

Healthy Eating



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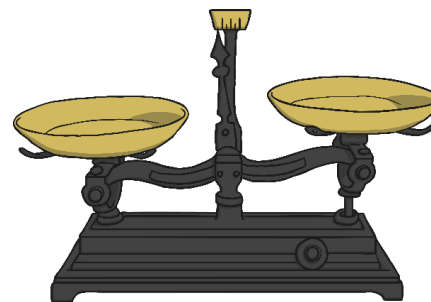
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Why Do We Need Food?

Food keeps us healthy and help us grow.

Food gives us energy to be able to do things during the day.

Without proper nutrition, your body can't survive.



When you eat a balanced diet, your body obtains the fuel and nutrients it needs to function properly.

For example:

- Your body needs minerals to make hormones, build bones and regulate your heartbeat.
- Water is needed to flush out toxins, transport nutrients to cells and perform other vital bodily processes.

How Can We Make the Right Food Choices?

Food labelling

Nutrition labels can help you choose between products as they let you know whether the food is high in salt, fat or added sugars.

Colour-coded nutritional information tells you if the food has high, medium or low amounts of fat, saturated fat, sugars and salt.



Sugar 0.9g	Fat 20.9g	Sat Fat 10.8g
Green	Amber	Red
1%	29%	54%

LOW MEDIUM HIGH

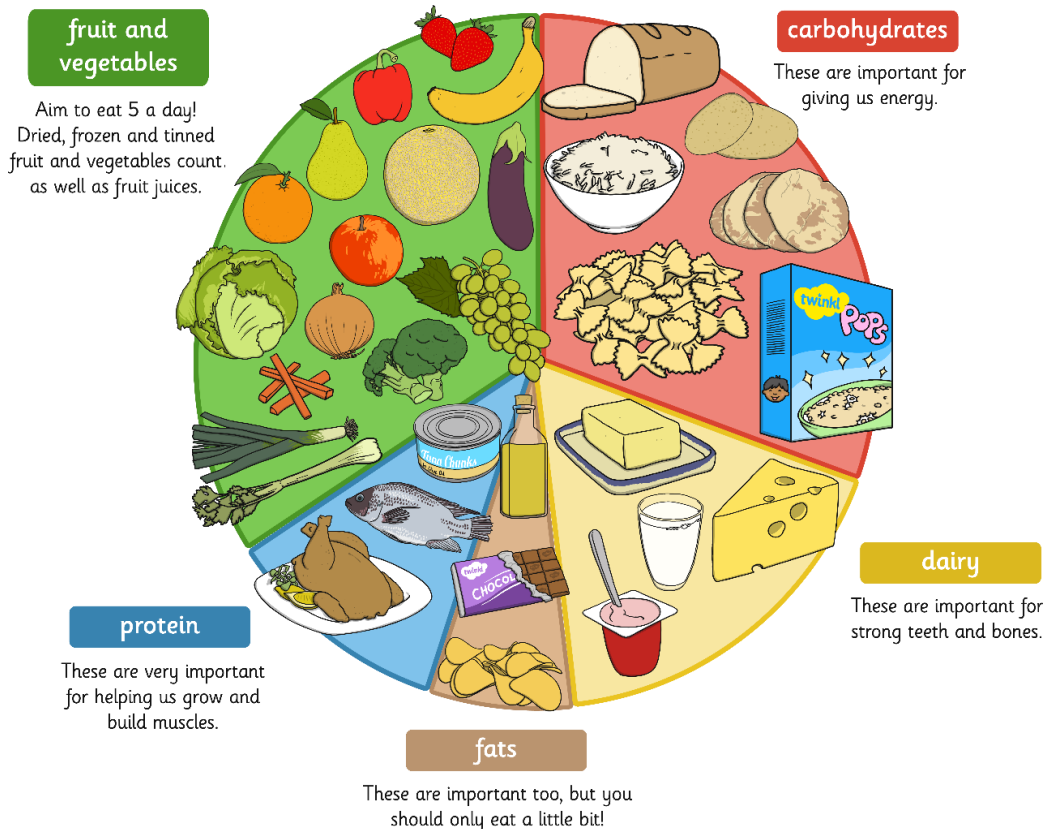
Green is a low amount, amber is a medium amount and red is a high amount. If you buy a food that has all or mostly green on the label, it's a healthier choice.

What Should We Be Eating?

'The Eat well Plate'

To be healthy, nutritious food is needed to provide energy for the body. A variety of food is needed in the diet because different foods contain different substances that are needed to keep you healthy.

An average meal should be made up of one-third carbohydrates and one-third fruit and vegetables, with the remaining one-third split between dairy, protein and a little bit of fat.



Fruit and Vegetables

Fruit and vegetables are a good source of vitamins and minerals, including vitamin C and potassium.

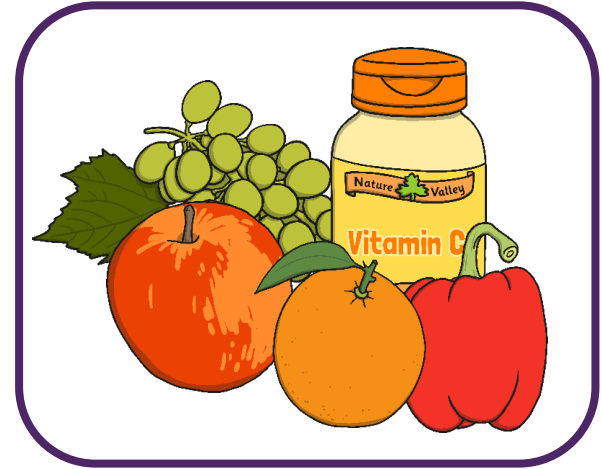
They're an excellent source of dietary fibre, which Vitamins and minerals help to keep maintain healthy digestion.



A diet high in fibre can also reduce your risk of heart disease, stroke and some cancers.

Vitamins and minerals help to keep your body healthy, to grow and repair and help to fight infections.

Fruit and vegetables taste delicious and there's a wide variety to choose from.



Fruit and Vegetables

What counts as 1 portion of fruit and vegetables?

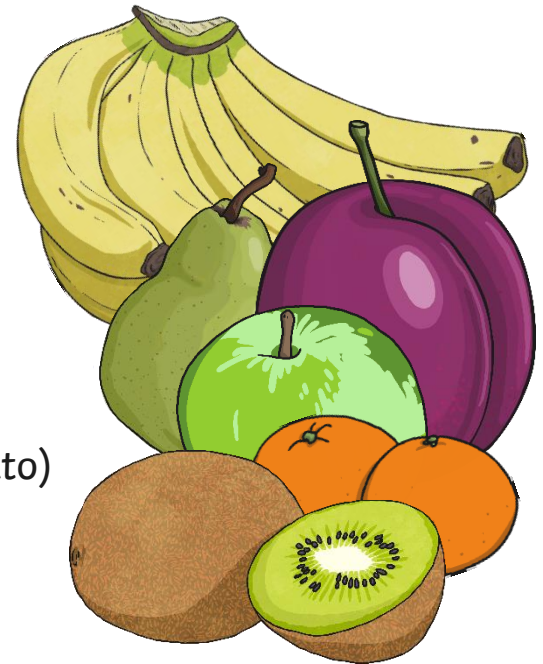
A portion of fruit (150g) is roughly equivalent to:

- 1 medium apple, banana, orange or pear
- 2 small size apricots, kiwi fruit or plums
- 1 cup of diced or canned fruit (no added sugar)

A portion of vegetables (75g) is roughly equivalent to:

- $\frac{1}{2}$ cup cooked green or orange vegetables (for example, broccoli, spinach, carrots or pumpkin)
- $\frac{1}{2}$ cup cooked dried or canned beans, peas or lentils (preferably with no added salt)
- 1 cup green leafy or raw salad vegetables
- $\frac{1}{2}$ cup sweet corn
- $\frac{1}{2}$ medium potato or other starchy vegetables (sweet potato)
- 1 medium tomato

Eat at least 5 every day!



Bread, Rice, Potatoes & Pasta

(and other starchy foods)

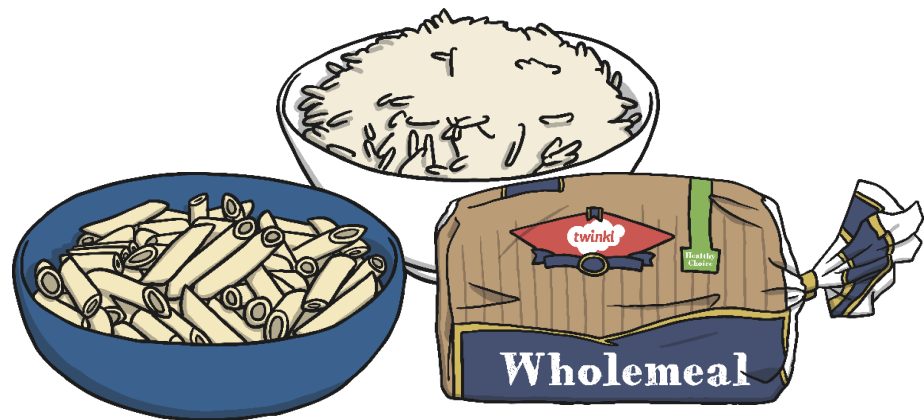
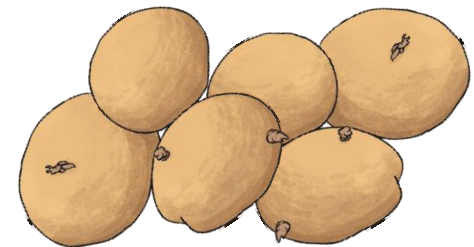
Starchy foods are a good source of energy and the main source of a range of nutrients in our diet.

As well as starch, they contain fibre, calcium, iron and B vitamins.

You should eat lots of these foods every day.

Remember - potatoes don't count as one of your fruit or vegetables!

Watch out for the added fats used when you cook and serve them; this is what increases the calorie content.



Milk and Dairy

Milk and dairy products are great sources of protein and calcium. To make healthier choices, go for lower-fat milk and dairy foods.

Our bodies need protein to work properly and to grow or repair themselves. Calcium helps to keep our bones and teeth strong.

The calcium in dairy foods is particularly good for us because our bodies absorb it easily.



What counts as 1 portion of milk and dairy?

200ml glass of milk;
150g or a pot of yogurt;
30g or a matchbox-sized piece of hard cheese.

You should eat 2-3 portions of these every day.

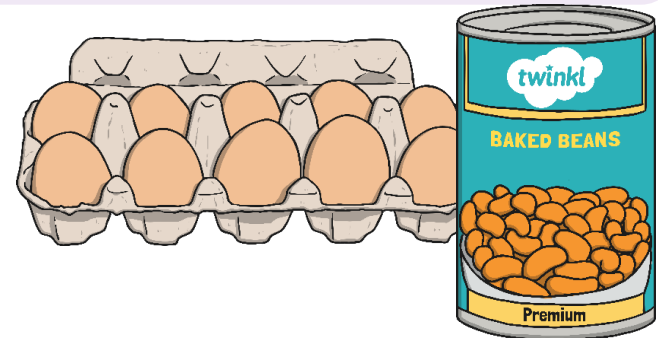
Meat, Fish, Eggs and Beans

(and other non-dairy products)

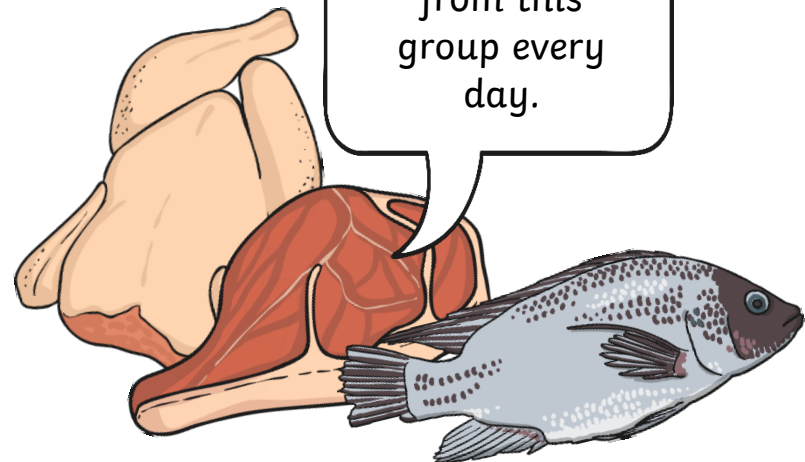
These products are a good source of protein, vitamins and minerals in your diet.

These foods help the body to grow and repair itself and keep hair, skin, muscles and nails strong.

Some meats are high in saturated fat, which can raise blood cholesterol levels.



We should eat some foods from this group every day.



Foods and Drinks High in Fat and Sugar

These foods provide the body with energy, warmth and insulation around vital organs.

Too much fat in your diet can raise cholesterol, which increases the risk of heart disease.

A small amount of fat is an essential part of a healthy, balanced diet. Fat is a source of essential fatty acids such as omega-3 because the body can't make them itself. Fat helps the body absorb vitamins A, D and E.



Saturated Fats

Saturated fats are found in many foods, both sweet and savoury. Foods high in saturated fats include:

- fatty cuts of meat
- meat products, including sausages and pies
- butter, ghee and lard
- cheese, especially hard cheese
- cream, soured cream and ice cream
- some savoury snacks and chocolate confectionery
- biscuits, cakes and pastries
- palm oil
- coconut oil and cream



Unsaturated Fats

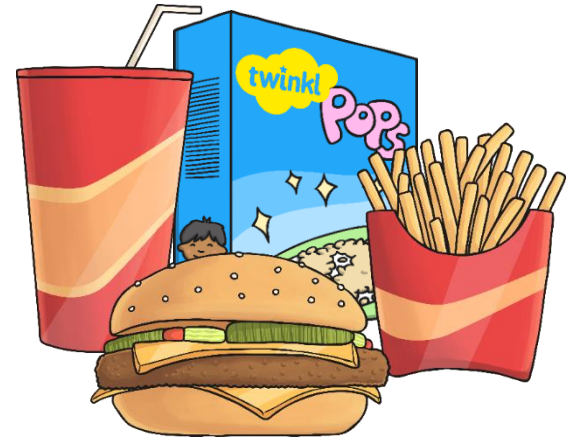
It's best to reduce your overall fat intake and swap saturated fats for unsaturated fats. There is good evidence that replacing saturated fats with unsaturated fats can help lower cholesterol. Foods low in saturated fats include:

- olive oil, rapeseed oil and their spreads
- avocados
- some nuts, such as almonds, brazils and peanuts



Obesity in Australia

Almost 2 in 3 Australian [adults](#) (63%) are overweight or obese and 1 in 4 Australian [children](#) (25%) are overweight or obese. Obesity is most likely caused by a person eating more calories than they burn off. Modern lifestyles, easy access to high calorie foods and low activity jobs, make weight gain more likely. Obesity costs the Australian society billions of dollars per year in healthcare costs.



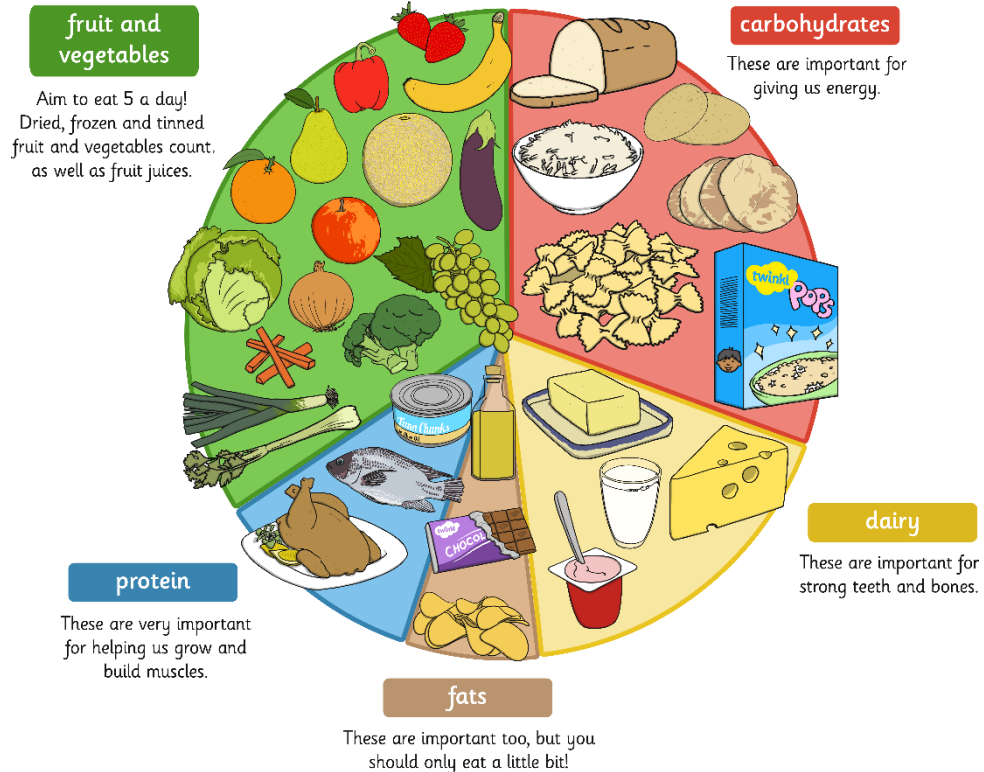
What is Obesity?

“Obese” is used to describe somebody who is very overweight. Being obese increases your risk of developing serious and potentially life-threatening diseases including heart disease and type 2 diabetes.

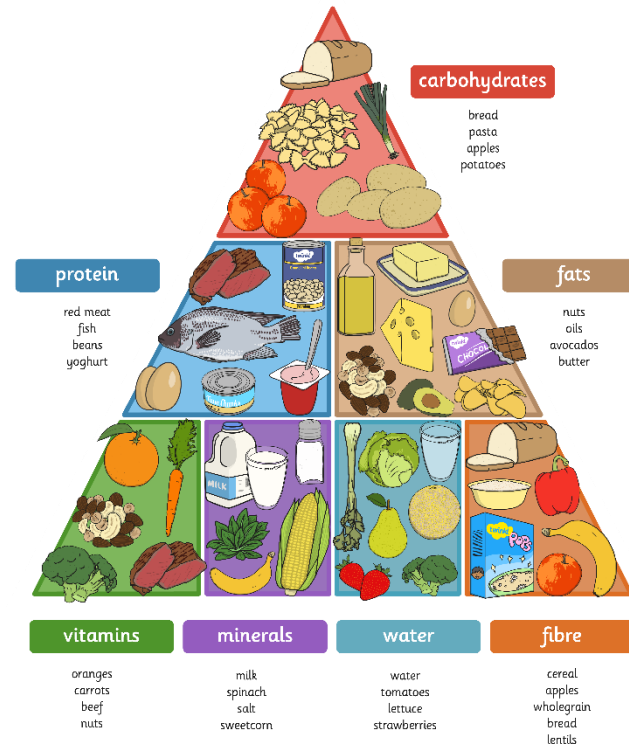
Spot the Difference

What is the difference between food groups and types of nutrients?

Food groups



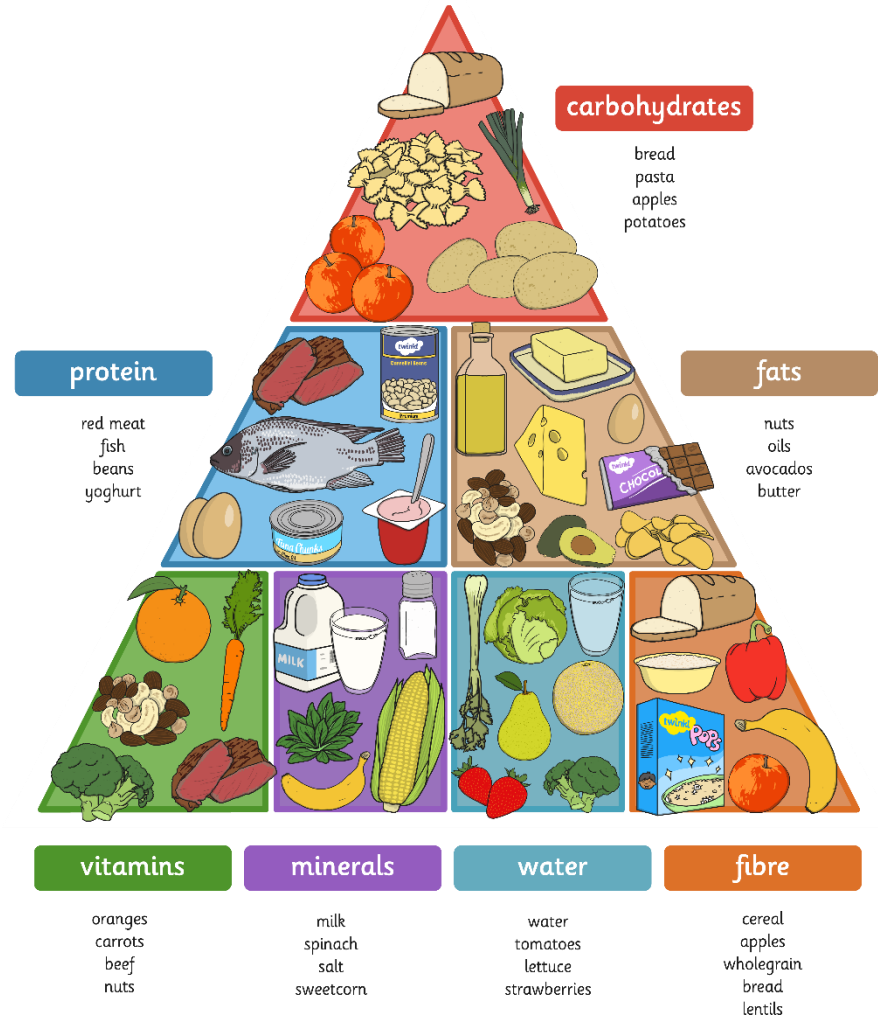
Types of nutrients



The Nutrient Pyramid

There are 7 types of nutrients.

Most foods contain more than one type of nutrient.

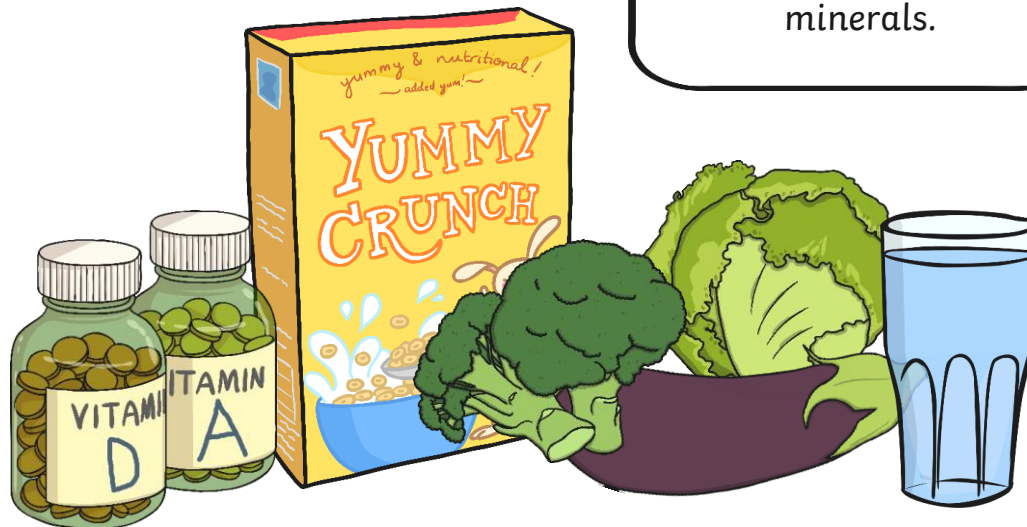


The Nutrient Pyramid

For example...

Cereal contains fibre, carbohydrates and vitamins. However it is included in the fibre group because this is main nutrient you get from eating it.

Did you know that vegetables contain water? However, we eat them because they are high in vitamins and minerals.



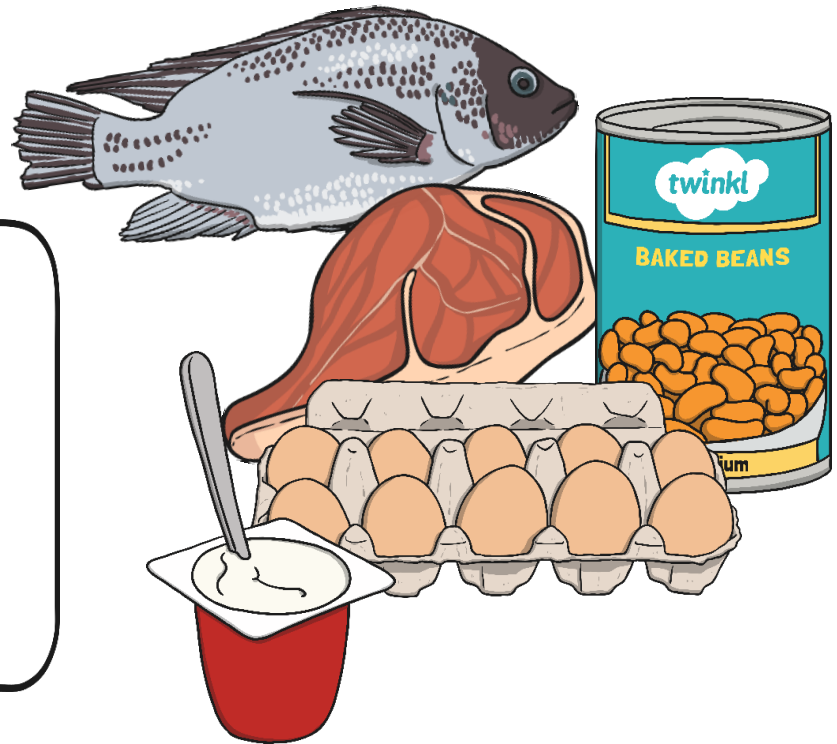
Types of Nutrients - Proteins

Proteins help your body to grow and repair itself.



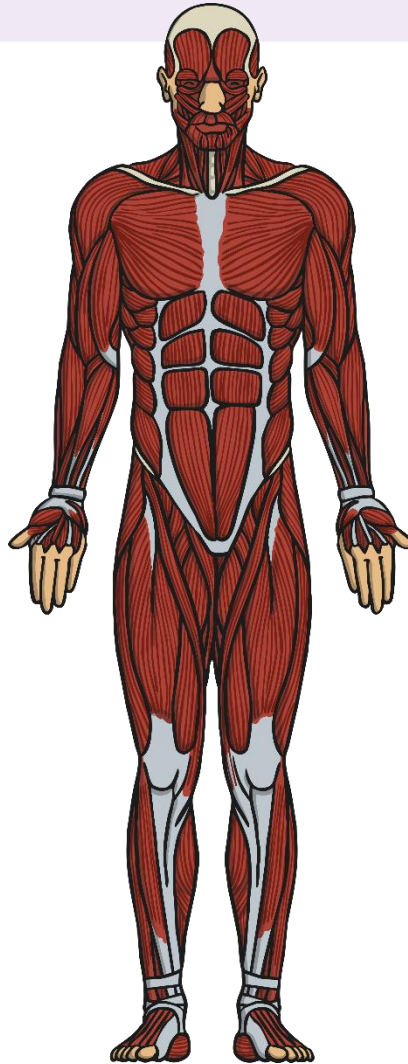
Foods high in protein include:

Red Meat
Fish
Beans
Yoghurt



What does protein do for your body?

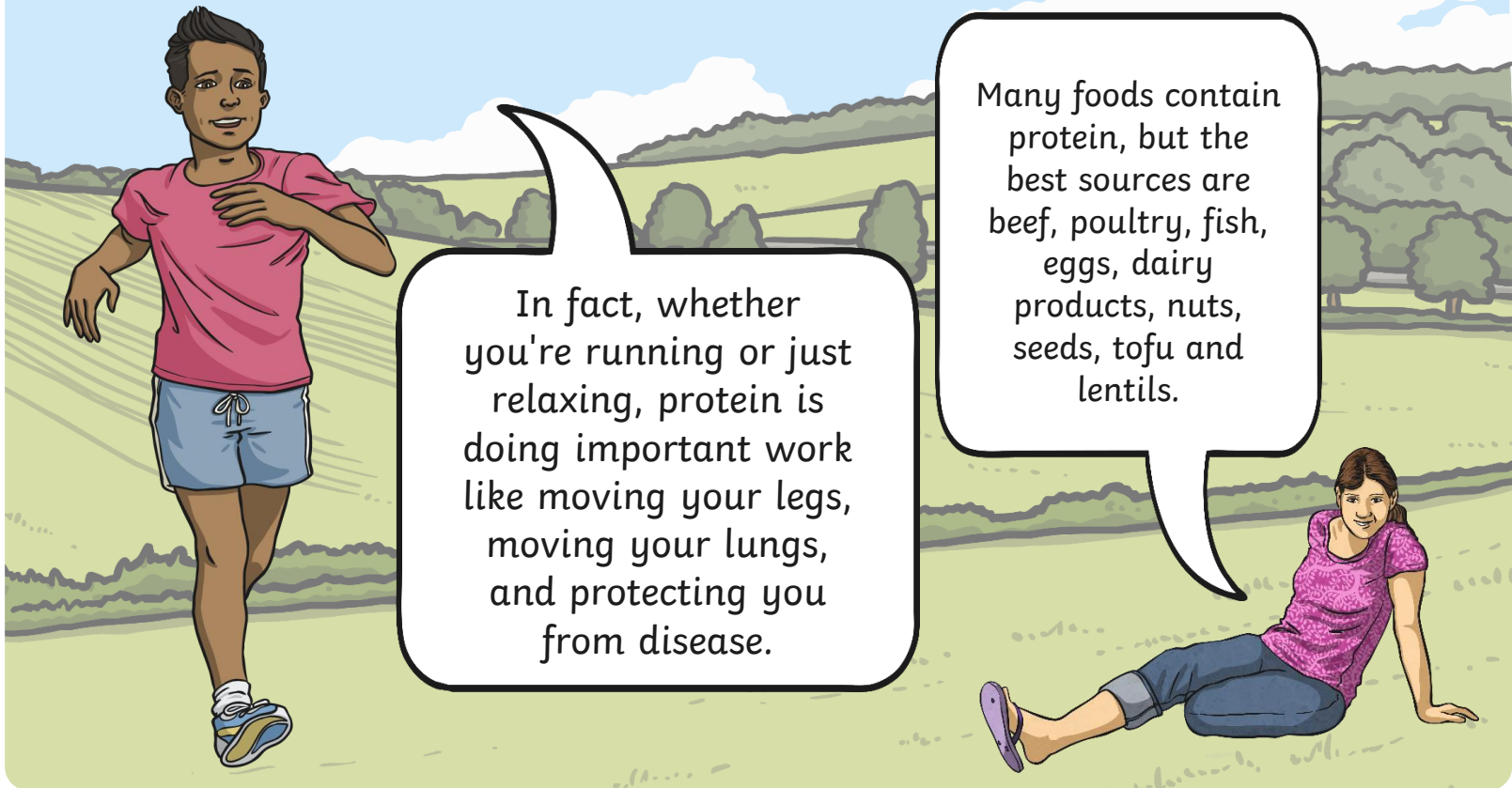
Protein builds, maintains, and replaces the tissues in your body. Your muscles, your organs, and your immune system are made up mostly of protein.



Your body uses the protein you eat to make lots of specialised protein molecules that have specific jobs. For instance, your body uses protein to make haemoglobin the part of red blood cells that carries oxygen to every part of your body.

What does protein do for your body?

Other proteins are used to build cardiac muscle in your heart.



In fact, whether you're running or just relaxing, protein is doing important work like moving your legs, moving your lungs, and protecting you from disease.

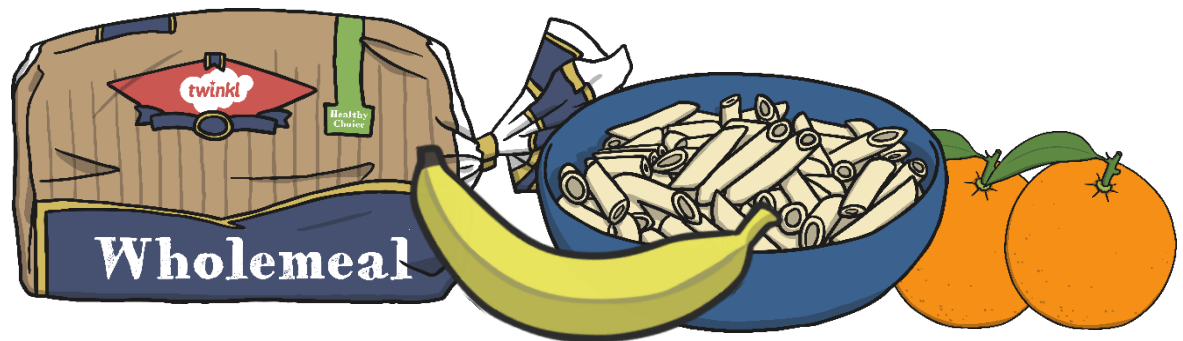
Many foods contain protein, but the best sources are beef, poultry, fish, eggs, dairy products, nuts, seeds, tofu and lentils.

Types of Nutrients - Carbohydrates


Carbohydrates
give you
energy!

Foods high in
carbohydrates include:

Bread
Pasta
Fruit
Potatoes



Types of Nutrients - Fats



Fats give
you
energy!

Foods high in fats
include:

Nuts
Oils
Avocados
Butter



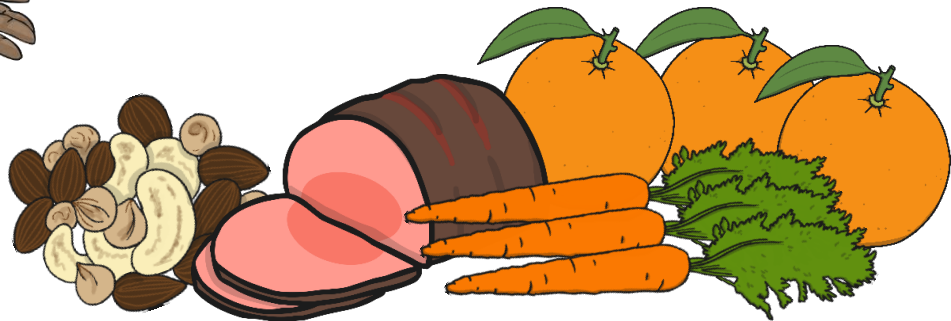
Types of Nutrients - Vitamins



**Vitamins keep
your body
healthy.**

Foods high in vitamins
include:

Oranges
Carrots
Beef
Nuts



Types of Nutrients - Minerals



**Minerals
keep
your
body
healthy.**

Foods high in minerals
include:

Milk
Spinach
Salt
Sweetcorn



Types of Nutrients - Water

Water helps to move nutrients in your body and get rid of waste that you don't need. It is an essential nutrient for our survival. While it is really important to drink plenty of water, it is also important to remember that many foods contain water also.

Foods high in water include:

Tomatoes
Cucumbers
Lettuce
Strawberries



Types of Nutrients - Fibre

Fibre helps you to digest the food that you have eaten.

Foods high in fibre include:

Cereal
Apples
Wholegrain bread
Lentils



Can We All Eat Every Type of Food?

Food Allergy

Food allergies are rare. About 2% of the population and 8% of children under the age of three are affected.

A food allergy is a rapid reaction to a food by your immune system. It can trigger symptoms such as a rash, wheezing and itching or sometimes more seriously, can affect breathing.

The most common food allergies are to fish and shellfish and nuts, including peanuts, walnuts, hazelnuts and brazil nuts.

Food Intolerance

Food intolerances are more common than food allergies. The symptoms of food intolerance tend to come on more slowly, often many hours after eating the problem food.

Typical symptoms include bloating and stomach cramps.

It's possible to be intolerant to several different foods. This can make it difficult to identify which foods are causing the problem.

Useful Websites

<http://gofor2and5.com.au/>

<https://www.eatforhealth.gov.au/>

<http://www.healthyeatingaustralia.com/>

<https://heartfoundation.org.au/healthy-eating>



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