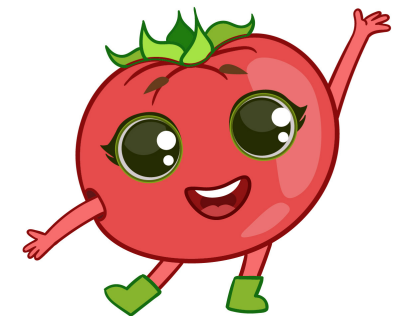
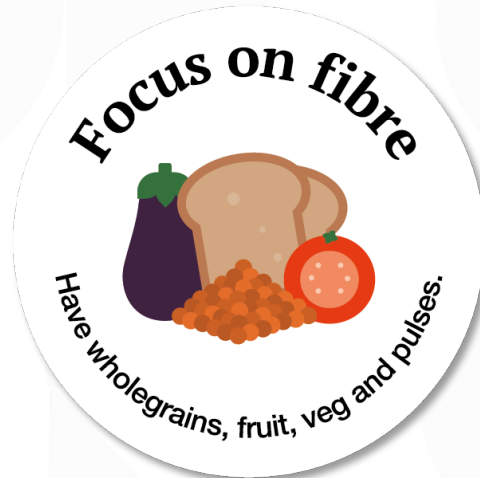


Healthy Eating Week

- Give it a go!

It's Healthy Eating Week 2024!

There are five themes for this year's Healthy Eating Week.



Give them a go!

Get at least 5 A DAY



Why do we need fruit and vegetables?



For vitamins, minerals and... fibre!

How much do we need?

At least 5 portions a day!

How much is a portion?

About what fits into the palm of your hand.



Get at least 5 A DAY

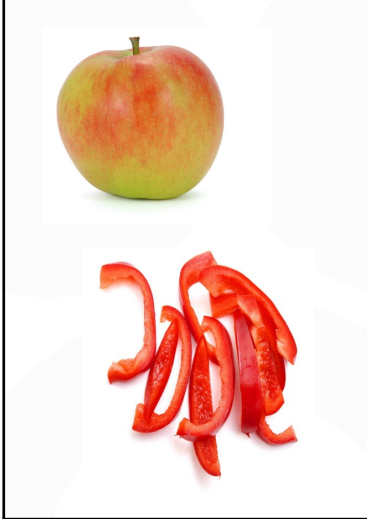
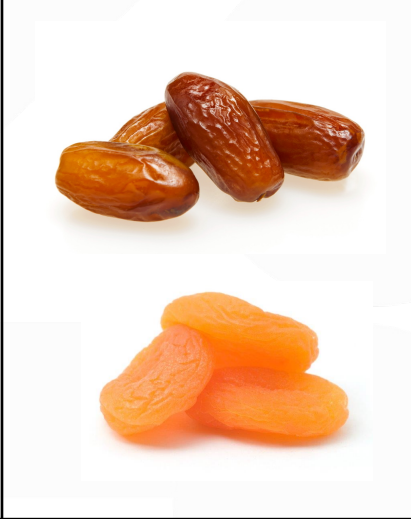
What counts?

Fresh, frozen, dried and canned all count.

Can you think of some examples for each type?



Canned and frozen types are handy because they can be ready in the freezer or cupboard at anytime!

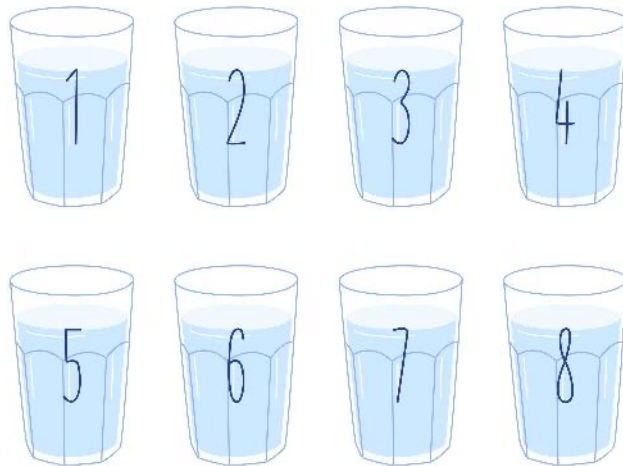
Fresh	Frozen	Dried	Canned
			



Stay hydrated



How much do we need to drink each day?



About 6-8 drinks a day.

What are healthier drink choices?

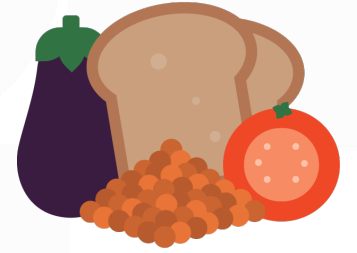


Use reusable drink containers, like...

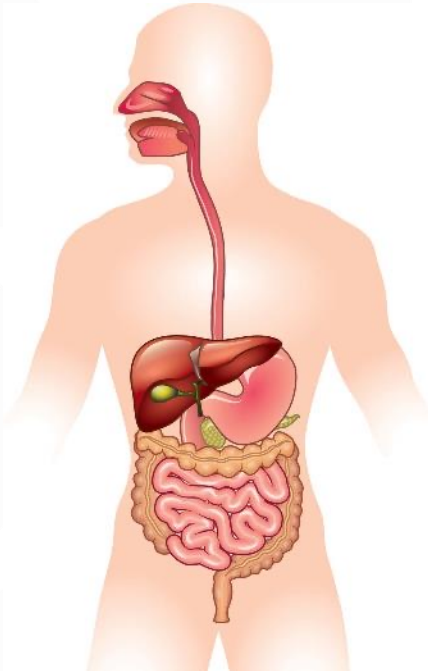


or recyclable drink containers!

Focus on fibre



Why do we need fibre?



To keep our digestive system healthy.

Where does fibre come from?



Wholegrain foods



Fruit and vegetables



Beans, peas and lentils

Find the fibre!

Foods that provide fibre



Wholegrain foods



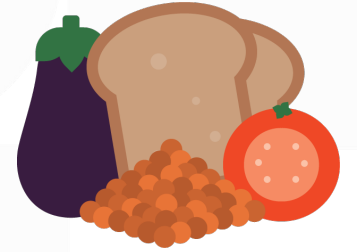
Fruit and vegetables



Beans, peas and lentils



Where is the fibre in these dishes?



Wholemeal bread

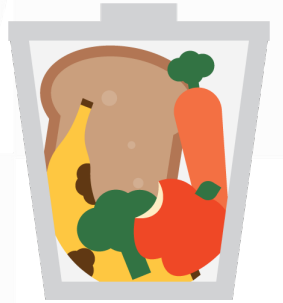
Tomato and lettuce



Potato with skin on

Beans

Reduce food waste



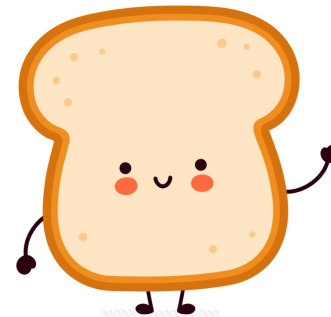
What three foods do you think are wasted the most?



Potatoes, bread and milk.

Why is it important to reduce food waste?

To look after our planet.



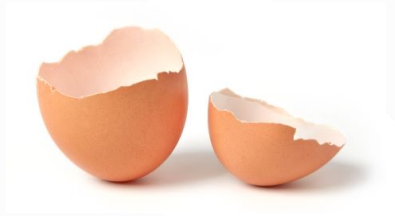
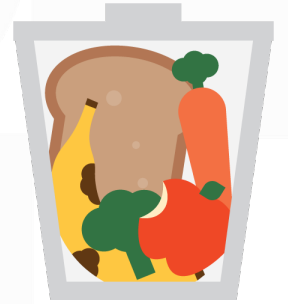
Land, water and energy are used to make our food. When food is wasted, it means these resources are wasted too.

To save money.



Reduce food waste

Which of these should be in the food waste bin?

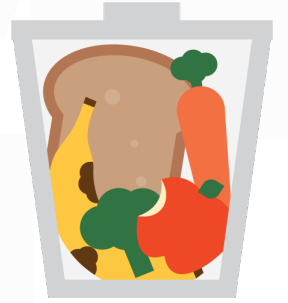


Food waste bin

Could have been saved

Reduce food waste

What food have you wasted in the past?



How could you reduce food waste in the future?

- Take a smaller portion.
- Share a portion that is too large.
- Ask to try a little bit of a food if you're not sure you will like it.
- Save it for later.
(Remember, it may need to be wrapped up or put in the fridge so it stays good, or safe, to eat.)

Here are some ideas!



Move more

Children need to be active for at least 60 minutes every day.



This can be made up of lots of different types of activities, such as:

- Active travel
- Playing
- PE lessons
- After-school activities and sports



How have you been active in these ways?

Move more

Can you name the activities that use these pieces of equipment?



Swimming



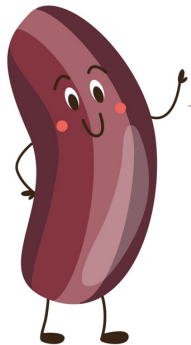
Badminton



Martial arts



Yoga



What activities do you do?

Move more

It is also important to spend less time being 'inactive'.

Instead of being inactive...



Watching TV



Gaming

Try moving more by...



Doing something fun



Helping out at home



Spending time with friends



What will you be doing for Healthy Eating Week?



Tasting fruit and vegetables?



Finding a new way to move more?

Trying a tap water infusion?



Give it a go!

Let us know what you are doing @NutritionOrgUK #HEW24 or email us at education@nutrition.org.uk

**Whatever you are
doing...**



Have a great Healthy Eating Week!

