Healthy Eating

**EYFS** - can you create an animal or human using the different fruits and vegetables you have in your house. Take a picture of it and then enjoy eating it! Which fruit or vegetable was your favourite?

Discuss with children different shapes, colours, textures and smells of different fruits and vegetables that you have available. Let them have a go at cutting and peeling of some of the fruits/vegetables as it is also good for their fine motor skills. Could they have a go at drawing and naming the different fruits. Have a look at where the different fruits and vegetables grow e.g. on trees, from the ground.

Examples of Fruit plates

---

**KS1** – can you find different examples of the food groups in your kitchen? You may need to ask a grown up to help you find the correct food.

The different food groups are below, examples of what could go in each category and what the purpose of these are.

- **Fruit and vegetables**: carrots, tomatoes, apples, bananas – provide us with vitamins and minerals to keep our bodies healthy, repair and grow.
- **Carbohydrates**: bread, pasta, potatoes – provides us with energy throughout the day so that we can play and work without getting too tired.
- **Fats and oils**: Cakes, biscuits, sweets – helps provide us with a store for energy however too much fat in our diet is bad for use – causes us to gain weight.
- **Dairy produce**: milk, yoghurt, cheese – good source of calcium which provides us with strong bones and teeth especially when we are growing.
- **Protein**: meat, fish, eggs, nuts – helps us grow and maintain strong muscles.

You can discuss these with your children as you find them in the house. You could create your own food wheel to look at how much of each one should be in a balanced diet. Could
you make a meal or draw a plan of a meal with your child that includes all of the food groups?

**KS2** - can you find out what a balanced diet should include? You could draw a picture to show this. You could create a table with the different food groups. Can you explain to your family what you have learnt?

Children can use the information above as a starting point and then could research more themselves to find out more information. How they present their information is up to them. Some examples are below.
They could also look at calorie intake for men/women/children and then look at some foods in the house to see how many calories different foods have. They could plan three meals for the day that hit the target calorie intake for a child.

Websites to support learning

https://www.bbc.co.uk/bitesize/topics/zrfr82/articles/zppvv4j
https://www.educationquizzes.com/ks2/science/healthy-eating/