

Welcome to your week four activity sheet!

This week, we're thinking about the balance of foods on your plate

1. Looking at your current diet, are you currently including each of the food groups in the Eat Well guide?

- Fruits and vegetables
- Starchy carbohydrates
- Dairy
- Proteins
- Oils and spreads

List some examples of foods you eat from each food group below.

2. Do you think your current diet is balanced? Consider the following:
Are you having three meals a day?
Are you including each of the food groups in each meal?
Over the course of a day or week, are you consuming the different food groups in the proportions recommended in the Eatwell Guide?

Snacks can play an important role in keeping us satisfied between meals and helping us to moderate our portion sizes at mealtimes. It's important that we consider how balanced our snacks are too. Including foods from the different food groups in our snacks can help us to feel more satisfied, and ensure we are getting the nutrients we require.



3. What foods do you typically snack on? Do your snacks tend to belong to one food group rather than a combination? For example, an apple belongs to the fruit and veg section, but an apple with peanut butter also provides protein and fats.

Fluid is an essential part of a healthy diet, and we should aim for 6-8 glasses from water and sugar-free tea/coffee per day.

4. Do you think you get enough fluid throughout the day? How much are you currently drinking.

5. Keeping hydrated is not only important for our general health; it can help with our feelings of hunger too. Are there any times of the day that you tend to feel tired or hungry? Could you add in an extra drink into your routine here?

