzle



## Across

4. \_\_\_\_\_ and minerals are essential in our bodies.
5. This nutrient is found in dairy products.
9. Eating a balanced diet and doing exercise helps to keep us \_\_\_\_\_.
10. 3600 seconds of exercise makes up \_\_\_\_ hour(s) activity.

## Down

1. Our skeleton is made up of 206 \_\_\_\_\_.
2. It's all about getting the \_\_\_\_\_ right!
3. A natural drink.
4. It's important to have a v\_\_\_\_\_ of foods in our diet.
6. The food \_\_\_\_\_ shows us how much of each food group we should eat.
7. Because of their high quality, Northern Ireland \_\_\_\_\_ products are in demand all around the world.
8. Calcium is needed for \_\_\_\_\_ teeth.
11. Helps strengthen our bones.

# True or False?

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How much can you remember about Food and Fitness? Answer these questions by circling True or False to find out!

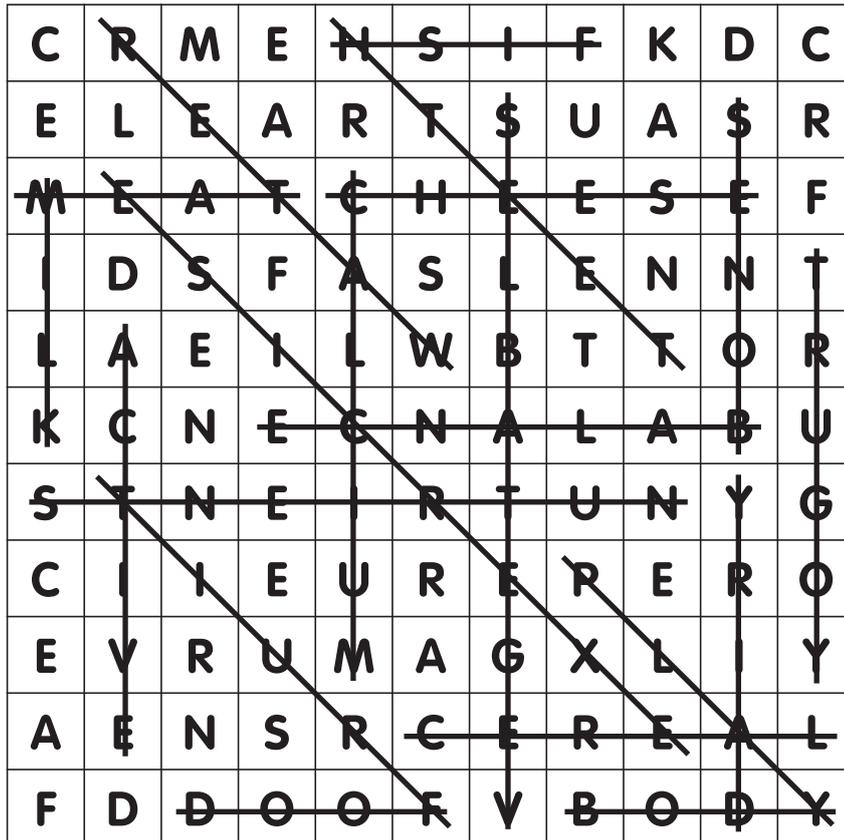
1. There are 7 main food groups	<b>TRUE</b>	<b>FALSE</b>
2. Potatoes are in the fruit and vegetable group	<b>TRUE</b>	<b>FALSE</b>
3. Dairy products should be stored in the fridge	<b>TRUE</b>	<b>FALSE</b>
4. It is best to eat a wide variety of foods	<b>TRUE</b>	<b>FALSE</b>
5. Fizzy drinks are kinder to teeth than milk and water	<b>TRUE</b>	<b>FALSE</b>
6. Calcium is found in dairy products	<b>TRUE</b>	<b>FALSE</b>
7. We should aim for at least 1 hour of activity a day	<b>TRUE</b>	<b>FALSE</b>
8. Fatty and sugary foods help strengthen bones	<b>TRUE</b>	<b>FALSE</b>
9. Dancing, walking and running do not count as proper exercise	<b>TRUE</b>	<b>FALSE</b>
10. The right balance of foods can help your brain and body work	<b>TRUE</b>	<b>FALSE</b>
11. Fatty and sugary foods contain very few nutrients	<b>TRUE</b>	<b>FALSE</b>
12. The three main dairy products are milk, cheese and yogurt	<b>TRUE</b>	<b>FALSE</b>

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# Answers



## WORDSEARCH



## CROSSWORD PUZZLE

**Across:** 4. Vitamins 5. Calcium 9. Healthy 10. One

**Down:** 1. Bones 2. Balance 3. Milk 4. Variety  
6. Wheel 7. Dairy 8. Strong 11. Exercise

## TRUE OR FALSE?

- 1. False      7. True
- 2. False      8. False
- 3. True        9. False
- 4. True        10. True
- 5. False       11. True
- 6. True        12. True

# Food Diaries



Read the four food diaries below and then complete these exercises:

1. In the table, fill in what each person ate and then write down which food group each food belongs to
2. Suggest two ways each person's diet could be improved
3. Use the table to record what you ate yesterday

Hi, my name is Carole.

Today I had cornflakes, toast with jam and margarine. Then I had a bar of chocolate at break, chicken and chips followed by cake for lunch. On the way home I had I had a packet of sweets and then pasta in a cheese sauce for tea.

My name is Mike.

I had fruit salad and fruit juice for breakfast and then salad sandwiches and a banana for lunch. I had an apple after school and a ham salad with bread and butter when I got home.

Hello, I'm Valerie.

I never bother with breakfast. I had chicken curry with rice and salad and then half an apple for lunch. I had some crisps and a packet of raisins at snack time. We had pasta with meat and tomato sauce and a bowl of salad at teatime. Oh, and I ate about three plums and three bars of chocolate before going to bed.

I'm Jim.

I always have a doughnut for breakfast and I have tuna sandwiches and crisps in my packed lunch. I make my mum buy me chips and chicken nuggets on the way home and then we have chicken pie and chips from the shop. When I'm at home, I just help myself to sweets and crisps when I want a snack.

# Food Diary



Name: \_\_\_\_\_

	Foods eaten	Food group	How could the diet be improved?
Breakfast			1
Breaktime			
Lunch			
Afternoon snack			2
Tea time / dinner			
Any other food eaten			

# Milk & Dairy Finger Puzzle!



**MILK**

**1** **2** **3** **4** **5** **6** **7** **8**

**Question:** How many bones does a body have?  
(a) 106 (b) 206 (c) 306

**Question:** Which of these contains calcium?  
(a) Milk (b) Cheese (c) Yogurt

**True or False:** Dairy products contain protein, vitamins and minerals.

**Joke:** What newspaper do cows read?

**True or False:** Cheese and yogurt are both made from milk.

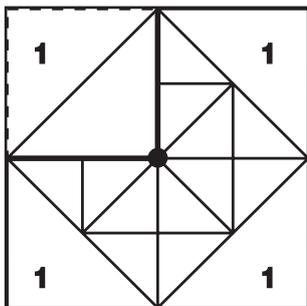
**Joke:** Where do cows go when they want a night out?

**True or false:** Water is the only safe drink for teeth between meals.

**Question:** What helps bones to grow strong?  
(a) Calcium (b) Exercise

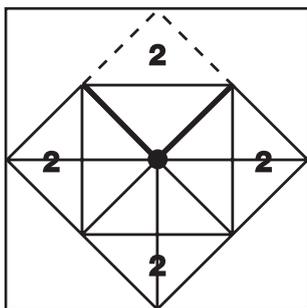
**True** **False!** **Both!** **True!** **To the Moo-vies!** **False!** **Milk is too!** **True!** **The Daily Moos!** **They all do** **(b) 206**

# Milk & Dairy Finger Puzzle!



- 1** Using scissors, cut along the dotted line carefully to remove the puzzle.

Flip the paper over (picture side down) and fold corners (1) into the centre point to form a diamond.



- 2** Flip the puzzle back over (picture side up) and fold corners (2) into the centre to form a small square.

Fold the square in half. Unfold and fold in half the other way.



- 3** Insert a finger into each of the four flaps on the back of the puzzle.

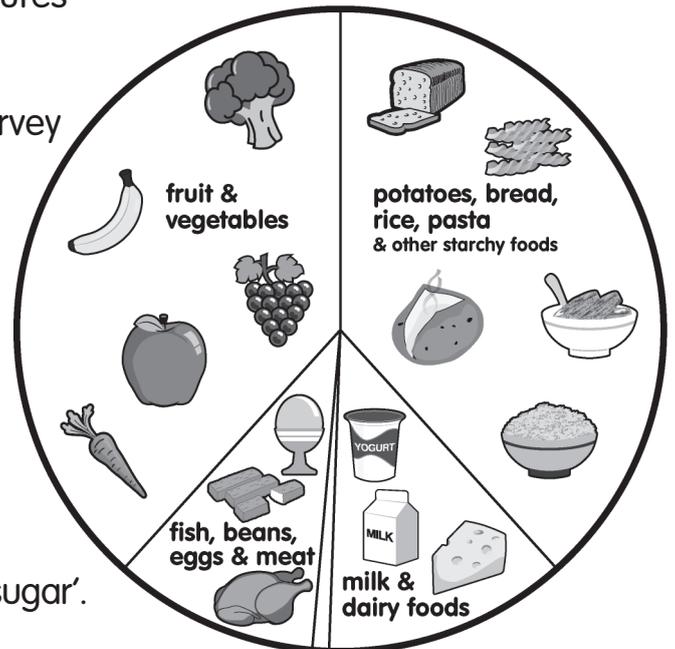
Push the four ends up with your fingers, making a diamond-like shape. Now get a friend to choose a number!

# Class Activities



## The Food Wheel

- 1 Make a collage of The Food Wheel using pictures from magazines.
- 2 Construct a questionnaire and carry out a survey of foods your classmates ate yesterday.
- 3 From the information collected, work out the number of the class who:
  - Ate breakfast
  - Ate less than five portions of fruit and vegetables
  - Ate some milk, cheese or yogurt
  - Ate more than two foods from outside the wheel - 'foods and drinks high in fat and/or sugar'.
- 4 Construct a chart (e.g. pie or bar chart) to illustrate your results.



## Milk Time Fun

This game is useful for aerobic activity and teamwork.

- 1 Divide the class into four teams, one in each corner of the room. Place an empty carton or plastic milk container in the middle of the floor and give each team a beanbag.
- 2 Number the children within the teams. When their number is called the child runs around the hall and back to their team. The child then slides the beanbag to try and knock over the container. The beanbag is passed along the line until someone succeeds.
- 3 The successful team gains a point and the process is repeated. The winning team has the most points at the end of the time period.

# Class Activities

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## Go For GOOOAL!

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**A ball and a large sheet to use as a 'parachute' are required for this game.**

The children stand around the 'parachute' and hold onto the edge with both hands at waist height.

Split the group in half, one group on one side and one on the other side. This can be done by girls and boys, or by children wearing different coloured shirts or you can just tell the children where the group splits.

The idea of the game is to place a ball on the parachute and it is the job of the two teams to try and shoot the ball into the other team's goal. The goal is the half of the parachute opposite, and a team scores a goal by flipping the ball off the parachute over the heads of the opposite team.

This game requires the children to work as a team and co-operate with each other. They must work out the best way to get the ball to bounce off the parachute into the other team's goal. This activity is great fun but children must try to be as gentle as possible with each other as they try to work the parachute.

**WHAT YOU  
NEED:  
A ball  
A large sheet  
(to use as a  
'parachute')**