

Welcome to your week seven activity sheet!

This week should teach us more about meal planning, cooking methods, food labels, and healthy swaps.

Planning your meals can help you make intentional choices to stay on track and to ensure that you have a balanced diet.

1. Do you remember the 5 questions you should ask yourself when planning your meals? Write them below.

Having a plan when shopping and knowing what to buy can help you stay on track and make informed and intentional choices, rather than buying foods impulsively.

2. Can you think of your current shopping behaviours and whether these help or hinder you in your weight loss journey? Can you think of ways you could change these behaviours if they hinder you?

When it comes to cooking, you can reduce the total calories of a meal by reducing the amount of oil you cook with. A good guide is to use no more than one teaspoon of oil per portion.



3. What cooking methods do you use the most often? Write them below. Can you think of any ways to cook with less oil?

Packaging and food labels can often be misleading. However, once you know where to look and what to look for, food labels can help you make healthier choices.

4. Think of an example of store-bought food that you eat often. Take a look at the food label and compare with similar products either online or the next time you go shopping. Are there healthier versions of this product that you may want to try?

Healthy swaps can also be made when cooking by trying to adapt the recipe to better follow the Eatwell Guide.



5. Think of a recipe you make often. Can you think of any adaptations that you can make to improve the nutritional quality of this recipe?

