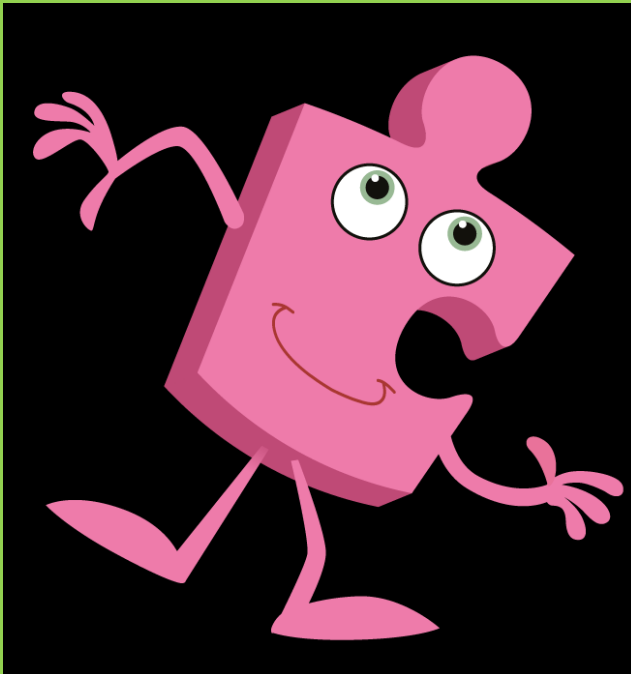


Puzzle 4: Healthy Me - Year 6 - Spring 2



- know the impact of food on the body, e.g. creating energy, giving comfort and altering mood.
- be motivated to give my body the best combination of food for my physical and emotional health.

Answer True or False:

- I can get to bed on time every night
- I can tell you about how to eat healthily
- I can tell you how to be active to stay healthy
- I drink lots of water every day
- I try to eat at least 5 portions of fruit and vegetables every day
- I try not to eat lots of sweets and chocolates
- I make sure I exercise every day
- I rest when I am tired
- I know what to do if I'm feeling upset



What do all these have
in common?



All of these foods and drinks can affect your mood:
Chocolate: can improve your mood, especially dark chocolate
Coffee: can make you feel more alert
Turkey: contains a chemical called tryptophan than can help you feel calmer
Nutmeg: in high quantities, it can make people have hallucinations
Energy Drinks: can make you feel very alert
Chillies: can help turn a bad mood into a good mood
Milk: warm milk can help you feel sleepy

Do you know of any other effects of food/drink?

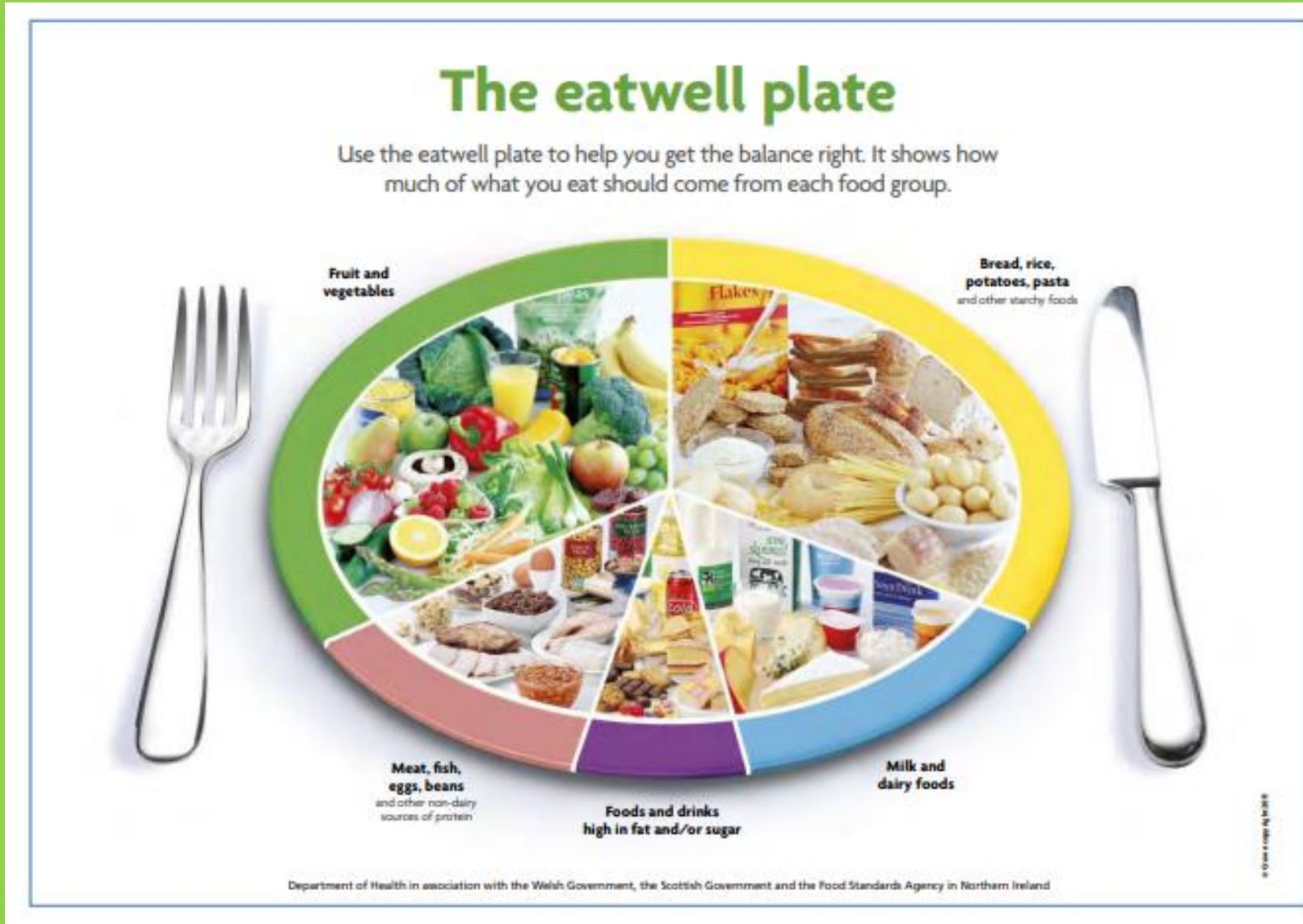
What makes up a balanced diet?

Why is a balanced diet important?

If fruit and vegetables are good for us, why don't we just eat them?

Explore the eatwell plate here:

[The Eatwell Guide - NHS \(www.nhs.uk\)](http://www.nhs.uk)



TRUE OR FALSE QUIZ

1. Look at the palm of your hand. Your body needs only the size of your palm of protein (meat, fish, etc.) every day to get all the necessary nutrients.
2. If you ate lots of fruit yesterday, you don't need to worry about eating any today.
3. Potatoes are a good source of carbohydrate.
4. It's a good idea to skip breakfast.
5. Vegetarians are healthier than people who eat meat and fish.
6. Milk, yogurt, cheese and other dairy foods are important for growth and help to form strong bones and teeth.
7. Chocolate and sweets should be banned.
8. Children need to eat the same amount as adults.
9. Beans and lentils fit into two areas of the Eat Well Plate: protein AND fruits/vegetables.
10. These foods are high in salt so we don't need to eat much of them: bacon, cheese, salami, soy sauce, olives, and ham.

1. TRUE Many people believe that you need to eat lots more protein, but your body cannot process too much, so only give it what it needs.
2. FALSE Your body needs 5 a day every day
3. TRUE They give you lots of energy.
4. FALSE After sleeping, our bodies need energy to get us through the day so missing breakfast means your body misses out on essential nutrients.
5. FALSE Not necessarily. Just because a vegetarian chooses not to eat meat or fish doesn't mean they are healthier. A vegetarian diet does not mean that you eat more fruit and vegetables. A balanced diet includes protein, so vegetarians have to find alternatives to meat and fish - things like tofu, beans, lentils and eggs are high in protein and low in fat
6. TRUE Dairy foods are high in calcium, which is needed for bone and teeth health.
7. FALSE They can be part of a balanced diet but they don't need to be eaten every day.
8. FALSE As children's stomachs are smaller, they don't need as much food as adults. Even if children are very active, they still don't need as much as adults, so make sure your portions are child-sized.
9. TRUE They contain vegetable protein and are high in essential vitamins and minerals.
10. TRUE We should try to cut down on the amount of salt we eat, as too much salt is unhealthy for our hearts.

Activity-‘Stop! Start! Continue!’

Draw traffic lights like this. Think about how you can improve your lifestyle and make some changes with what you eat.

Inside the red circle draw or write something you are going to stop eating.

In the amber (orange) circle, something you are going to start eating.

In the red, something you are going to continue eating.

Around the outside of the circles, write about how you will motivate yourself to achieve your goals.

