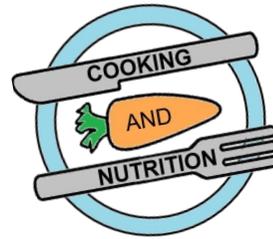


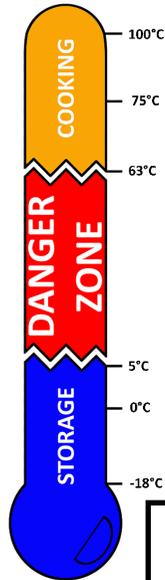
# Year 7 - Healthy Eating



The 8 tips for healthy eating can help you make healthier choices.

1. Base your meals on starchy foods
2. Eat lots of fruit and veg
3. Eat more fish – including a portion of oily fish each week
4. Cut down on saturated fat and sugar
5. Try to eat less salt – no more than 6g a day for adults
6. Get active and try to be a healthy weight
7. Drink plenty of water
8. Don't skip breakfast

Food safety and hygiene is about protecting people and reducing the risk of food poisoning.



[https://www.youtube.com/watch?v=kEZvOyp\\_-8c](https://www.youtube.com/watch?v=kEZvOyp_-8c)

Get active.



60 active minutes

do you get yours everyday?



<https://www.nhs.uk/change4life/activities/sports-and-activities>  
<https://www.youtube.com/watch?v=k5Y9D37KmJo>

<https://www.youtube.com/watch?v=UIQ1Hyq9HG0>

<https://www.nhs.uk/live-well/eat-well/eight-tips-for-healthy-eating/>

The Eatwell Guide shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet.



<https://www.youtube.com/watch?v=7MIE4G8ntss>  
<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

<https://www.youtube.com/watch?v=PByM12M1n3A>

Starchy foods give us the energy we need to keep going each day.



## Key vocabulary

clean / cook / chill / separate  
 cross-contamination / safety  
 bacteria / food poisoning  
 temperatures / danger zone  
 carbohydrates / protein  
 dairy / function / hydration  
 seasonality / portion  
 calories / energy

Eat at least 5 portions of a variety of fruit and vegetables every day.

<https://www.youtube.com/watch?v=K5pW7rpMTQw>



Water.



<https://www.youtube.com/watch?v=24lvMvFKFZo>  
<https://www.youtube.com/watch?v=b7s2Aqj72Q8>

Foods high in fat, salt and sugars should be eaten less often and in smaller amounts.



<https://www.youtube.com/watch?v=Jfac64PI14Q>  
<https://www.youtube.com/watch?v=vADtodHhfKU>