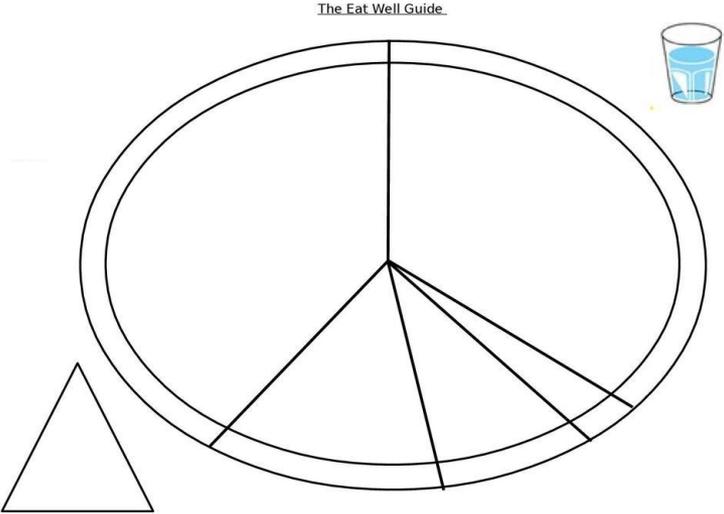


Label this Eatwell guide with the food groups and give examples of items which fall into each category



Make 4 more statements about the Eatwell guide, how it is used and any special information about who should use it, who it might not be suitable for. :

- 1) The Eatwell guide shows the proportions of food you should have in your diet
- 2)
- 3)
- 4)
- 5)

✓ A healthy balanced breakfast could include:

A healthy balanced lunch or dinner could include: ✓

Some healthy snacks could include: ✓

8 GOVERNMENT DIETARY GUIDELIES (SOMETIMES CALLED THE 8 TIPS FOR HEALTHY EATING)

- 8)
- 7)
- 6)
- 5)
- 4)
- 3)
- 2)
- 1) Base your meals on starchy foods



Portion Size and Portion Control

Why is this important?

How can we achieve portion control when cooking and serving food?

Look at this link for more information:
<https://www.gov.uk/government/publications/school-food-standards-resources-for-schools/portion-sizes-and-food-groups>



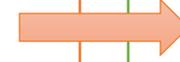
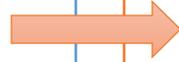
Preschool children 1-4 years



Children aged 5 - 12 years



Teenagers/adolescents



Use this page to make notes on the dietary needs and guidelines for different life stages pg 45-51 and the internet <https://www.nutrition.org.uk/life-stages/>
Suggest key nutrients and functions as well as lifestyle information.

Adults



Elderly adults



Specific group or dietary need	Foods that can be eaten	Foods to avoid
Lacto-ovo vegetarian 		
Lacto vegetarian 		
Vegan 		
Coeliac Dietary needs:		
Lactose intolerance		
High fibre diet		
Low sugar diet		
Reduced fat diet		
Low sodium diet		

