Food and drink is our body's fuel

Our bodies are a bit like cars. We need to keep topping up our fuel levels, otherwise we run out of energy.

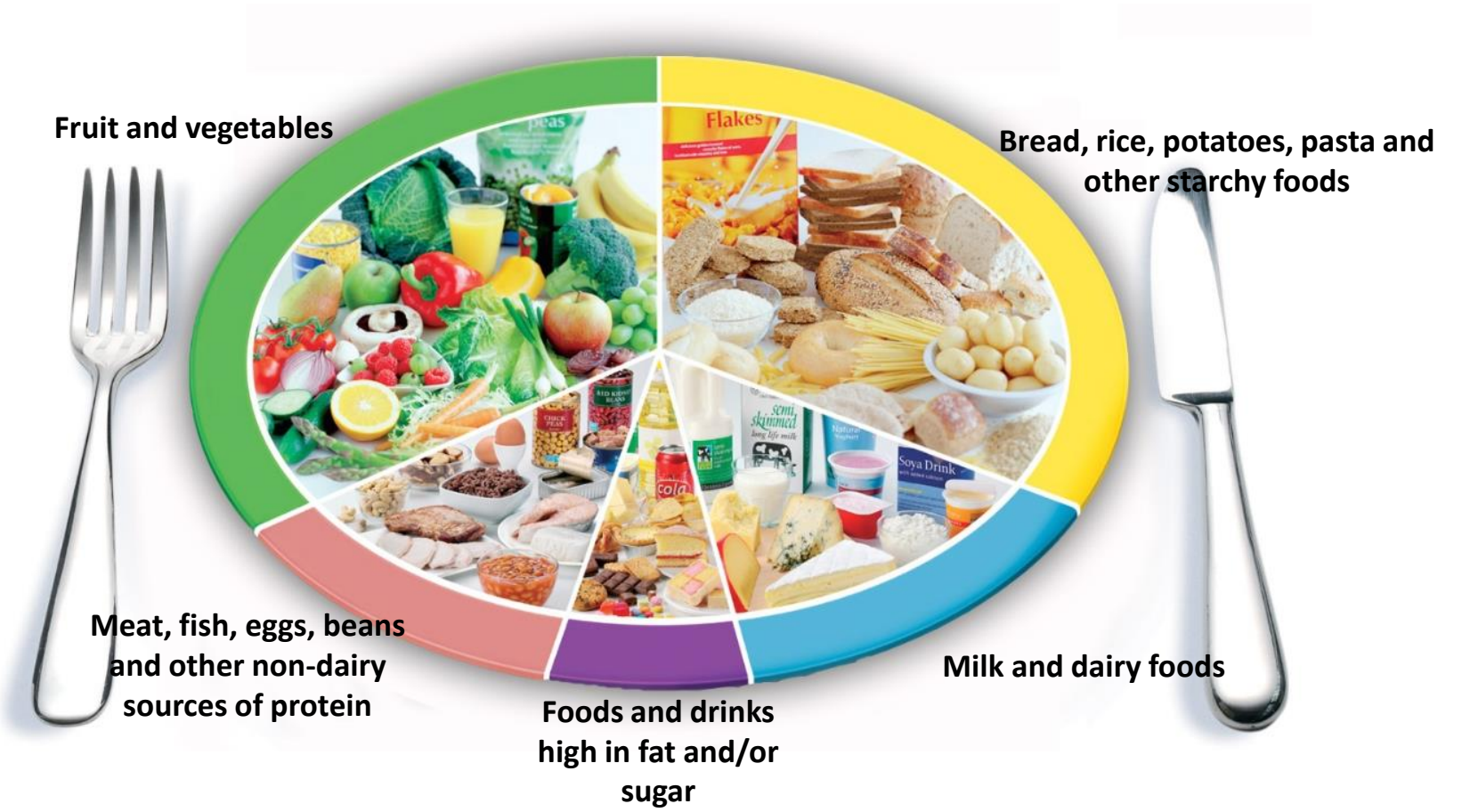


The body gets its fuel (energy) from nutrients that can be found in our food and drinks.

It's important that we consume the right foods and drinks to keep our bodies working properly and staying healthy.

Foods can be divided into different groups. We need to eat a variety of foods from each of the groups to stay healthy.

The Eatwell Plate helps us to choose the types and proportions which make up a healthy, varied diet.



Where do these foods and drinks belong to on The Eatwell Plate?





How many meals should we have a day?

Can you name the meals?

1. Breakfast

Healthy Snack (break-time)

2. Lunch/Dinner

Healthy Snack (after-school)

3. Dinner/Tea

Healthy Snack (supper)

When should we try and have our healthy snacks?

Eat Breakfast!








Who had breakfast this morning?

Who has breakfast everyday ?

Can you think of some healthy breakfast ideas?

Breakfast is important because it:

- helps our bodies to wake up in the morning;
- provides us with energy;
- stops us feeling tired and moody;
- helps us to concentrate at school or work
- stops us feeling hungry before lunch, to prevent us from unhealthy snacking;


A healthy
break-time
snack is very
important!

Unsuitable break-time snacks and drinks:

- are often low in nutrients
- are often high in salt, fat and/or sugar
- can make you feel sluggish and tired
- can reduce your concentration in lessons
- may fill you up and stop you eating a healthy lunch
- can cause tooth decay











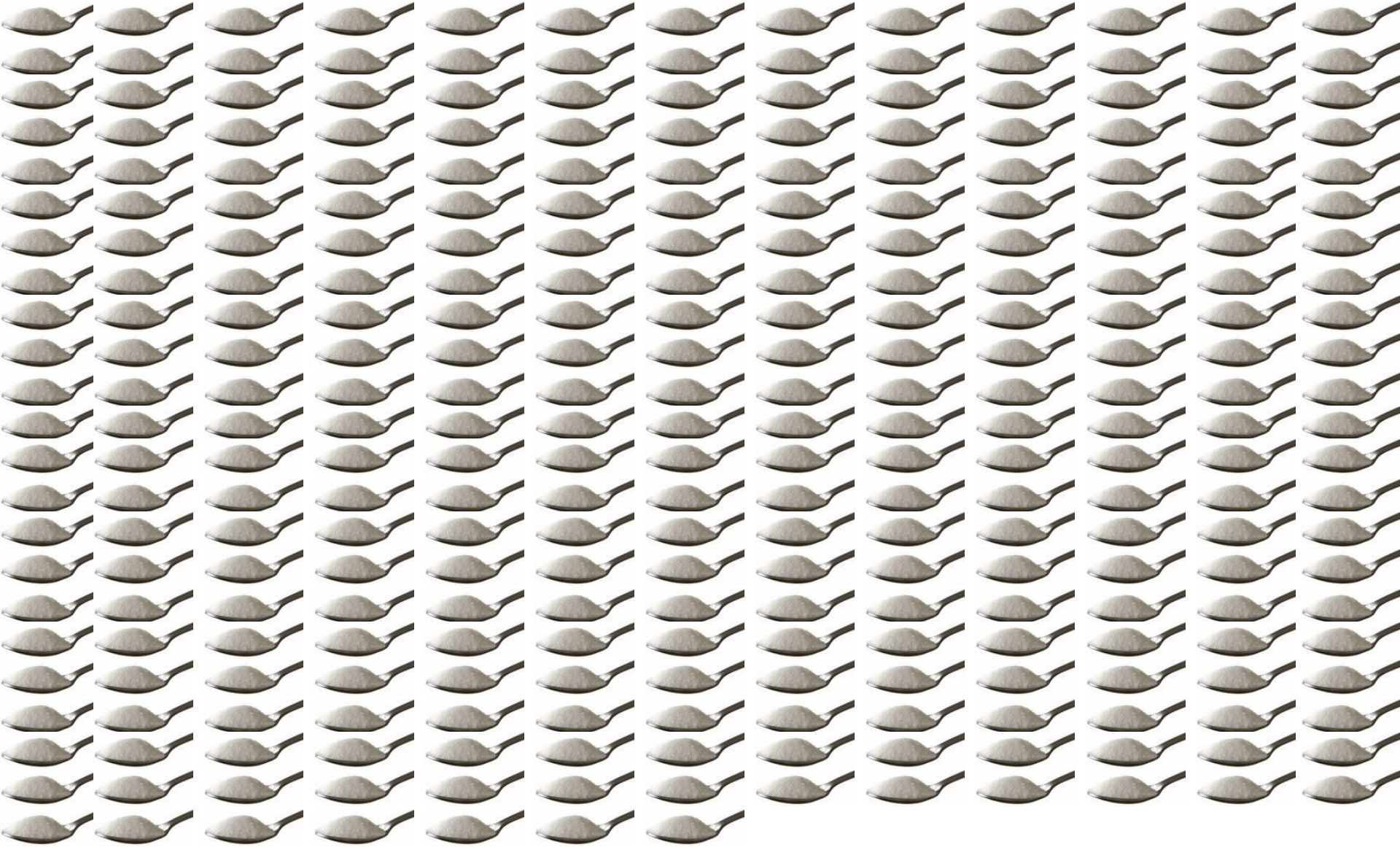





Did you know there are 1 ½ teaspoons of sugar in a Kelloggs Cereal Bar?



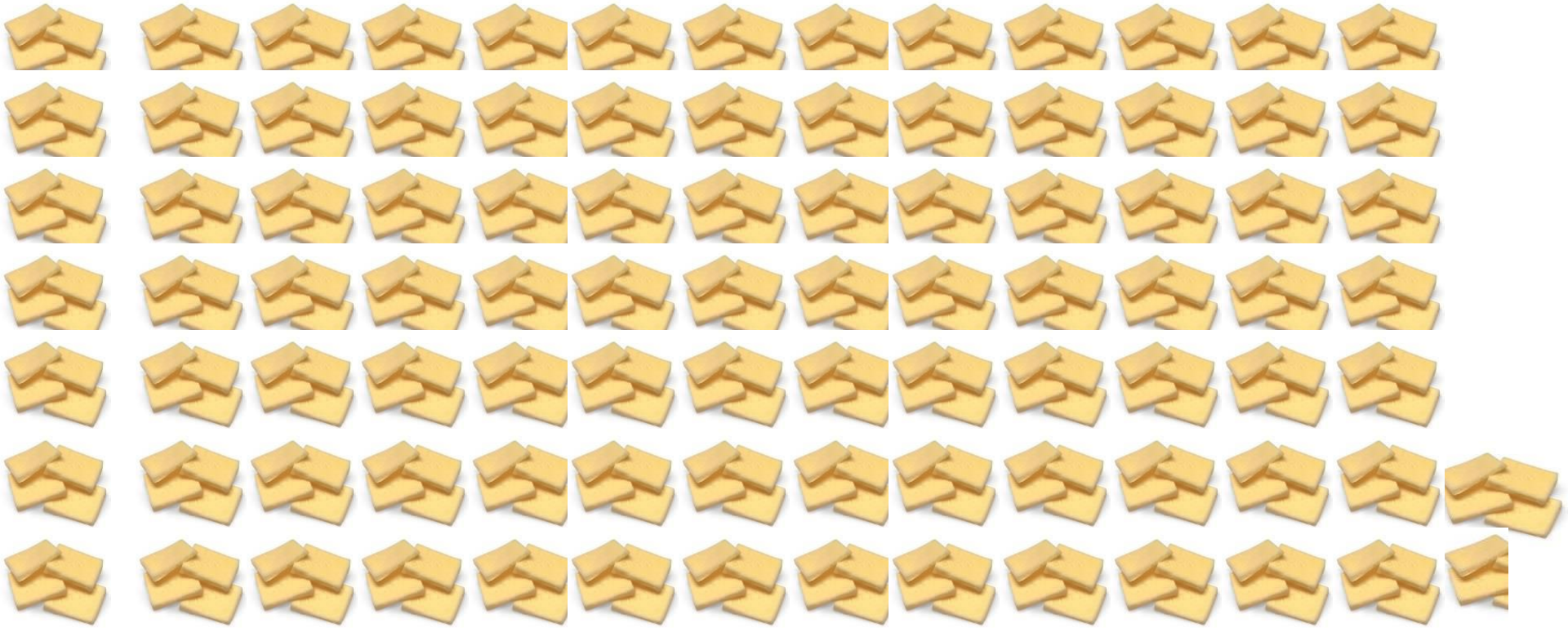
If you ate one of these bars every day at school for one year you would eat 293 teaspoons of sugar!!



Did you know there are 2 teaspoons of fat in an average packet of crisps?



If you ate a packet of crisps every day at school for one year you would eat 390 teaspoons of fat!!



Healthy break-time drinks & snacks:

- provide you with important nutrients to keep your body healthy
- provide your body with long lasting energy
- may contribute towards your 5 a day
- help you concentrate and stay alert in lesson time
- are low in unhealthy sugars and fat





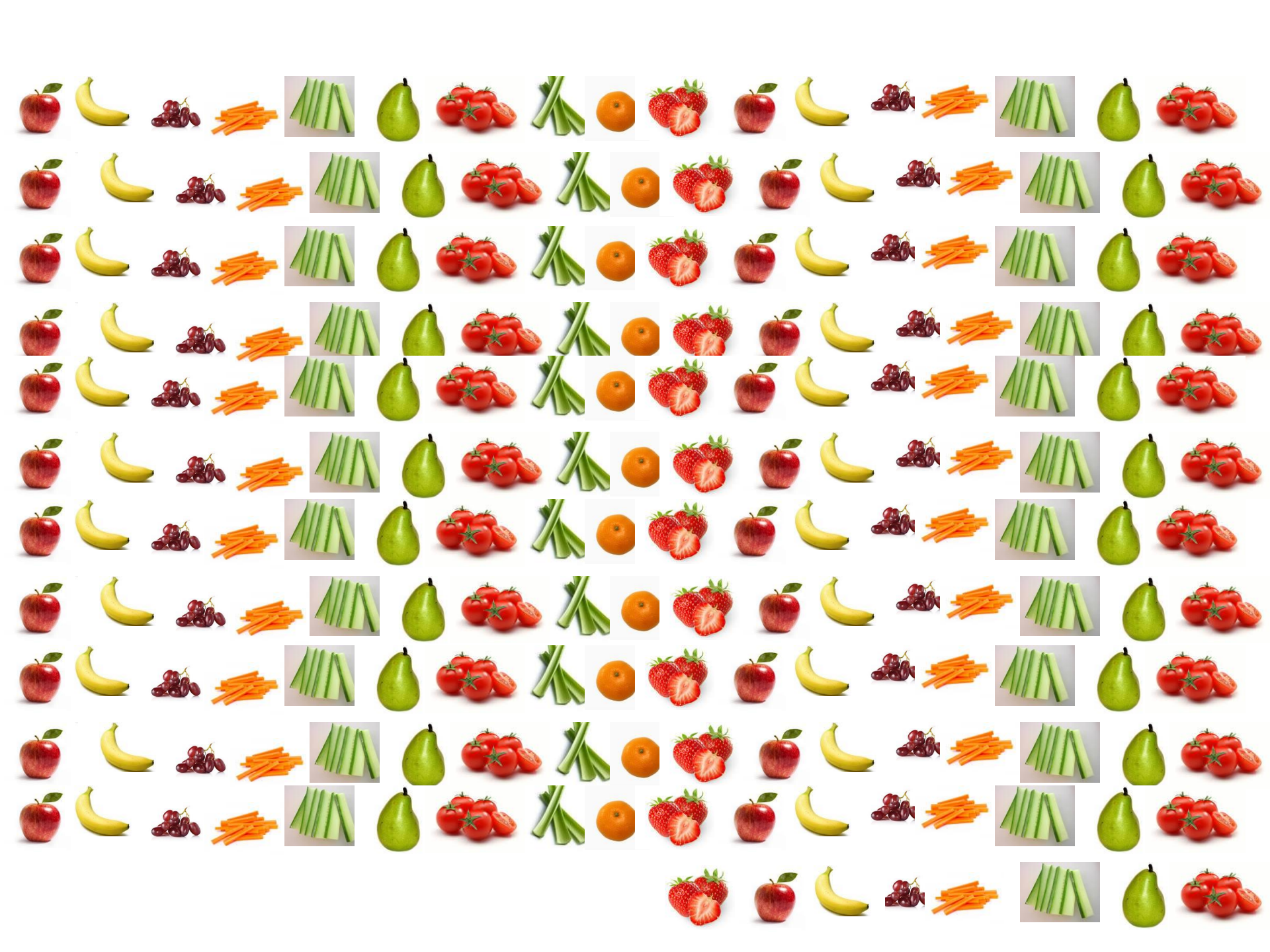








If you eat a portion of fruit or veg every day for your break at school, you'll consume a whopping 195 portions of fruit or veg in one year!



By making just a few small changes to what we eat, we can help our body grow, and protect it against future illness and poor health.

To help us all do this <SCHOOL NAME> have introduced a new break time snack policy.

This means pupils can only bring in from home the following break-time snacks:

- Fruit
- Vegetables
- Water