

The eatwell plate



To explore the eatwell plate and the five different types of food.

To understand what is meant by the term 'balanced diet'.

To begin to understand that different kinds of food do different jobs around the body.

We need to eat **lots** of foods like these.



Name 3 other foods like these?

We need to eat **lots** of foods like these.



Which of these foods is your favourite?

We need to eat **some** foods like these.



Have you eaten any of these foods today?

We need to eat **some** foods like these.



Can you name these foods?

Meat, fish, eggs, beans and other non-dairy sources of protein

We should only eat **a little** of foods like these.



- 1) Draw your own Eatwell plate by drawing around a real plate and sectioning the plate as below.
- 2) Fill in the correct labels
- 3) Put examples of the type of food in the correct part of the plate

