



Key knowledge:

1. The Eatwell Guide is a visual guide to how much we should eat of different types of food.
2. It divides foods into six groups:
Fruit and Vegetables (Green)
Potatoes, bread, pasta, rice and other starchy carbohydrates (Yellow)
Oils and Spreads (Purple)
Dairy Foods and Alternatives (Blue)
Beans, Pulses, Fish, Eggs, Meat and other proteins (Pink)
Foods High in Fat, Salt and Sugar (Outside the main guide)
3. The 'Foods high in fat, salt and sugar' group is outside the main guide as these foods don't need to be part of our daily diet.
4. The guide also includes fluid (liquid) intake.
5. The Eatwell Guide can be used by everyone over two years of age, including diabetics and vegans.

Key Vocabulary:

Food groups	A way of sorting foods into groups with similar characteristics.
Diet	A description of food eaten.
Balanced diet	A diet that contains the correct proportions (amounts) of different foods to keep healthy.
Nutrients	Chemicals found in foods and used in the body.
Carbohydrate	The nutrient that gives us energy.
Vitamins Minerals	Nutrients that perform protective functions in the body
Portion	The amount of a food that you should eat

Fruit and Vegetables:

1. Fruit and vegetables should make up at least a third of your daily diet.
2. It includes fresh, frozen, canned and dried fruits and vegetables.
3. Fruit juice is included in fluid intake and should be limited to 150ml a day. This counts as one portion of your five a day.
4. You should consume at least five portions every day.
5. A portion of fresh fruit or vegetables is 80g (a small apple, two small satsumas, a 10cm piece of cucumber)
6. A portion of dried fruit is 30g or a heaped tablespoon.
7. A portion of cooked vegetables is three heaped tablespoons.
8. Potatoes do not count as part of your five a day intake.
9. Beans and pulses (e.g. chickpeas, lentils) can count as one portion towards your five a day.
10. Most of these foods provide us with fibre to help with digestion.
11. These foods are our main source of vitamin C, especially peppers, citrus fruits, tomatoes, berries and kiwi fruit. Vitamin C is needed for healing, absorbing iron and for your immune system.
12. Yellow, orange and red fruits and vegetables provide Vitamin A to help maintain healthy eyes and skin and immune systems.
13. Leafy green vegetables provide the minerals, iron and calcium.

Citrus fruits: oranges, lemons, limes, grapefruit, satsumas, tangerines

Vine fruits: melons, kiwi fruit, grapes

Tropical fruits: pineapples, mangoes, bananas, lychees, papaya

Stone fruits: peaches, cherries, plums, apricots, nectarines

Root vegetables: parsnips, onions, beetroot, turnips, carrots

Vegetable fruits: cucumber, tomatoes, peppers, pumpkins

Leafy green vegetables: kale, spinach, cabbage, broccoli, chard