

Healthy Eating Week

Fact and Discussion Cards



Healthy Eating Week Fact and Discussion Cards

1. The Eatwell Plate shows how much of each type of food you should have in each meal or during a day.



Which of these food groups do you think you have the right amount of?

Are there any things from your diet that could be better?

Healthy Eating Week Fact and Discussion Cards

2. People have different diets depending on their beliefs and medical requirements. Some of these are: vegan, vegetarian, pescatarian, gluten-free, lactose-free.

Why do you think some people choose to be vegan or vegetarian?

What are the advantages and disadvantages?

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3. Different types of farms in the UK produce different foods:

Arable Farms	Crops and plants
Poultry farms	Birds such as chickens or turkeys
Livestock farms	Cows, pigs or cows for meat
Dairy Farms	Milk and milk products from either cows, goats or sheep

Which types of farming or food production is there in your area or another area of the country that you visit?

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4. Traditional Indian dishes are things such as rogan josh (a type of curry), parathas (flat bread) and pakoras.

Discuss: if you could only eat one country's food forever, which country would that be and why? Italy? Mexico? China?

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5. Pizza is such a versatile food as you can change things about the bases and the toppings.

**Discuss: what would an unhealthy pizza look like?
How could you make a pizza healthier?
What could you make the base out of instead of bread?**

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6. A vegan diet contains no meat or dairy products, vegetarian diets have no meat and a pescatarian diet doesn't include meat but does include dairy and fish products.

Can you design a meal for someone with one of these diets?

**Gluten is found in normal breads, pastas and cereals.
Could you design a meal for someone who needs to eat gluten-free?**

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7. Energy from food is measured in kilojoules (kJ) but most people use 'calories' (which are actually kilocalories) as an indicator of the energy they consume and use.

Here's some rough guides to calorie content:

A slice of bread = 80 calories	A slice of ham = 70 calories
A boiled egg = 75 calories	A slice of cheese = 90 calories
A plain donut = 225 calories	250ml smoothie = 140 calories
One portion of butter = 50 calories	Bag of crisps = 170 calories

How many calories in a ham and cheese sandwich?

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8. Your body needs the vitamins in your food for specific jobs:

Vitamin A	helps with eyesight, skin and growth
Vitamin B	helps release energy from foods and keep skin healthy
Vitamin C	helps your body absorb iron as well as keeping healthy skin and protecting your cells
Vitamin D	helps absorb calcium as well as being good for bones and teeth

If vitamin A is found in green and yellow vegetables, can you list what will likely contain vitamin A?

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9. Your body needs the minerals in your food for specific jobs:

Calcium	strong bones and teeth
Iron	healthy blood
Potassium	healthy heart and muscles
Zinc	A small amount is needed to help your immune system and fight infections.

Do you know, or can you find out, which foods are good for iron and calcium?

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10. For a healthy diet, people need to limit the amount of sugary and high-fat food that they eat.

**Why is it not easy for everyone to eat healthily?
What are the reasons that people don't eat healthily?**

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11. Children in primary schools need to aim for six to eight glasses of water (or watery drinks) per day.

Avoid drinks that contain lots of sugar and limit fruit juice or smoothies to once a day because of the acids that they contain.

**Why are milk and water the best choices for drinks?
Discuss what your favourite drinks are and if there is anything you could aim to improve.**