Healthy eating booklet

Key words to learn about food. Write a definition for each of the word below

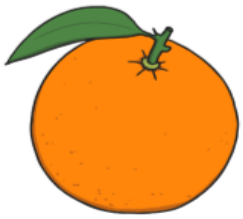
Carbohydrates	
Protein	
Fats	
Vitamins	
Minerals	
Fibre	
Water	
Growth	
Energy	

Healthy or unhealthy sorting activity

In your opinion, are the following foods healthy or unhealthy?

apple

crisps

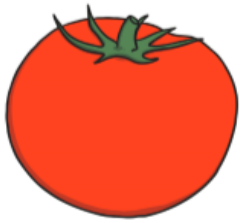


orange

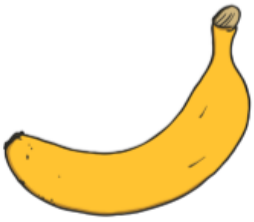
chocolate

cake

pizza

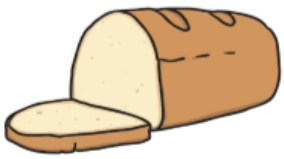


tomato



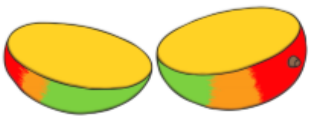
banana

cupcake



bread

cheese



mango

Food for thought!

Use the words in the bubble to complete the sentences below.

diet fats water
energy repair minerals
nutrients fibre raw

What we eat is known as our d _ _ _ . Our food provides a source of r _ _ materials to make new substances.
These new substances are used for:

- E _ _ _ _ _ (to help us to move, etc.)
- growth and r _ _ _ _ _
- health.

Carbohydrates, proteins, f _ _ _, vitamins and m _ _ _ _ _ _ _ are all n _ _ _ _ _ _ _ _which means that they provide raw materials.
We also need to eat f _ _ _ _ and drink w _ _ _ _ .

Food labels

Answer the questions for each of the following foods using the tables to help you. Then decide if you think this is a healthy food choice or not.

FISHY FILLETS NUTRITION INFORMATION	
Amount per 100 g	
Energy	180 kcal
Carbohydrate	14 g
Protein	13 g
Fat	8 g
Fibre	1 g

1. How many grams of fat does this food contain per 100 g?

2. How many grams of carbohydrates does this food contain?

3. How much fibre does this food contain?

4. How many calories does this food contain per 100g?

5. In your opinion, is this a healthy food choice or not? Why?

Pete's Peas Nutrition information	
Amount per 100 g	
Energy	35 kcal
Carbohydrate	3 g
Protein	3 g
Fat	0.5 g
Fibre	3 g

1. How many grams of fat does this food contain per 100 g?

2. How many grams of protein does this food contain?

3. How much carbohydrates does this food contain?

4. How many calories does this food contain per 100g?

5. In your opinion, is this a healthy food choice or not? Why?

Serious Cereal Nutrition Information	
Amount per 100 g	
Energy	110 kcal
Carbohydrate	62 g
Protein	8 g
Fat	21 g
Fibre	6 g

1. How many grams of fat does this food contain per 100 g?

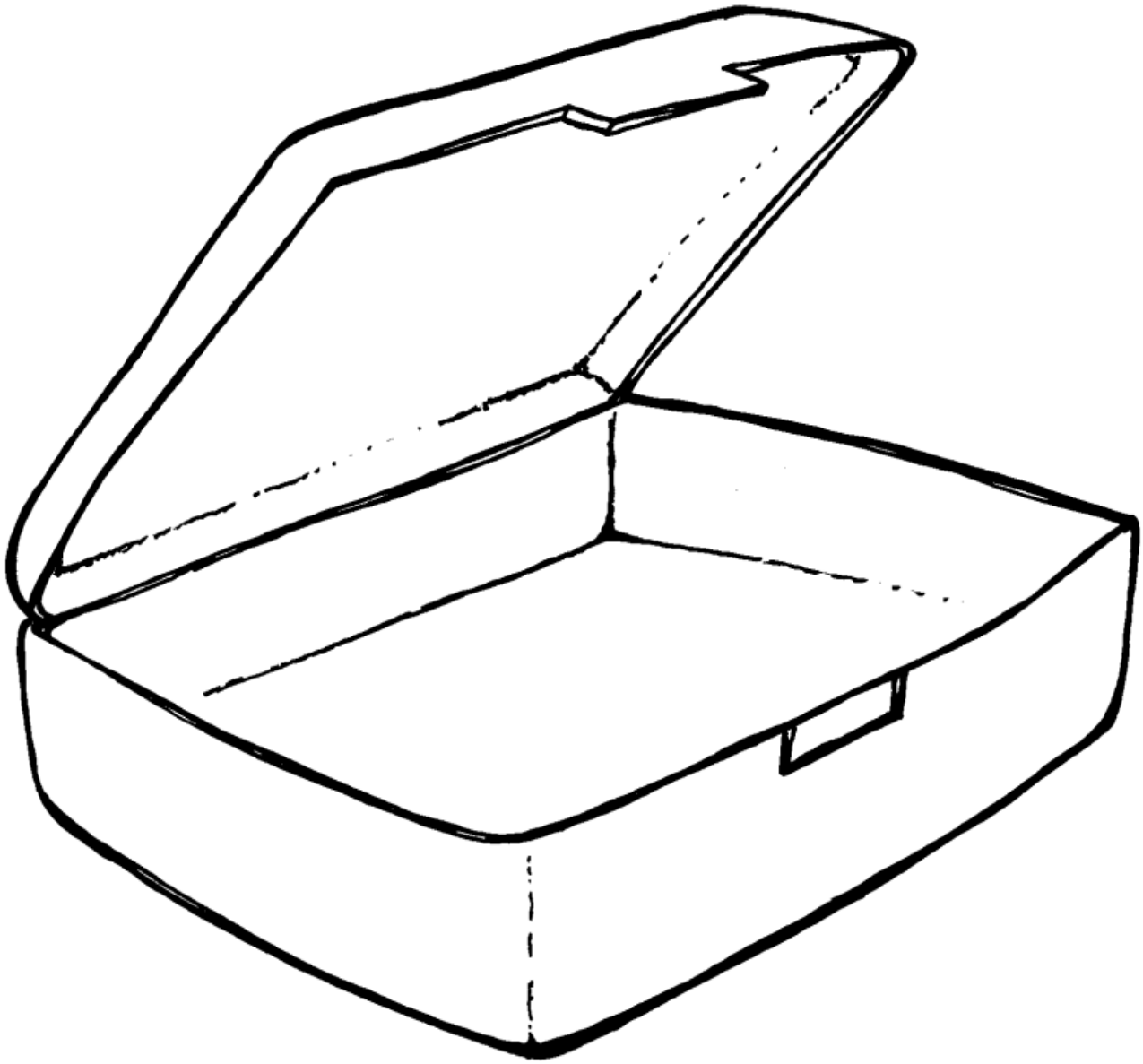
2. How many grams of carbohydrates does this food contain?

3. How much fibre does this food contain?

4. How many calories does this food contain per 100g?

5. In your opinion, is this a healthy food choice or not? Why?

Take another look at the food sorting cards you sorted at the beginning of this booklet. Would you change anything now?

My healthy eating lunchbox

Now it's time for you to create your own healthy lunch. Write or draw what food you could put into your lunchbox to make it healthy!