

# 10 Healthy Eating



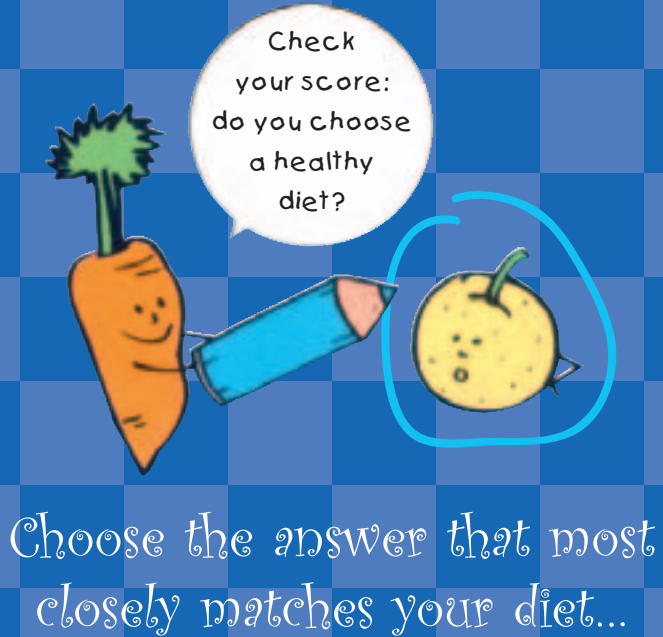
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with us!

## Tips for Kids

Do you remember when you learned to ride a bike? The most important part was getting the balance right. Once you could balance easily, the pedals could turn smoothly, to drive the wheels and get the bike moving.

The same thing is true when it comes to choosing our food. Once we have learned to carefully balance the amounts and types of foods eaten, all the organs in the body will function smoothly and the body will work efficiently.

Following these ten tips will help you stay fit and healthy. It's as easy as riding a bike, once you've got the balance right!



# 1 -Every day you have:



a 1 piece of fruit



b only fruit juice



c more than 2 pieces of fruit

Food is Fun... Enjoy your food

Sharing a meal with family and friends at home or at school is a great way to enjoy food. It's fun to see other people's choice of food - what sandwich fillings do others have? Have you tried having a different filling every day? Check out your lunch box or dinner plate. How many different kinds of fruit and vegetables can you spot?



## 2 - At breakfast time you have:



**a** toast with peanut butter or butter and honey

**b** nothing at all



**c** cereal with banana and milk

Morning has broken what do you eat?

2

Our bodies always need energy, and after a night's sleep, energy levels are low. Cars, buses and trains cannot run without fuel. So, whether you are off to school, or out and about at the weekend, start the day with breakfast. Plenty of carbohydrates is just the ticket: try cereal with semi-skimmed milk, fruit or yoghurt, toast or bread, perhaps with lean meats.



Breakfast is a very important meal of the day

3 - You eat fast-food: (burgers, chips, fried chicken, pizza)



- a about once a week
- b every day

Eat lots of different foods every day, variety is the recipe for health

You need over 40 different kinds of vitamins and minerals every day for good health. Since there is no single food that contains them all, it is important to balance your daily choices. In fact there are no good or bad foods, so you do not need to miss out on the foods you enjoy. The best way to make sure you get the right balance is to eat a wide variety of foods each day.



## 4 - Every day you eat:



a 2 slices of bread



b no bread

c lots if you're hungry

Which group would you tip for the top?

4

Most people don't eat enough carbohydrate foods, such as cereals, rice, pasta, potatoes and bread. At least half the calories in your diet should come from these foods, so it is a good idea to include at least one of these at every meal. Try whole-grain bread, pasta and other cereals to give you extra fibre. Have you tried baking your own bread? It's good fun and smells wonderful!



Base your food on carbohydrates

## 5 - Every day you eat:



**a** 2 - 3 servings of vegetables  
(raw or cooked)

**b** only chips



**c** no vegetables

Gimmee  
Eat fruits and vegetables

Fruits and vegetables are one of the most important foods for giving us enough vitamins, minerals and fibre. We should all try to eat 5 servings a day. For example, a glass of fruit juice at breakfast, perhaps an apple and banana as snacks and two vegetables at meal times then you have already reached your total. How many different kinds can you spot in the supermarket? Why not try some new ones?



five!  
each meal and for tasty snacks!

6 - If you have a sandwich for lunch or after school, the filling is usually:



a thick butter and jam



b tuna or lean meat and salad



c cheese and pickle

Fat facts. Too much saturated fat is not good for your health

Eating too many of those tasty, fatty foods (such as butter, spreads, fried meats and sausages, pies and pastries) might not always be so good for your body. So remember, a big helping of potatoes, but go easy on the butter. Although we need some fats to get all the nutrients we need, it is better for our health if we don't eat too much of these foods and get knocked off balance. So, if you have a high-fat lunch, choose a low-fat dinner.



## 7 - After school, your favourite snack is:



a fruit



b bread or toast



c chocolate biscuits

Snack attack! Eat regularly

7

Even if you eat regular meals during the day, there will still be times in between that you feel hungry, especially if you have been very physically active. Snacks can fill the gap, but should not be eaten in place of meals, only as an extra. There are lots of different snacks available. Your choice may be crisps, nuts and other packet snacks, chocolate bars, cakes and biscuits. On other occasions, you may prefer a sandwich, some fresh or dried fruits, or perhaps sticks of vegetables like carrots and celery. Whichever snack you enjoy, remember it is always good to include a variety of different types to keep things in balance.



and choose a variety of snacks

## 8 - Every day you drink:



**a** 2 - 3 glasses of milk



**b** very little liquid



**c** a large quantity & variety of drinks

Quench your thirst.

Did you know that more than half of your weight is just water? So as well as giving your body all the food it needs each day to keep healthy, you need at least 5 glasses of liquids a day. It is particularly important if the weather is very hot or if you have done lots of exercise, to have plenty to drink to prevent dehydration. Usually – but not always – your body will tell you this, by making you feel thirsty. Plain tap water is OK of course, but bottled water, fruit juices, tea, soft drinks, milk and so on, can all be great too.



Drink plenty of liquids

9 - How often do you use sugar in drinks & cereals:

a once a day

b never

c frequently throughout the day



Care for those teeth!

9

Brush your teeth twice a day. Eating foods high in sugar or starches too often during the day can play a part in tooth decay. So don't nibble foods and sip drinks all day long! However, the best way to keep a nice smile is to brush your teeth twice a day with a fluoride toothpaste. Also, after brushing your teeth at bedtime, don't eat any food, or drink anything but water!



Brush your teeth twice a day

# 10 - You eat crisps, chocolate & snacks:



- a never
- b occasionally
- c every day

Do you need to get moving?

10

Just like a bike may become rusty if it is not used for some time, our muscles and bones need to be kept moving too. Activity is needed to keep your heart healthy and your bones strong. It can also be good fun. Try to include some form of activity every day: it may be just walking to school and running up the stairs. However, games like skipping and football at break times are good for giving the body a workout. Swimming is a particularly good sport for keeping you healthy.



Be active every day

# Check your score...



1

- a : 2 points** Not quite enough
- b : 1 point** Have some whole fruit too
- c : 3 points** An excellent choice

2

- a : 2 points** Choose thick bread and thin spread
- b : 0 points** We all need breakfast to start the day
- c : 3 points** A good balance

3

- a : 3 points** A healthy diversified diet can still include these
- b : 0 points** Don't forget variety is the key

4

- a : 2 points** Eating bread daily is a good idea
- b : 0 points** Bread is a great energy food
- c : 3 points** The best idea!

5

- a : 3 points** Well done, you'll get lots of fibre & vitamins
- b : 0 points** They don't count as vegetables – they are carbohydrates
- c : 0 points** Your diet needs vegetables to be well balanced

6

- a : 2 points** Go easy on the butter  
**b : 3 points** An excellent choice  
**c : 2 points** Try low-fat cheese sometimes

7

- a : 3 points** An excellent choice  
**b : 2 points** Also a good choice  
**c : 2 points** Have some fruit too

8

- a : 3 points** You will keep your bones good & strong  
**b : 0 points** You need at least 5 glasses of liquid a day  
**c : 3 points** A good idea

9

- a : 3 points** A good balance  
**b : 2 points** Sugar can be part of a good diet  
**c : 1 point** Always clean your teeth at least twice a day

10

- a : 1 point** You do not need to avoid these foods completely  
**b : 3 points** A healthy diet can still include treats  
**c : 2 points** Make sure you keep active to burn off calories

# Your score:



22 - 30

You are making good choices to give you a healthy diet for the future. Well done.

13 - 21

A good effort, but could do better.

less than 13

You need to make a few changes to improve your score.



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