WORKSHEET 0.1
THE EATWELL GUIDE

8 TIPS FOR EATING WELL

1. Base your meals on starchy foods
2. Eat lots of fruit and vegetables
3. Eat more fish- including a portion of oily fish each week
4. Cut down on saturated fat and sugar
5. Eat less salt
6. Get active and be a healthy weight
7. Don’t get thirsty
8. Don’t skip breakfast
The Eatwell Guide is not meant to represent the balance required in any one specific meal or over a particular timescale, rather it represents the overall balance of a healthy diet.

Public Health England (PHE) encourages organisations and individuals to use the Eatwell Guide to make sure everyone receives consistent messages about the balance of foods in a healthy diet.

The Eatwell Guide should be used appropriately within the context of government healthy eating messaging as outlined in this guidance. The Eatwell guide and/or the PHE name or logo should not be used as a form of endorsement for a product(s) and/or organisation.

### IS THE EATWELL GUIDE FOR ME?

The Eatwell Guide applies to most people regardless of weight, dietary restrictions/preferences or ethnic origin. However, it doesn’t apply to children under 2 because they have different nutritional needs. Between the ages of 2 and 5, children should gradually move to eating the same foods as the rest of the family, in the proportions shown on the Eatwell Guide. Anyone with special dietary requirements or medical needs might want to check with a registered dietitian on how to adapt the Eatwell Guide to meet their individual needs.

### HOW CAN THE EATWELL GUIDE HELP?

The Eatwell Guide shows the different types of foods and drinks we should consume – and in what proportions – to have a healthy, balanced diet.

The Eatwell Guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives (such as soya drinks); choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

If consuming foods and drinks high in fat, salt or sugar have these less often and in small amounts.

### WHEN SHOULD I USE THE EATWELL GUIDE?

You can use the Eatwell Guide to help you make healthier choices whenever you’re:

- deciding what to eat
- at home cooking
- out shopping for groceries
- eating out in a restaurant, café or canteen
- choosing food on the run

Aim to fill your trolley with a healthy balance of different types of food.
TO KEEP THE PITCH AT TWICKENHAM IN SUCH GOOD CONDITION THE GROUNDSMAN NEEDS TO:

1. Turn on the sprinklers to give the grass lots and lots of ____________
2. Regularly puts ____________ on the grass to help it grow.
3. Keep ____________ off the pitch to stop the grass getting walked on.
4. Use the lawnmower to ____________ the grass.
5. Pray that the ____________ shines on the ground to help the grass grow.
Turn on the sprinklers to give the grass lots and lots of ____________

Regularly puts ____________ on the grass to help it grow.

Keep ____________ off the pitch to stop the grass getting walked on.

Use the lawnmower to ____________ the grass.

Pray that the ____________ shines on the ground to help the grass grow.

1 Turn on the sprinklers to give the grass lots and lots of ___WATER___.
2 Regularly put ___SEEDS___ on the grass to help it grow.
3 Keep ___PEOPLE___ off the pitch to stop the grass getting walked on.
4 Use the lawnmower to ___CUT___ the grass.
5 Pray that the ___SUN___ shines on the ground to help the grass grow.
### WORKSHEET 0.3

**PLAYER MEAL**

<table>
<thead>
<tr>
<th>Name:</th>
<th>Class:</th>
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**Potatoes, bread, rice, pasts and other starchy carbohydrate ingredients:**

- [ ]
- [ ]
- [ ]

**Fruit and vegetable ingredients:**

- [ ]
- [ ]
- [ ]

**Beans, pulses, fish, eggs, meat and other protein ingredients:**

- [ ]
- [ ]
- [ ]

**Dairy and alternative ingredients:**

- [ ]
- [ ]
- [ ]

**Oil and spread ingredients:**

- [ ]
- [ ]
- [ ]
COMPLETE THE FOLLOWING SENTENCES EXPLAINING THE BEST WAY TO WASH OUR HANDS:

1. Wash your hands using ____________ water.
2. Always use ____________ to wash your hands.
3. Wash your hands for at least ____________ seconds.
4. Make sure you wash both the ____________ and ____________ of your hands.
5. ____________ the soap from your hands with warm water.
6. Always use a clean ____________ to dry your hands.

ANSWERS ON REVERSE

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WORKSHEET 0.4
WASH HANDS

ANSWERS

1. Wash your hands using _______WARM____ water.
2. Always use _______SOAP____ to wash your hands.
3. Wash your hands for at least _______30____ seconds.
4. Make sure you wash both the _______FRONT____ and _______BACK____ of your hands.
5. _______RINSE____ the soap from your hands with warm water.
6. Always use a clean _______TOWEL____ to dry your hands.
<table>
<thead>
<tr>
<th>Ingredient 1:</th>
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<tbody>
<tr>
<td>Ingredient 2:</td>
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<td>Ingredient 3:</td>
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<td>Ingredient 4:</td>
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<td>Ingredient 5:</td>
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<td>Ingredient 6:</td>
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<td>Ingredient 7:</td>
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## Daily Player Menu

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal</th>
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<tbody>
<tr>
<td></td>
<td>Breakfast:</td>
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<tr>
<td></td>
<td>Lunch:</td>
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<tr>
<td></td>
<td>Tea:</td>
</tr>
</tbody>
</table>
DRAW A LINE FROM EACH FOOD TO SHOW WHICH COMPARTMENT OF THE FRIDGE OR FREEZER YOU WOULD STORE IT IN.

ORANGE JUICE

ICE CREAM

PEAS

SALAD

CHIPS

MILK

EGGS

FISH FINGERS

ANSWERS ON REVERSE
ANSWERS

FRIDGE
ORANGE JUICE
SALAD
EGGS
MILK

FREEZER
ICE CREAM
PEAS
CHIPS
FISH FINGERS
Please have a go at answering the following questions by circling one answer for each. Don’t worry, this is not a test and only the researchers from Northumbria University will get to see your answers. If you really don’t know which answer to choose for any of the questions, you can just leave that question out.

Please circle your answers

Q1. Which one of these food groups has the most protein to help our bodies make muscle?
- Fruits and Vegetables
- Fats and Sugars
- Meat, Fish, Eggs and Beans
- Bread, Rice, Potatoes and Pasta

Q2. The Bread, Rice, Potatoes and Pasta group contains lots of... ?
- Energy
- Vitamin C
- Protein
- Fat

Q3. The Dairy and Milk group are important for...?
- Strong bones and teeth
- Fat
- Muscle
- Energy

Q4. Which of these is not a fruit?
- Banana
- Peach
- Orange
- Walnut
First Task
Quick Quiz!

Please circle your answers

Q5. Which food group does chicken belong to?
- Meat, Fish, Eggs and Beans
- Fats and Sugars
- Bread, Rice, Potatoes and Pasta
- Fruits and Vegetables

Q6. Which food does not belong to the Meat, Fish and Poultry food group?
- Pork
- Beef
- Fish
- Cheese

Q7. Which food group do carrots and broccoli belong to?
- Meat, Fish, Eggs and Beans
- Fats and Sugars
- Bread, Rice, Potatoes and Pasta
- Fruits and Vegetables

Q8. Which of these contains the most calcium?
- Milk
- Orange Juice
- Potatoes
- Lemonade
Q9. Which food group do cakes and sweets belong to?
- Fats and Sugars
- Bread, Rice, Potatoes and Pasta
- Meat, Fish, Eggs and Beans
- Fruits and Vegetables

Q10. How many portions of fruit and vegetables should we eat per day?
- One
- Three
- None
- Five

Q11. From which food group should we eat the most servings each day?
- Meat, Fish, Eggs and Beans
- Fats and Sugars
- Fruits and Vegetables
- Bread, Rice, Potatoes and Pasta

Q12. From which food group should we eat the least servings each day?
- Fruits and Vegetables
- Bread, Rice, Potatoes and Pasta
- Fats and Sugars
- Meat, Fish, Eggs and Beans
Q13. How often do you do each of the following:

<table>
<thead>
<tr>
<th></th>
<th>Never</th>
<th>Some days</th>
<th>Most days</th>
<th>Everyday</th>
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<tbody>
<tr>
<td>A) Eat fresh fruit</td>
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<td>B) Eat vegetables</td>
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<td>C) Drink water</td>
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<td>D) Eat sweets</td>
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<td>E) Eat fast foods</td>
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<td>F) Drink fizzy drinks</td>
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<td>G) Drink energy drinks</td>
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