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Learning Together -

Eating Healthily

A Practical Guide for Families

More Parents Associated for Learning

More Parents Associated for Learning

*Empowering parents to become more
actively involved in their child's education,
school and community*



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The importance of a healthy and varied diet

Why should we eat a healthy diet?

A good diet is important for good health. A healthy and varied diet can help to maintain a healthy body weight, enhance general wellbeing, improve brain power and reduce the risk of children getting a number of diseases in later life, including heart disease, stroke, cancer and diabetes.



What is a healthy diet?

A healthy diet is rich in breads, potatoes, and other cereals and in fruits and vegetables. It will include moderate amounts of milk and dairy products, meat, fish or meat/milk alternatives, and limited amounts of foods containing fat or sugar.

Follow these guidelines for a healthy diet

- 🍎 Enjoy your food
- 🍎 Eat a variety of different foods
- 🍎 Eat the right amount to be a healthy weight
- 🍎 Eat plenty of foods rich in starch and fibre
- 🍎 Eat plenty of fruit and vegetables
- 🍎 Don't eat too many foods that contain a lot of fat
- 🍎 Don't have sugary foods and drinks too often

Eat 5 portions of fruit and veg a day

- 🍎 Fruit and vegetables are packed with vitamins and minerals
- 🍎 They help to maintain a healthy weight
- 🍎 They are a good source of fibre and antioxidants
- 🍎 They reduce illness
- 🍎 They taste delicious

This guide has been produced by parents, their children and the Wales team, with contributions from other MorePAL partners.

Healthy Breakfast

Is good nutrition important for good learning?

In a word, **yes**. Research shows that children who regularly eat breakfast do better in tests, demonstrate better behaviour and are less hyperactive than children who missed breakfast.



What makes a good breakfast for children?

One good example would be an egg with a slice of whole grain toast, a piece of fruit and a glass of milk. The protein and fibre from the whole grains will keep your child satisfied until lunch time.

Try to avoid giving your child sugary breakfast cereals, as these will leave your child hungry and tired half way through the morning. If your child tends to get hungry in the middle of the morning no matter what, send an apple, or cheese snacks rather than sugary biscuits and chocolate.

No single food can provide all the essential nutrients that the body needs. Therefore, it is important to consume a wide variety of foods to provide adequate intakes of vitamins, minerals and dietary fibre, which are important for health.

Make learning easier feed your brain with what it needs



Fresh fruit, vegetables and fish are important for a healthy mind and body.





Drinking lots of water through the day will help you concentrate on what you are learning

Only have fizzy drinks and fatty foods occasionally



The Balanced Plate

You should choose a variety of foods from each of these four food groups every day:

-  Bread, other cereals and potatoes
-  Fruit and vegetables
-  Milk and dairy foods
-  Meat, fish and alternatives

Foods in the fifth group, i.e. foods containing fat and foods containing sugar, can be eaten sparingly as part of a healthy balanced diet but should not be eaten instead of foods from the other food groups, or too often or in large amounts.

Having a variety of foods in the diet is important for health - it is not necessary to follow the model at every meal, but rather over a day or two.

The Balanced Plate

