

So whether you eat or
drink or whatever you
do, do it all for the glory
of God.

1 Corinthians 10:31

Why is eating well
being HeartSmart?



Can you plan a healthy meal?

The Eatwell plate shows us how much of each food group we should try to eat if we want to have a healthy diet

The eatwell plate



Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Fruit and vegetables

Bread, rice, potatoes, pasta and other starchy foods

Meat, fish, eggs, beans and other non-dairy sources of protein

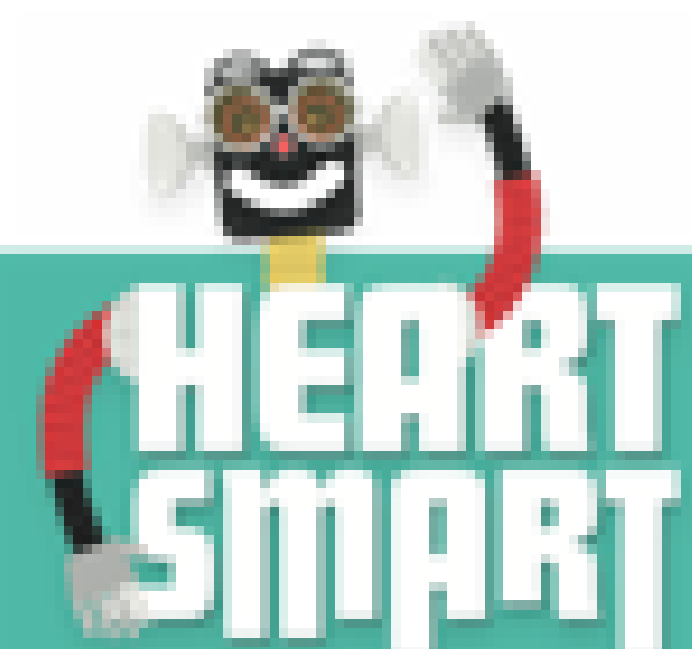
Foods and drinks high in fat and/or sugar

Milk and dairy foods

The eatwell plate



Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



The Eatwell guide recommends we all...

- eat at least 5 portions of a variety of fruit and vegetables every day
- base meals on higher fibre starchy foods like potatoes, bread, rice or pasta
 - have some dairy or dairy alternatives (such as soya drinks)
 - eat some beans, pulses, fish, eggs, meat and other protein
- choose unsaturated oils and spreads, and eat them in small amounts
 - drink plenty of fluids (at least 6 to 8 glasses a day)

Categorise the foods into their food groups by colouring the boxes to match the Eatwell plate e.g. chicken - pink; milk - blue

Pasta	Apple	Orange Juice	Milk
Cake	Eggs	Chicken	Bread
Banana	Broccoli	Pork	Yoghurt
Cheese	Potatoes	Peas	Beef
Carrots	Sweetcorn	Butter	Rice
Lentils	Mushroom	Ice-cream	Grapes
Grapes	Strawberries	Tomatoes	Pear



Using the foods listed devise a healthy meal. Challenge: Try to include foods from all the food groups.



Being HeartSmart, means I care about 
