

# DNA



We are going to recap and remember our learning about BEING HEALTHY!

What facts  
can you  
remember?



What are  
the  
**BENEFITS**  
of being  
healthy?



**BEING  
HEALTHY**



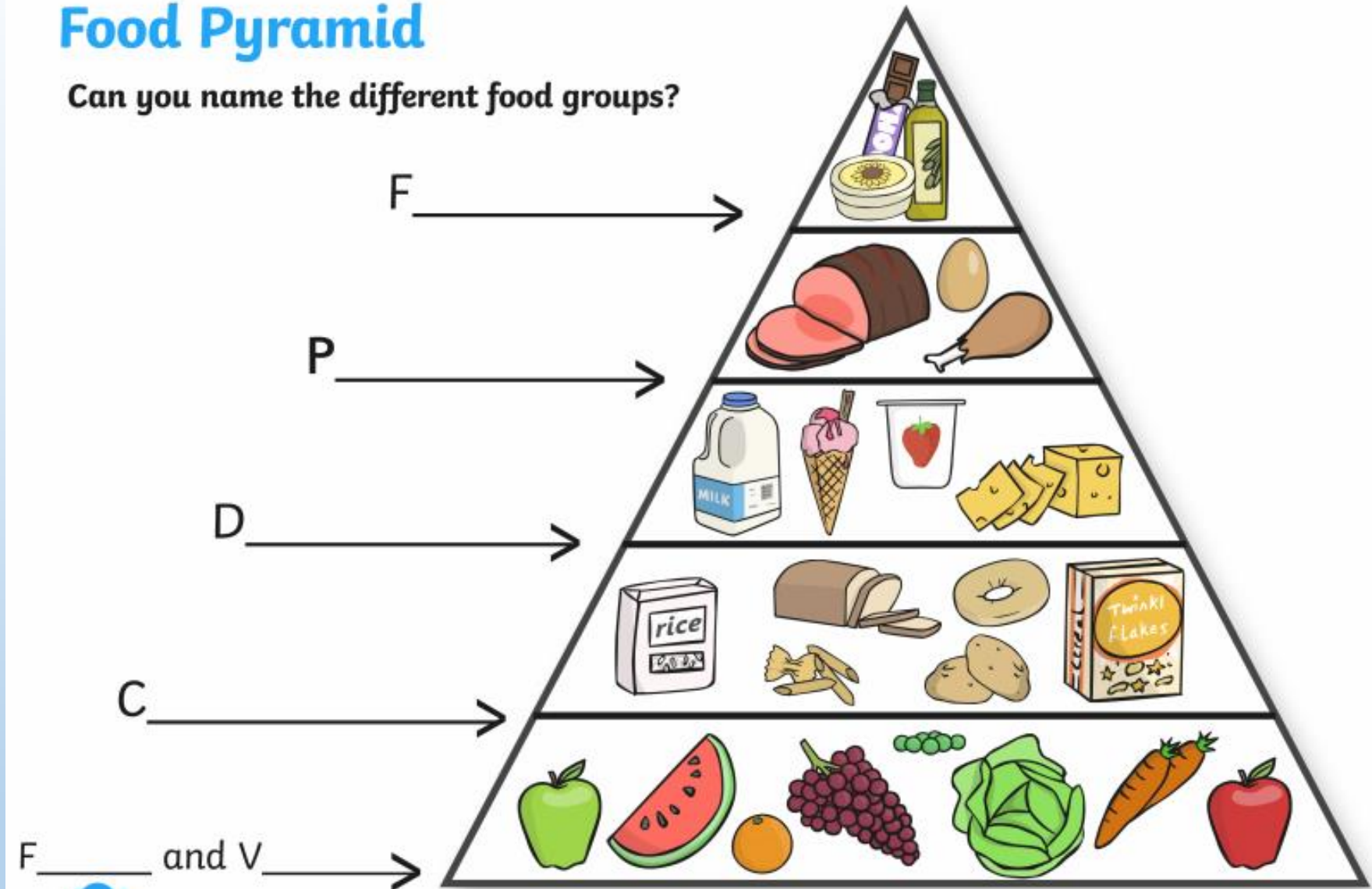
In term 3, we looked at food groups....

What does each section of the pyramid represent?

Use the first letter to help you!

# Food Pyramid

Can you name the different food groups?



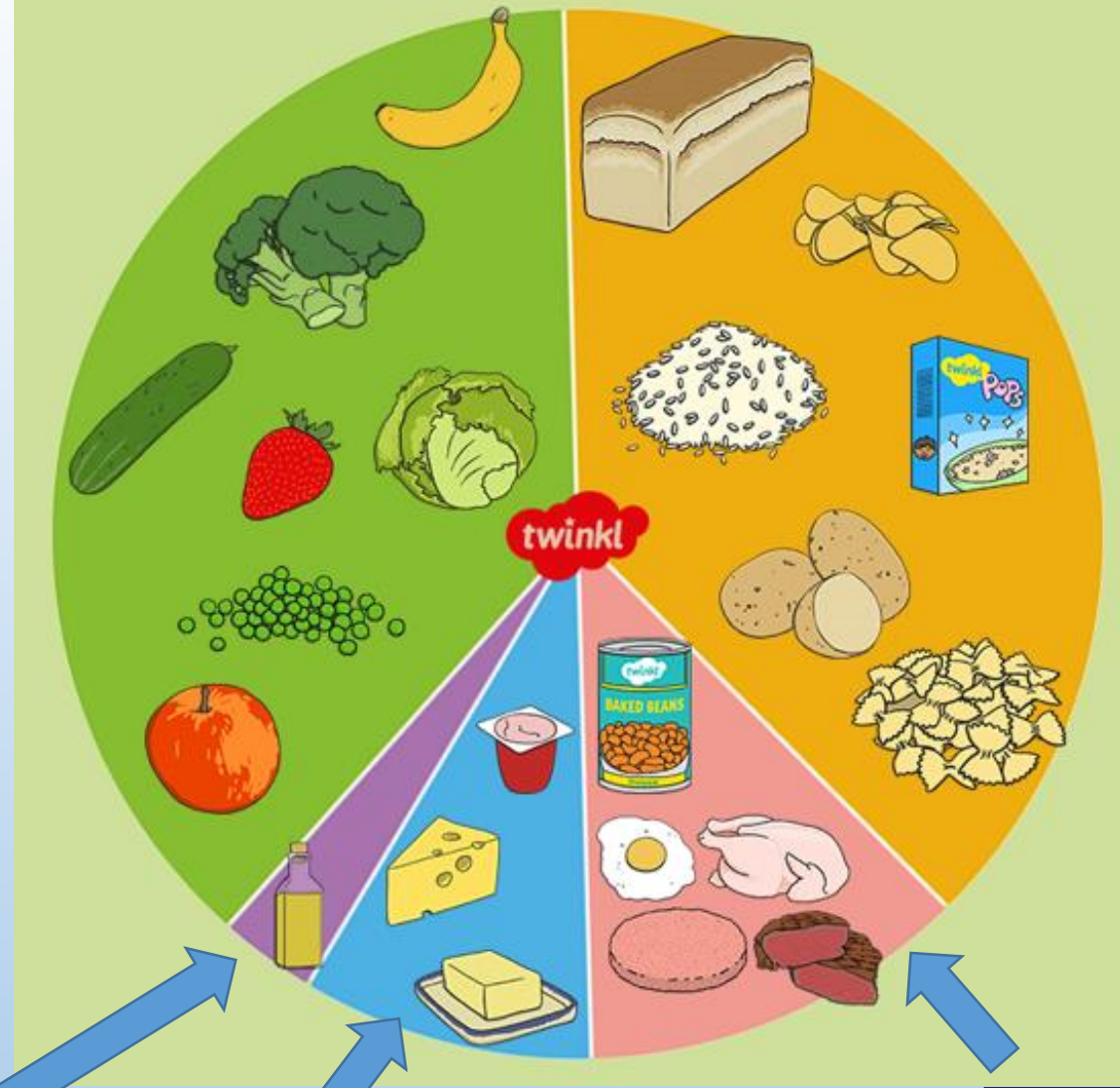
**We looked at 5 food groups in term 3:**

- Fruits and vegetables
- Carbohydrates
- Dairy
- Protein
- Fats



Fruits and vegetables should make up a third of the plate. They provide us with vitamins, and help the body work

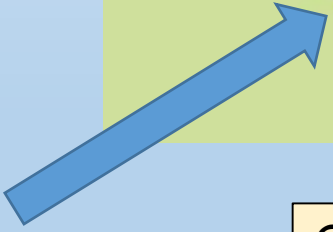
**What foods fit into each group?  
Can you think of your own examples?**



Carbohydrates help give us energy



A little fat is needed, but not much



Some dairy is needed for good bones - choose carefully



Protein helps the body grow and repair



**THINK!**

**Look at these menu choices**

*Which menu gives you the healthiest choices?*

*Which menu isn't the healthiest?*


*See if you can explain why!*

**MENU 1**

STARTER: Tomato soup with bread and butter

MAIN: Grilled chicken and green leaf salad with steamed potatoes

DESSERT: Cheese and biscuits.




**MENU 2**

STARTER: Seafood

MAIN: Steak and chips

DESSERT: Fruit yoghurt




**MENU 3**

STARTER: Vegetable soup with bread and butter

MAIN: Fried fish and chips

DESSERT: Chocolate cheesecake



**MENU 4**

STARTER: Creamy garlic mushrooms

MAIN: Gammon, egg and chips

DESSERT: Jam doughnut



**MENU 5**

STARTER: Melon

MAIN: Steamed fish with green beans and new potatoes

DESSERT: No dessert



**MENU 6**

STARTER: Creamy garlic mushrooms

MAIN: Beef burger, chips and onion rings

DESSERT: Treacle sponge and custard



# Choose a task - be creative!



Remember when we made our own EATWELL plates?  
plates?

See if you can show creativity and make a  
different one - what would be a great,  
balanced meal?

Think about what foods go well together...

Design your own MENU!

Think of 3 starters, 3 mains and 3 desserts  
that would be healthy, balanced and most  
importantly TASTY!



# EXIT TICKET



What are your top 3 tips you would give someone to help them stay healthy?

