



# Healthy Eating Week



# What Is Healthy Eating Week?

Annually, in June, there is a National Healthy Eating Week which gives adults and children a reminder to focus on healthy eating.

It focusses on four areas.  
Click on each to find out more...

[Healthy Eating and Drinking](#)

[Where Food Comes From](#)

[Being Active](#)

[Cooking](#)

# Healthy Eating and Drinking

All the food and drink we consume joins together to make your 'diet'. Diet does not mean 'losing weight', it's just all the things you eat and drink. A 'healthy diet' is eating a good balance of food from different groups to ensure you get the essential nutrients and vitamins.



The Eatwell Plate shows the mix of foods in a healthy diet.

Can you guess the group of foods in each of these sections?

# Healthy Drinking and Snacking

How much water should you drink per day to keep your body hydrated?

Click on the glass to find out.



# Healthy Drinking and Snacking

Which drinks are included in your water intake?

Click to find out...

Water, low-fat milk, sugar-free drinks, tea and coffee.



# Healthy Drinking and Snacking

What drinks should you limit?

Click to find out...

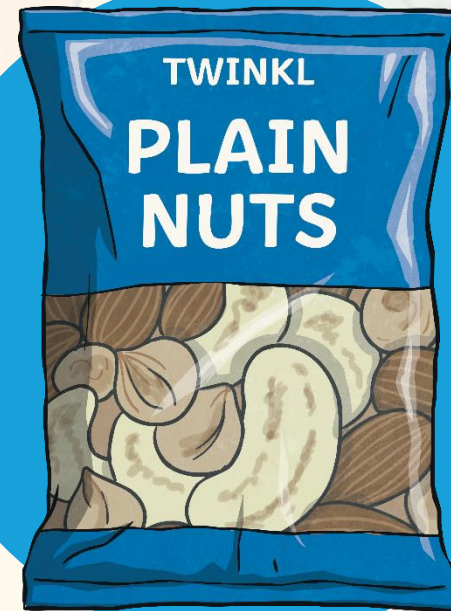


Fruit juice and smoothies should be no more than 150ml per day.

# Healthy Drinking and Snacking

What about sugary items and snacks high in fat?

Eat less often and in small amounts.



# Cooking

These are some of the areas that you can find out about during Healthy Eating Week related to cooking...

## **Food Safety**

Food is great and can be really healthy, but even the healthiest food can make you ill if it is not kept safely. For example, cooked meats should never be kept near to raw meats.

Find out about the different ways in which food is preserved to make it last longer.

What's the difference between a best before date and a use by date?



# Cooking

These are some of the things that you can do or find out about during Healthy Eating Week related to cooking...click on each to find out more.

[Global Ingredients](#)

[Food Safety](#)

[Recipes](#)

[Cooking Skills](#)

# Food and Farming

Where does your food come from? How is it made?  
Think about these different areas during Healthy Eating Week.

## British Farms

The climate in the UK is temperate, which means that we have four seasons with warm summers and cold winters. This means that we can only grow certain foods at certain times of year and pineapples and mangoes are not UK specialities!

Life on farms are really governed by the weather and seasons, for example, during harvest time, crop farmers work very long hours to maximise their production as it can't be left until later!



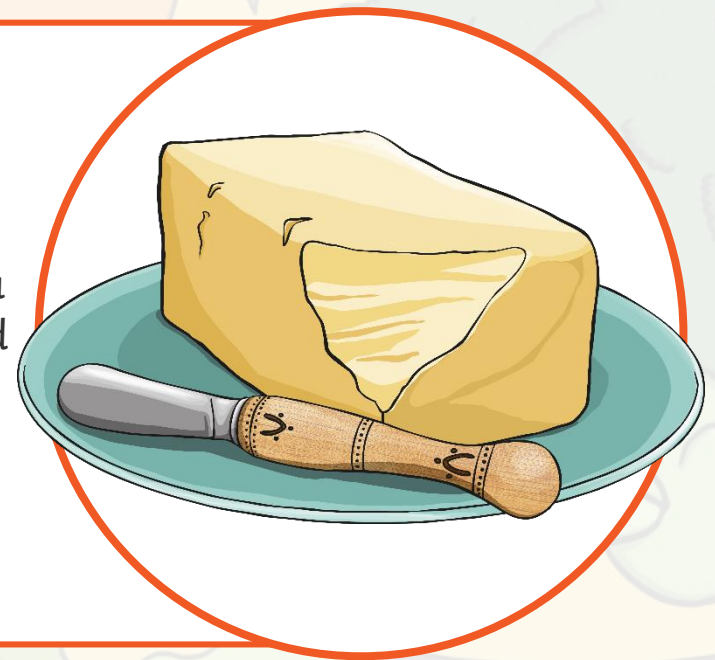
# Food and Farming

## How Is It Made?

It's always interesting to find out about the processes that take place in order to make a familiar food such as cheese or bread.

Some of them are easy to have a go at making yourself, such as butter made from cream:

1. Half-fill a container with a secure lid with cream.
2. Shake it and shake it and shake it until you hear it turning from a sloshing liquid sound to a lumpy bumpy sound.
3. Pour off the liquid from the 'lump' (the liquid is butter cream).
4. Add a pinch of salt to taste.
5. Try your butter on some fresh bread!



# Food and Farming

Where does your food come from? How is it made?  
Find out below about some of the things you can do during Healthy Eating Week.

British Farms

Importing Food

How Is It Made?

Food Safety

# Being Active

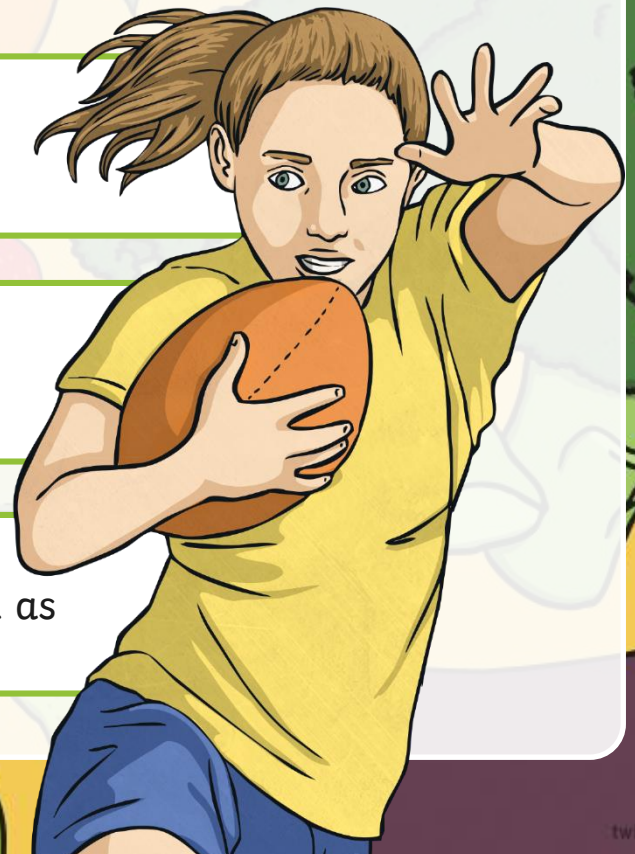
Food is only part of the whole picture, keeping your body moving is an essential part of staying healthy.

Keeping your body moving will set you up for a healthy lifestyle.

Children should aim for at least 60 minutes exercise per day.

Three times a week include exercise good for muscles such as gymnastics, jumping or running.

Your activities should range from moderate (such as playing in the playground) to vigorous exercise (such as tennis or running).



# Being Active

Can you keep a diary of all the physical activity you do this week?

Play a Sport

Walking to School

Break Times

Active Lessons

Leisure Time

# Being Active

Once you have completed your diary, add up your total minutes per day and per week.

Did you:

- achieve at least 60 minutes per day?
- include exercise good for muscles three times in the week?
- have a range of moderate to vigorous exercise?



# Recap: What Can I Do This Week?

Contemplate these five questions...

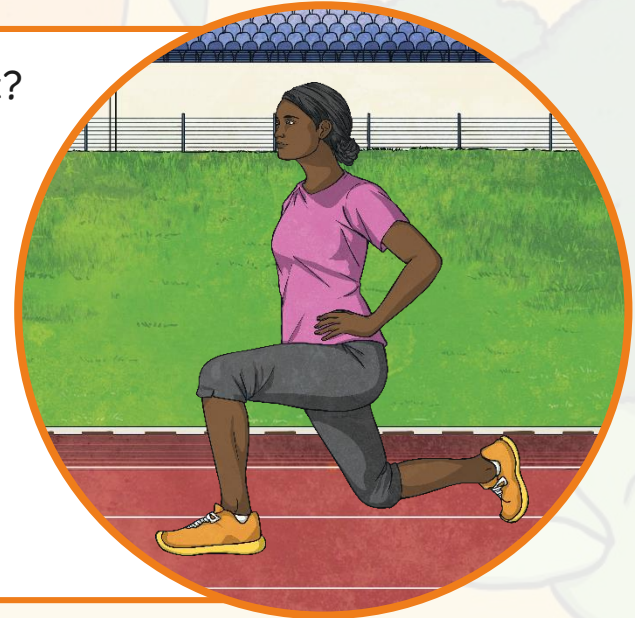
What three things can I do to improve what I eat?

What cooking skills or new recipes can I learn?

Can I find out how something is made, such as cheese or bread?

Can I be more active this week? How?

What can I do to improve my physical activity?





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