

## Fact sheet 2

*The Eat Well Plate*

The Eat Well Plate is a picture of lots of different foods. It shows us all the foods we need to eat to be healthy.



The *Eat Well Plate* is a clever picture because it gives us lots of special messages. Look at it carefully. What can you see?

Can you see that it looks like a plate which has been cut into **5** different pieces?

This tells us that food can be sorted into **5** groups. Look how all fruit and vegetables go in one group called 'Fruit and vegetables'. What are the other groups called?

Can you see that some pieces of the *Eat Well Plate* are bigger than others? This means we have to eat more foods from these groups. Can you see which 2 groups are the biggest?

Can you see which is the smallest food group? *Foods containing fat and Foods containing sugar* is the smallest group. This means we should only eat small amounts of these foods and not eat them too often.

Let's look more closely at the groups.

*Fruit and vegetables*

We need to eat lots of food from this group to stay healthy. Try to name 10 of the fruit and vegetables in this group.



*Bread, potatoes, rice, cereals and pasta*

We need to eat lots of food from this group. These foods help us to be active. They help us play and work. We should eat some of these foods, especially wholegrain varieties at every meal time.



*Milk and dairy foods*

These foods help us to have strong teeth and bones. Make sure you have some foods from this group everyday.



*Meat, fish, poultry, eggs & pulses*

Food in this group helps us to grow. Try to name 5 foods in this group.



*Foods containing fat and Foods containing sugar*

Lots of people like the foods in this group. These foods have lots of sugar or fat in them so we should only eat them sometimes and in small amounts.

To be healthy we need to eat different foods from the Eat Well Plate everyday.