

This week we learnt all about the different types of food and drinks we need to have everyday to have a balanced and healthy diet. **The Eatwell Guide** shows us what the five different food groups are and in what proportions we need to eat them:

Eat at least five portions of different **fruits and vegetables** everyday.

Tip: Try to eat a rainbow of colours

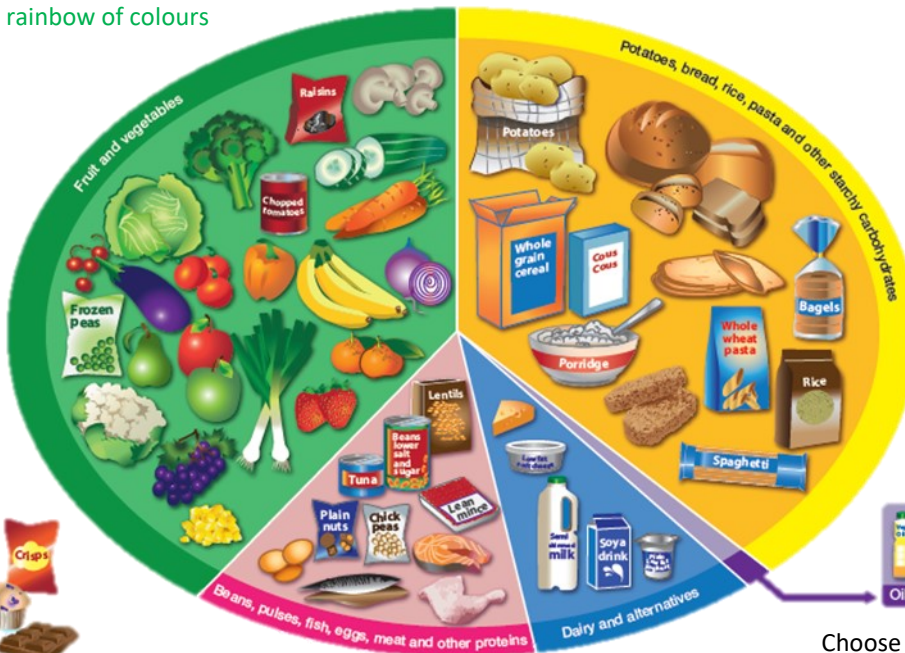
Drink **6-8 glasses of fluid** every day

Tip: Water and milk are the best choices



Have foods that are **high in sugar, salt or fat** less often and in small amounts

Tip: Try swapping crisps for plain popcorn and biscuits for crackers



Base meals on potatoes, bread, rice, pasta or other **starchy carbohydrates**

Tip: Choose wholegrain where possible!



Choose **unsaturated oils and spreads** and use in small amounts

Tip: Choose low fat options and avoid saturated fats such as coconut oil

Eat some **beans, pulses, fish, eggs, meat and other proteins**.

Tip: Try to include fish twice a week, one of which is oily

Have some **dairy** or dairy alternatives

Tip: Choose lower fat and lower sugar options!

This week's challenges are...



Physical Activity Challenge

Try to zoom walk for at least 20 minutes.

Rue's Top-tip: Walk to school or even the shopping centre!



Nutrition Challenge

Aim to drink 6-8 glasses of water everyday.

Clark's Top-tip: Always keep a water bottle with you!

We look forward to hearing how you get on!