

Name: \_\_\_\_\_  
Class: \_\_\_\_\_



Check the label on packaged foods

Each serving (150g) contains

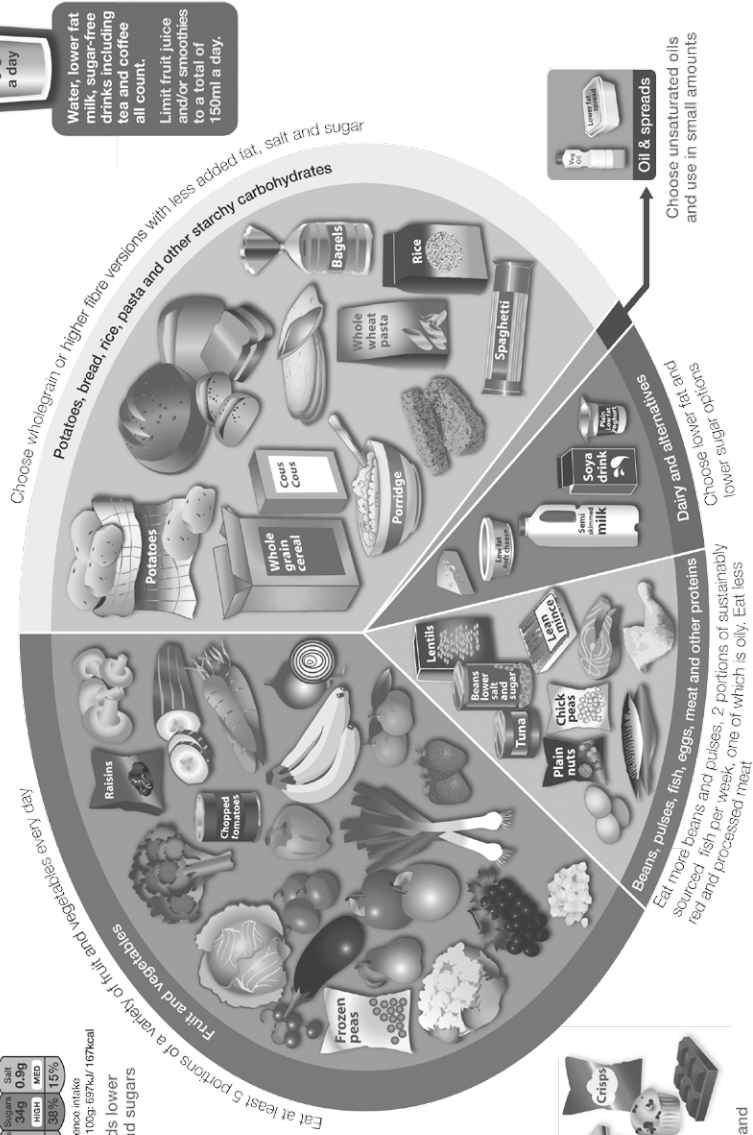
Energy	Fat	Saturated	Salt
1000kJ 200kcal	3.0g LOW	1.3g LOW	0.9g HIGH
13%	4%	7%	15%

of an adult's reference intake

Choose foods lower in fat, salt and sugars

## Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Eat less often and in small amounts

## 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

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

# WORKSHEET 0.1

## THE EATWELL GUIDE

[https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/528200/Eatwell\\_guide\\_booklet.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/528200/Eatwell_guide_booklet.pdf)

### GUIDELINES FOR USING THE EATWELL GUIDE

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.

### USING THE EATWELL GUIDE AS A MODEL FOR HEALTHY EATING

The eatwell guide does not include references to frequency of serving and recommended portion sizes, other than in relation to fruit and vegetables such as at least 5 portions of a variety a day, or eat 2 portions of fish a week, one of which should be oily. This is consistent with government advice and is in accordance with the available evidence.

The eatwell guide is intended as a tool suitable for use with most adults, and therefore it would be misleading to include specific frequency or proportion advice when people have individual requirements. However, registered dietitians, who work with individuals, should still tailor their advice in consultations based upon the individual's current diet and food preferences.

### 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, cafe or canteen
- choosing food on the run

Aim to fill your trolley with a healthy balance of different types of food.



# WORKSHEET 0.2

## PITCH GROWTH

Name: \_\_\_\_\_  
Class: \_\_\_\_\_

 **PHOTOCOPY  
ONTO A4 (100%)**



### 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.

**ANSWERS ON REVERSE**

# WORKSHEET 0.2

## PITCH GROWTH

### ANSWERS

- 1 Turn on the sprinklers to give the grass lots and lots of **WATER**.
- 2 Regularly puts **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

Name: \_\_\_\_\_  
Class: \_\_\_\_\_



**PHOTOCOPY  
ONTO A4 (100%)**

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:







# WORKSHEET 0.4

## WASH HANDS

Name: \_\_\_\_\_  
Class: \_\_\_\_\_



**PHOTOCOPY  
ONTO A4 (100%)**



### 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**

# 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.





# WORKSHEET 0.5 PLAYER SANDWICH

NAME OF PREMIERSHIP RUGBY PLAYER .....

Name:  
Class:



**PHOTOCOPY  
ONTO A4 (100%)**



Ingredient 1:

Ingredient 2:

Ingredient 3:

Ingredient 4:

Ingredient 5:

Ingredient 6:

Ingredient 7:





# WORKSHEET 0.5

## DAILY PLAYER MENU

Name: \_\_\_\_\_  
Class: \_\_\_\_\_



**PHOTOCOPY  
ONTO A4 (100%)**



**Breakfast:**

**Lunch:**

**Tea:**



# WORKSHEET 0.6

## FOOD STORAGE

Name: \_\_\_\_\_

Class: \_\_\_\_\_



**PHOTOCOPY  
ONTO A4 (100%)**

DRAW A LINE FROM EACH FOOD TO SHOW WHICH  
COMPARTMENT OF THE FRIDGE OR FREEZER YOU  
WOULD STORE IT IN.



**ORANGE JUICE**



**PEAS**



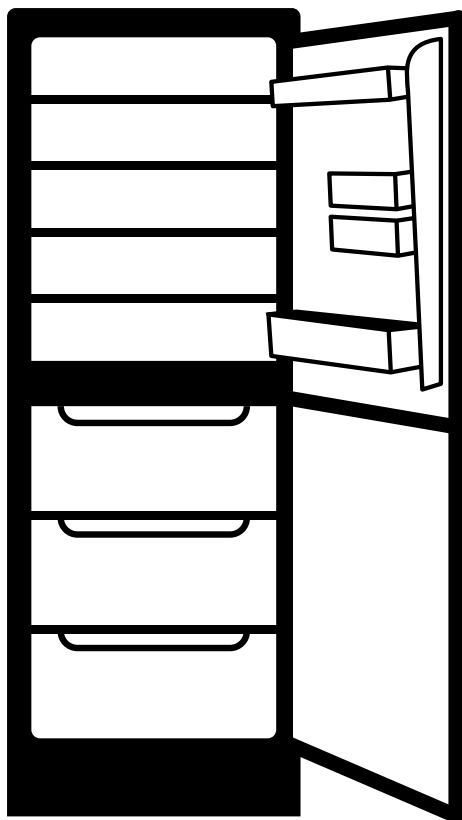
**CHIPS**



**EGGS**

FRIDGE

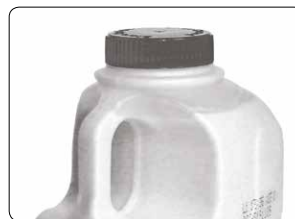
FREEZER



**ICE CREAM**



**SALAD**



**MILK**



**FISH FINGERS**

**ANSWERS ON REVERSE**

# WORKSHEET 0.6

## FOOD STORAGE

### ANSWERS

FRIDGE

**ORANGE JUICE**

**SALAD**

**EGGS**

**MILK**

FREEZER

**ICE CREAM**

**PEAS**

**CHIPS**

**FISH FINGERS**

Name:

Class:

Age:



# First Task

## Quick Quiz!

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

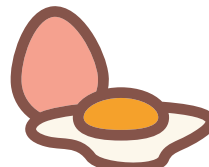
**Q2. The Bread, Rice, Potatoes and Pasta group contains lots of... ?**



Energy



Vitamin C



Protein



Fat

**Q3. The Dairy and Milk group are important for...?**



Strong bones and teeth



Fat



Muscle



Energy

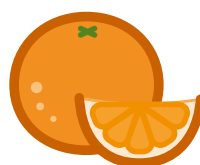
**Q4. Which of these is not a fruit?**



Banana



Peach



Orange



Walnut



Name:

Class:

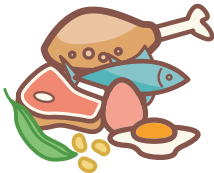
Age:



# 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

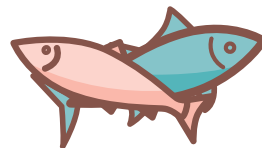
**Q6. Which food does not belong to the Meat, Fish and Poultry food group?**



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

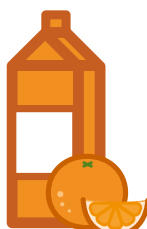


Fruits and Vegetables

**Q8. Which of these contains the most calcium?**



Milk



Orange Juice



Potatoes



Lemonade

Name:

Class:

Age:



# First Task Quick Quiz!

**Please circle your answers**

**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?**

1

One

3

Three

0

None

5

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

**Almost finished...**

Name:

Class:

Age:



# First Task

## Quick Quiz!

**Please circle your answers**

### Q13. How often do you do each of the following:

A) Eat fresh fruit

☐

Never

☐

Some days

☐

Most days

☐

Everyday

B) Eat vegetables

☐

Never

☐

Some days

☐

Most days

☐

Everyday

C) Drink water

☐

Never

☐

Some days

☐

Most days

☐

Everyday

D) Eat sweets

☐

Never

☐

Some days

☐

Most days

☐

Everyday

E) Eat fast foods (e.g. pizza, burgers)

☐

Never

☐

Some days

☐

Most days

☐

Everyday

F) Drink fizzy drinks

☐

Never

☐

Some days

☐

Most days

☐

Everyday

G) Drink energy drinks

☐

Never

☐

Some days

☐

Most days

☐

Everyday