

Healthy Eating



Healthy Eating

Purpose

To understand the importance of healthy eating.

To learn about the different food groups for a balanced diet.

To think about looking after our teeth.

Introduction

There's a famous saying which goes "those people who think they have no time for healthy eating will sooner or later have to find time for illness!"

What is considered to be eating healthily - and how can we be sure we are eating well?

There are two main considerations in terms of what is considered a "healthy diet."

Firstly, there are certain food types and nutrients that the body needs to function well - so it's important to feed ourselves those key nutrients.

Secondly, a healthy diet is a diet which involves consuming - eating - the right amount of calories for your level of activity.

The more active a person is, the more calories they can happily consume.

However, if someone is less active, then they need to balance that by ensuring they have fewer calories.

Calories

So calories - what are they? They are a measurement of how much energy is held inside any food. We might measure a distance in metres - something you will be familiar with - we actually measure the energy within a food substance in calories.



The National Health Service (NHS) - are the people who are responsible for our doctors and hospitals have health guidelines for different aspects of healthy lifestyles. They give straightforward guidance on how they recommend the people of the UK should eat healthily.

Eating a Balanced Diet

Eating a healthy, balanced diet is an important part of maintaining good health, and can help you feel your best. This means eating a wide variety of foods in the right proportions, and consuming the right amount of food and drink to achieve and maintain a healthy body weight.

Food Groups in Your Diet

So let's take a look at the main food groups that you should be consuming in your healthy balanced diet.



Fruit and Vegetables

The NHS recommend that we have at least 5 portions of different kinds of fruit and vegetables every single day.

Starchy Foods

Meals should be based upon foods that have high levels of starch content such as potatoes, bread, rice and pasta.



Dairy Products

A healthy balanced diet would include dairy products like milk or alternatives which are made from soya.

Fats and Oils

People should have small amounts of fats and oils - particularly unsaturated oils.

Fluids

Fluids such as water are extremely important to avoid dehydration. We should have at least 6 to 8 glasses every day.

If you're having foods and drinks that are high in fat, salt and sugar, you should have these less often and in small amounts.



Healthy Eating

The best healthy diets will have a balance of different foods from these five groups to get the varying nutrients, including essential vitamins and minerals the body needs to thrive. In the UK it is understood that a high proportion of the population have too many calories in their diet, too much saturated fat, sugar and salt and are short of the helpful levels of vegetables, oily fish and fibre that their bodies need.

Fruit and Vegetables: Are You Getting Your 5 A Day?

About a third of the food that you eat should be made up of fruits and vegetables. They are rich in vitamins and minerals and they have lots of fibre which is good to help your digestive system working effectively.

The body really needs at least 5 portions of fruit and vegetables every day. These can be taken as fresh fruit but can also be frozen, canned, dried or in the form of juice. Those people who do successfully have the suggested amount of fruit and vegetables have been measured to have a lower risk of heart disease, stroke and even some forms of cancer.



Starchy Foods in your Diet

Starchy foods should make up just over a third of everything you eat. This means your meals should be broadly based on these foods.

Choose wholegrain or wholemeal varieties of starchy foods, such as brown versions of rice, wholewheat pasta, and brown, wholemeal or higher fibre white bread. They contain more fibre, and usually more vitamins and minerals, than white varieties.

Potatoes with the skins on are a great source of fibre and vitamins. For example, when having boiled potatoes or a jacket potato, eat the skin too.

Milk and Dairy Foods (and their Alternatives)

Milk and dairy foods, such as cheese and yoghurt, are good sources of protein. They also contain calcium, which helps keep your bones healthy.

Dairy foods include milk, cheese and yoghurt. They contain protein - which is essential for growth and repair in the body.

Ideally it would be better to opt for the versions which are lower in fat and lower in sugar. For example, choose semi-skimmed, 1% fat, or skimmed milk, as well as lower fat hard cheeses or cottage cheese, and lower fat, lower sugar yoghurt.

Some people prefer not to eat dairy products or for medical reasons *can't* eat dairy products. There are alternatives to these in the form of soya drinks.

When buying alternatives, choose unsweetened, calcium-enriched versions.

Beans, Pulses, Fish, Eggs, Meat and other Proteins

These foods are all good sources of protein, which is *essential* for the body to grow and repair itself. They're also a good way to consume a range of vitamins and minerals, which are present in these foods.

Meat is a good source of protein, vitamins and minerals, including iron, zinc and B vitamins. It's also one of the main sources of vitamin B12. Lean cuts of



meat (that is - where most of the visible fat has been cut off) and skinless chicken and turkey should be consumed to cut down on fat.

The NHS recommend that we should try to eat less red meat such as beef and processed meat like bacon, ham and sausages. Eggs and fish are also good sources of protein, and contain many vitamins and minerals. Oily types of fish are particularly rich in omega-3 fatty acids.

Aim to eat at least 2 portions of fish a week, one of which might be oily fish. You can choose from fresh, frozen or canned, but remember that canned and smoked fish can often be high in salt content.

Pulses, including beans, peas and lentils, are naturally very low in fat and high in fibre, protein, vitamins and minerals.



Nuts are high in fibre, and unsalted nuts make a good snack. But they do still contain high levels of fat, so they should be eaten in moderation.

Oils and Spreads

Some fat in the diet is essential, but on average people in the UK eat too much saturated fat. It's important to get most of your fat from unsaturated oils and spreads. Swapping to unsaturated fats can help lower cholesterol.

Remember that all types of fat are high in energy and should be eaten in small amounts. Eat less saturated fat, sugar and salt for your healthiest diet.



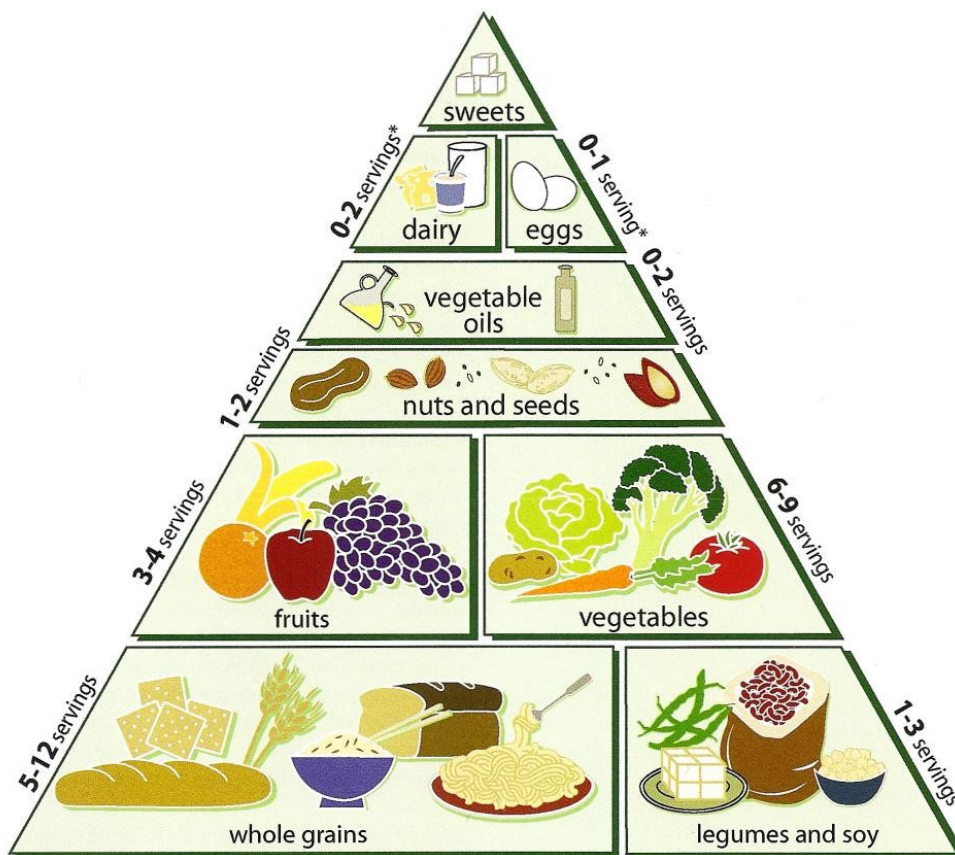
Too much saturated fat can increase the amount of cholesterol in the blood, which increases your risk of developing heart disease.

Regularly consuming foods and drinks which are high in sugar increases your risk of obesity and tooth decay.

Eating too much salt can raise your blood pressure, which increases your risk of getting heart disease or having a stroke.

Vegetarianism

A survey in 2018 determined that about 14% of the UK population describe themselves as being vegetarian. Vegetarians can get a full, balanced and healthy diet by eating mainly plant food. To get more information on this we would suggest that you look at the NHS website and search for “vegetarian healthy food.”



* A reliable source of vitamin B12 should be included if no dairy or eggs are consumed.

Other Lifestyle Recommendations



Daily Exercise



Water—eight, 8 oz. glasses per day



Sunlight—10 minutes a day to activate vitamin D



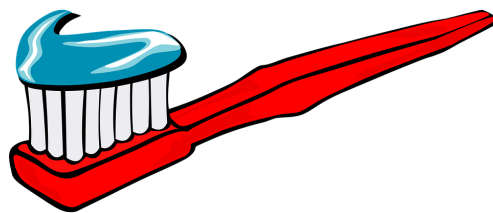
OH, I WISH I'D LOOKED AFTER MY TEETH

Oh, I wish I'd looked after me teeth,
And spotted the perils beneath,
All the toffees I chewed,
And the sweet sticky food,
Oh, I wish I'd looked after me teeth.

I wish I'd been that much more willin'
When I had more tooth there than fillin'
To pass up gobstoppers,
From respect to me choppers
And to buy something else with me shillin'.

When I think of the lollies I licked,
And the liquorice allsorts I picked,
Sherbet dabs, big and little,
All that hard peanut brittle,
My conscience gets horribly pricked.

My Mother, she told me no end,
"If you got a tooth, you got a friend"
I was young then, and careless,
My toothbrush was hairless,
I never had much time to spend.



Oh I showed them the toothpaste all right,
I flashed it about late at night,
But up-and-down brushin'
And pokin' and fussin'
Didn't seem worth the time... I could bite!



If I'd known I was paving the way,
To cavities, caps and decay,
The murder of fillin's
Injections and drillin's
I'd have thrown all me sherbet away.

So I lay in the old dentist's chair,
And I gaze up his nose in despair,
And his drill it do whine,
In these molars of mine,
"Two amalgum," he'll say, "for in there."

How I laughed at my Mother's false teeth,
As they foamed in the waters beneath,
But now comes the reckonin'
It's me they are beckonin'
Oh, I wish I'd looked after me teeth.

by
Pam Ayres



In Different Religions

Some religions have very strict food guidelines, For example the Jewish dietary laws forbid some foods including pork products and shellfish. Meat and dairy may not be combined and observant Jews will only eat meat or poultry that is Kosher (killed in a certain way).

In Islam, some similar rules apply and the Quran instructs the manner in which meat is to be prepared called Halal meaning 'allowed'.

Many Hindus are vegetarians although some eat fish and chicken. Hindus do not eat beef because the cow is considered a holy animal.

Let's Pray

Dear God

You gave us incredible bodies to use every day. Help us to think about how, through healthy eating, we can keep as well as possible and remember that the motto 'all things in moderation' is usually a good guideline.

Amen

Putting It Into Practice

Each pupil can note down their food intake for the last three days and compare it to the national guidelines to see whether they are eating appropriately from each food group.

(NB It is not recommended that pupils start to work out detailed calorie counting plans. This can be counter productive at this age and send the wrong message.

Care should also be taken over body image and consideration given to how to deal with pupils at either extreme of the weight continuum and for children whose families do not consume or encourage balanced diets.)

Exit of Pupils

A thought provoking slideshow of the key issues raised in the assembly about the theme of 'Healthy Eating' for the pupils to exit assembly to (10 minutes).



Collective Worship and Putting it into Practice for the Rest of the Week

Day 2

Dear God

Let us remember those who have very little food or water. Help us be grateful for what we have and try to remember to give a little to charity for those who have so much less than us.

Amen

Looking at the individual food diaries from yesterday, think about how you could make three changes each day that would start to move to a healthier life. For example swap a can of drink for a sugar free or diet or zero version.

Drop one piece of chocolate, packet of crisps or bag of sweets

Add (another) piece of fruit or veg.

Simple steps make a big difference!

Day 3

Dear God

Help me to make healthy choices in both my eating and in my exercise plans. Give me the strength to resist the temptation to have more food than I need and do less exercise than I need.

Amen

In some foods, especially pre prepared food or ready meals and sauces, it is not always obvious that they contain high levels of some things that are not very good for you, like too much sugar, salt or saturated fats.

Look at the food labels of some ready meals and sauces to see if you can identify 'hidden' sugars etc. You might like to start with tomato ketchup!



Day 4

Dear God

Help us to respect the food that we grow and raise. Remind us to appreciate where our food comes from and those that provide it. Remind us not to be greedy or wasteful with our precious resources.

Amen

Vegetarians and vegans need to be particularly thoughtful about their diet to ensure that they still have a good balance of the different food groups.

See what you can find out about what they might replace meat, fish and dairy products with to ensure that they still receive all the necessary vitamins, minerals, proteins etc

Day 5

Dear God

Many of the World Religions have very particular dietary laws. Let us learn about these rules and the ideas behind them so that we can appreciate other beliefs more fully rather than be prejudiced because of what we don't really understand.

Amen

Research the dietary rules of one of the following religions:

Judaism

Islam

Hinduism

Sikhs

Buddhism

Try to find out WHY the chosen religion has these rules.

