

Welcome to your week five activity sheet!

Now that we have learnt more about balanced meals, this week we will focus on fine tuning our food!

We are recommended to have 5 different portions of fruit and vegetables per day, but this is not a limit – feel free to have more! However, different colours of fruit and vegetables contain different vitamins and minerals.

1. Are you currently having 5 portions of fruit and vegetables per day? List what you are currently having below. Can you think of fruit and vegetables of a different colour than the ones you listed that you may want to try?

Dairy is important as it provides the body with calcium, B vitamins and protein. If you prefer dairy alternatives, we recommend opting for fortified (added calcium and vitamin B) and sugar-free products.

2. Are you currently having 2 portions of dairy and/or dairy alternatives per day? List what you are currently having below. Write down what a typical portion of each product you listed is.



Salt is essential in small amounts for electrolyte balance and maintaining blood pressure. However, too much can have a poor effect on our health. A common consequence of high salt intake is hypertension (or high blood pressure). Additionally, sugar is present in many processed foods, contributing to excessive energy intake and resulting in weight gain. Research suggests that a high sugar diet is associated with obesity and tooth decay.

3. Do you remember what the maximum amount of salt (and the sodium equivalent) that you should have per day is? How about the maximum amount of sugar? Can you think of ways to reduce the amount of salt and sugar you are currently having?

4. Take a couple of products you regularly have and compare the amount of salt and sugar with the guidelines for these. Are these products too high in sugar and salt, or are they suitable for a healthy diet?

To keep health risks from alcohol to a low level, the Chief Medical Officers (CMOs) advise it is safest not to drink more than 14 units a week on a regular basis. Remember that alcohol contains large amounts of calories and can easily contribute to weight gain, especially around the waist.



5. Are you currently having alcohol? If yes, list the drinks you are having throughout a week. Then head to www.drinkaware.co.uk to see how many units of alcohol you are having in a week. Can you think of ways to reduce the amount of alcohol you are having?

