



# your body matters



Teachers Notes A: The Eatwell Guide

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

A Primary Health and Wellbeing Curriculum Pack

Revised Version 2023



## Teacher Notes A: The Eatwell Guide

Associated lesson plans		
Primary Stage	Lesson	Title
2	2.1	Eating for Health
3	3.1	The Eatwell Guide
4	4.1	Food Groups
6	6.1	Healthier Diet
<b>Useful websites / additional resources</b>	<p><a href="https://www.foodafactoflife.org.uk/">https://www.foodafactoflife.org.uk/</a>  <i>Provides a wealth of free resources about healthy eating, cooking, food and farming for children and young people aged 3-18.</i></p> <p><a href="https://www.foodstandards.gov.scot/education-resources/the-interactive-eatwell-guide">https://www.foodstandards.gov.scot/education-resources/the-interactive-eatwell-guide</a>  <i>Interactive Eatwell Guide.</i></p> <p><a href="https://www.foodafactoflife.org.uk/pupils-with-additional-needs/">https://www.foodafactoflife.org.uk/pupils-with-additional-needs/</a>  <i>Resources to support the teaching and learning about food and nutrition with children and young people with additional needs.</i></p> <p><a href="https://www.nutrition.org.uk/life-stages/children/">https://www.nutrition.org.uk/life-stages/children/</a>  <i>Provides nutrition information for teachers and educational resources for children through the life stages.</i></p> <p><a href="https://www.nhsinform.scot/healthy-living/food-and-nutrition">https://www.nhsinform.scot/healthy-living/food-and-nutrition</a>  <i>Provides information on healthy eating, vitamins and minerals, food packaging, food hygiene and safety and special diets.</i></p> <p><a href="https://www.bda.uk.com/food-health/food-facts.html">https://www.bda.uk.com/food-health/food-facts.html</a>  <i>Provides a range of fact sheets written by Dietitians to help you learn the best ways to eat and drink and to keep your body fit and healthy.</i></p>	

**Useful websites / additional resources continued**

<https://www.foodstandards.gov.scot/education-resources>

Has a range of educational resources including interactive games on allergies, the Eatwell guide, food hygiene and much more.

<https://www.bbc.co.uk/bitesize>

Includes practical advice, activities and resources on a variety of topics.

<https://www.child-smile.org.uk/>

Provides resources, fact and information for professionals working in health, education, community, voluntary sectors who work together to improve child oral health.

Check the label on packaged foods

Each serving (150g) contains

Energy 1646kJ 250kcal	Fat 3.0g	Saturated 1.3g	Sugars 3.4g	Salt 0.9g
13%	LOW	LOW	LOW	MID
4%	7%	36%	15%	

of an adult's reference intake  
Typical values (as sold) per 100g: 697kJ / 167kcal

Choose foods lower in fat, salt and sugars



**Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland.**

The Eatwell Guide shows the proportions in which different types of foods are needed to have a well-balanced and healthy diet. The proportions shown are representative of the food consumption over the period of a day or even a week, not necessarily each mealtime.

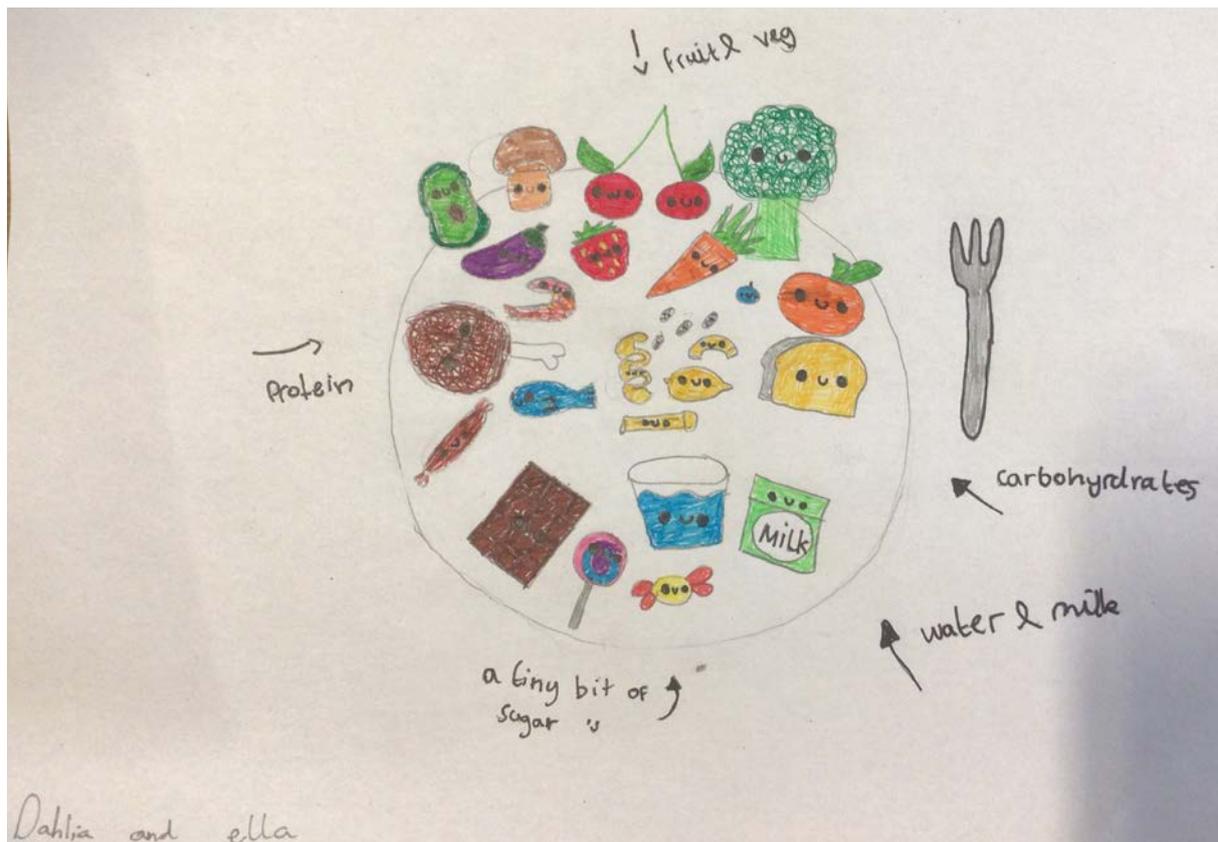
## The Eatwell guide categorises foodstuffs into five main food groups:

- Potatoes, bread, rice and other starchy carbohydrates
- Fruit & vegetables
- Dairy and alternatives
- Beans, pulses, fish, eggs, meat and other proteins
- Oils and spreads

The size of each group shown in the Eatwell Guide represents the proportion of these foods that should make up the overall diet. A diet based on these recommendations will provide a balanced intake of the various nutrients required for good health. As indicated by the size of the food groups in the Eatwell Guide, base your meals around starchy carbohydrates, choosing wholegrains where possible. By eating more fruit and vegetables this should make up just over a third of the food we eat each day. We should also consume some foods from the 'Dairy and alternatives', group, choosing lower fat and lower sugar options, and from the 'Beans, pulses, fish, eggs, meat and other proteins' group, including 2 portions of fish every week, one of which should be oily (salmon, sardines, mackerel, trout).

The Eatwell Guide applies to most people regardless of weight, dietary restrictions/preferences or ethnic origin but doesn't apply to children under 2 as they have different nutritional needs. However, between the ages of 2 and 5, children should gradually move to eating the same foods as the rest of the family, in the proportions shown on the Eatwell Guide. Please see below for information on special dietary or medical requirements like Type 2 Diabetes and Coeliac (see Teacher Notes F). Anyone with a specific medical condition or special diet may want to check with a registered dietitian or health professional how to adapt the Eatwell Guide to meet their individual needs. In addition, there are specific recommendations which should be considered by women before and during pregnancy.

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## Why is balance more important than exclusion?

No single food or food group contains all the essential nutrients the body needs to be healthy and function efficiently. The nutritional value of a person's diet depends on the overall mixture (or balance) of foods that is eaten over a period of time, and on the needs of the individual. A balanced diet is one that includes a wide variety of foods, so that adequate intakes of all nutrients are achieved. It is important to include some fat in the diet, preferably unsaturated fat which is represented by the small purple section of the Eatwell Guide. However, foods high in fat, especially saturated fat, salt and sugar are not included in the main body of the Eatwell Guide as these types of foods are not essential in the diet. It is important to remember that all types of fat are high in energy so should only be eaten in small amounts.

It is not necessary or realistic to achieve a perfect balance at each meal, but it should be applied to food eaten over a day or even a week (e.g., fish). The amounts or portion sizes that should be consumed will vary depending on the energy needs of the individual and may be influenced by age, sex and physical activity levels. Those children or young people who experience early puberty may require larger portion sizes given the nature of energy needs and hunger.

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