



# your body matters



Parent Handout 1 – Eating well

**Nourishing Body & Mind for a Healthy Life**

A Primary Health and Wellbeing Curriculum Pack

Revised Version 2023

## Eating well

Healthy eating is important for all ages, but sometimes it can be challenging. Below are our top tips:

- ✓ Try to plan to ensure you know exactly what is needed for the week or a few days. This will reduce food waste and the cost of your shopping.
- ✓ Use less meat and bulk out dishes with tinned or dried beans, peas and lentils; they are cheap, full of protein, low in fat and make meals go further. For example, adding lentils to a Bolognese or curry.
- ✓ Both tinned fruit and vegetables (in juice) or frozen count towards your 5-a-day and have a much longer shelf life.
- ✓ Microwaves tend to be more energy efficient than oven cooking and if you are using the hob, try to use a smaller pot and make sure to put the lid on to save on fuel costs.

## Recipe ideas

It can be difficult to come up with tasty meal ideas 7 days a week. Eat Better Feel Better have a great range of recipes to suit the whole family ([Recipes | Parent Club](#))

Love Food Hate Waste has a recipe generator for specific ingredients. [Foods and recipes | Love Food Hate Waste](#)

## Further support

[Food & Eating | Parent Club](#)

[Food and nutrition - Healthy living | NHS inform](#)

[Find a Food Bank - The Trussell Trust](#)

[Locations | The Scottish Pantry Network](#)

[Eat well, spend less | British Dietetic Association \(BDA\)](#)

**Parental Notes:**

*matters*

