## PowerPoint 151

## The eatwell plate



## The eatwell plate

The eatwell plate shows the proportion and variety of foods we should eat to have a healthy balanced diet.


The eatwell plate is based on 5 food groups.


## Fruit and Vegetables

What foods are in this group?

Name 6 examples.

We should all aim to eat at least 5 portions everyday.

Do you?


## Bread, rice, potatoes, pasta



Name 6 examples.

We need to eat lots from this group.

Try to eat food from this group at every meal time.

What could you have?

## Milk and dairy foods

This group is a good source of calcium.

Eating some foods from this group everyday can help give us all the calcium we need.

Try to choose low fat foods from this group.

*A portion is a small pot of yogurt, a 200 ml glass of milk or a matchbox sized piece of cheese.

## Meat, fish, eggs, beans



## Name 5 examples.

We need to eat foods from this group to stay healthy.

We should try to eat 2 portions of fish every week, 1 of which should be oily, e.g. salmon, mackerel.

## Foods and drinks high in fat and/or sugar

Name 4 examples.

We need to limit the foods and drinks we have from this group.

If we do have foods and drinks from this group, it should only be in small amounts or occasionally.


## Meals and Dishes

Much of the food eaten is in the form of dishes, combining many different food groups.

Shepherd's pie


Fruit and vegetables
Peas and carrots
Bread, rice, potatoes and pasta
Mashed potatoes
Milk and dairy foods
Sprinkle of cheese on top
Meat, fish, eggs, beans
Minced beef
Foods and drinks high in fat and/or sugar
Oil for frying the meat

## What is it made from?

## Breakfast

Grilled bacon, poached egg, wholemeal toast, grilled mushrooms


Which food groups are used?


Fruit and vegetables
Bread, rice, potatoes, pasta
Milk and dairy foods
Meat, fish, eggs, beans
Foods and drinks high in fat and/sugar

## What is it made from?

Sushi
Which food groups are used?


Fruit and vegetables
Bread, rice, potatoes, pasta
Milk and dairy foods
Meat, fish, eggs, beans
Foods and drinks high in fat and/sugar

## What is it made from?

## Lunchbox

Ham and salad sandwich, orange, chocolate mousse


Which food groups are used?


Fruit and vegetables
Bread, rice, potatoes, pasta
Milk and dairy foods
Meat, fish, eggs, beans
Foods and drinks high in fat and/sugar

## What is it made from?

## Greek salad

Lettuce, red onion, olives, cucumber, tomato, feta cheese


Which food groups are used?


Fruit and vegetables
Bread, rice, potatoes, pasta
Milk and dairy foods
Meat, fish, eggs, beans
Foods and drinks high in fat and/sugar

## What is it made from?

## Chinese evening meal

Sweet and sour pork, with vegetables and rice


Which food groups are used?


Fruit and vegetables
Bread, rice, potatoes, pasta
Milk and dairy foods
Meat, fish, eggs, beans
Foods and drinks high in fat and/sugar

## Proportions

The eatwell plate shows the proportions of different food groups that make up a balanced diet over 1-2 days (not every meal).


## Proportions

Which are the largest groups?
What is the smallest group?


## Proportions


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## Your diet

Make sure your diet is balanced, like the eatwell plate.

Have lots of different types of foods in your diet.

Drink plenty of fluids, e.g. water, milk and fruit juice.


Enjoy your food!

For further information, go to: www.foodafactoflife.org.uk

