

# A Healthier Me: Activity Book

Let's learn how to lose weight and eat healthier!



This activity book belongs to

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Hampshire  
County Council

# Contents

## **Page 1: How To Make Your Favourite Foods Healthier (Information for Family/Support Staff)**

Page 2 & 3: Making Your Favourite Foods Healthier & Let's Make Our Meals Healthier! (Reference Pages)

Page 4: Activity: Now It's Your Turn!

Page 5: Activity: What's Missing?

## **Page 6: Improving Shopping Lists (Information for Family/Support Staff)**

Page 7: Answers to "Let's Improve Some Shopping Lists" Task

Page 8 & 9: Making a Healthy Shopping List & What Does A Healthy Shopping List Look Like? (Reference Pages)

Page 10: Activity: Let's Improve Some Shopping Lists

Page 11: Activity: Looking at Your Own Shopping List

## **Page 12: Reading Food Labels (Information for Family/Support Staff)**

Page 13: Reading Food Labels (Reference Page)

Page 14: Activity: Comparing Food Labels

Page 15: Activity: Supermarket Label Detective

## **Page 16: Healthy vs Unhealthy Foods (Information for Family/Support Staff)**

Page 17 & 18: Answers to the Tasks

Page 19- 22: Healthy Foods vs Unhealthy Foods,

The EatWell Guide Shows Us What is Healthy, Unhealthy Foods are Bad for us Because..., Unhealthy Foods Include (Reference Pages)

Page 23: Activity: Spotting Less Healthy Foods

Page 24: Activity: 3-Day Food Diary

Page 25: Activity: True or False: Healthy Eating Quiz

Page 26: Activity: Healthy or Unhealthy Meals?

## **Page 27: Which One Has More? (Information for Family/Support Staff)**

Page 28: Activity: Which One Has More?

Page 29: Activity: Calcium Challenge

## **Page 30: Food Groups (Information for Family/Support Staff)**

Page 31: Answers to the Tasks

Page 32: What Is A Portion Of Fruits Or Vegetables? (Reference Page\_

Page 33: Activity: 5-a-Day Checklist

Page 34: Activity: Carbohydrate Wordsearch

Page 35: Activity: Spot the Protein

Page 36: Activity: Fats: Good or Bad?

Page 37: Activity: Calcium: Right Portions

# How To Make Your Favourite Foods Healthier

Information for Family/Support Staff

This chapter explores how to make everyday favourite foods healthier by reducing calorie, fat, salt, and sugar content.

We'll focus on key techniques to achieve this:

## → Simple Swaps

Choosing lower calorie, salt, sugar, or fat varieties of favourite foods.

## → Portion Control

Adjusting portion sizes to effectively manage and reduce overall calorie intake.

## → Cooking Methods

Grilling, steaming, or baking instead of frying to reduce unhealthy fats.

## → Increase Nutrient Density

Incorporating more fruits, vegetables, and lean proteins into meals.

This chapter will demonstrate how to make foods healthier, and includes two practical tasks:

- "Let's Make Our Meals Healthier", where the person will brainstorm ideas to make their favourite meal healthier.
- "What's Missing?", where the person has to identify the missing food group from various meal plates.

## Answers to the "Missing Food Group" Task:

**Meal 1:** Needs carbohydrates (e.g., rice, potatoes).

**Meal 2:** Needs vegetables (e.g., carrots, peas).

**Meal 3:** Needs protein (e.g., fish, beans).

# Making Your Favourite Foods Healthier- Reference



Bake or grill food rather than fry it



Have a smaller portion size



Have more fruit and vegetables



Have more protein



Have less carbohydrates



Have less fat or choose lower fat varieties



Avoid processed foods



Add less sauce to meals



# Let's Make Our Meals Healthier! (15 minutes)

## What is your favourite meal?

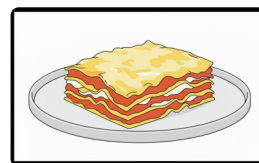
What's your favorite food? Write it down or tell your family.

## Find 3 ways to make it healthier

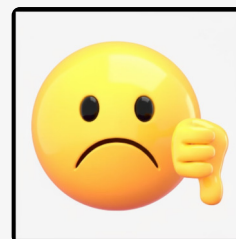
Talk about ideas. Add vegetables? Use less oil? Cook differently?

For example:

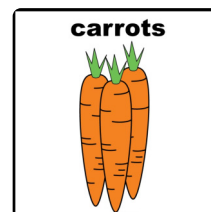
I like lasagna.



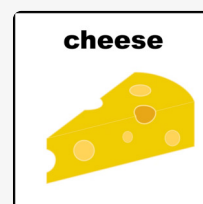
Lasagna has lots of fat and carbohydrates. Lasagna is not healthy.



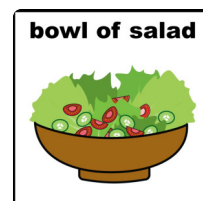
I can make lasagna more healthy by adding in more vegetables like carrot.



I can make lasagna more healthy by using low fat cheese sauce.



I can make lasagna more healthy by adding a salad on the side.



# Now It's Your Turn!



**Tip:** Write your favourite food and healthy swaps below. Keep this for next time you write your shopping list or cook.

I like to eat \_\_\_\_\_. This food is tasty.

This food has lots of \_\_\_\_\_ and \_\_\_\_\_ . This means this food is not healthy.

I can make this food healthy by

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.

I could also make this food healthy by

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.

I could also make this food healthy by

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.

# What's Missing? (10 minutes)

Balanced meals have three parts: carbohydrates, protein, and vegetables. What's missing from these meals?



**Meal 1**

Chicken and vegetables. What food is missing?

- Carbohydrate
- Protein
- Vegetables



**Meal 2**

Pasta and chicken. What food is missing?

- Carbohydrate
- Protein
- Vegetables



**Meal 3**

Rice and broccoli. What food is missing?

- Carbohydrate
- Protein
- Vegetables

Can you give some examples of the food that is missing?

# Improving Shopping Lists

## Information for Family/Support Staff

This chapter will explore how to make a shopping list healthier. It's designed to help support staff guide others in making better food choices.

### → Key Objectives of a Shopping List:

- Ensure adherence to a budget.
- Promote the purchase of healthy foods.
- Facilitate the planning and preparation of balanced meals.

### → Components of a Healthy Shopping List:

- Fruits and vegetables
- Lean proteins
- Wholegrains

### → Foods to Limit or Avoid:

- Processed foods
- Ready meals
- Sugary drinks
- Confectionary

The chapter will demonstrate what a healthy shopping list looks like and includes two interactive tasks:

1. "Let's improve some shopping lists": People will suggest healthy swaps for unhealthy food items.
2. "Improve your own shopping lists": People will apply their knowledge to enhance their personal shopping lists.

# Answers to The "Let's Improve Some Shopping Lists" Task:

|                                                                                        |                                                                                    |                                                                                           |
|----------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|
| Swap the white bread for <b>brown bread.</b>                                           | Swap the ready meal lasagne for a <b>lower fat ready meal.</b>                     | Swap the fruit juice for <b>sugar-free squash.</b>                                        |
| Swap the fizzy cola for <b>water or a sugar-free fizzy drink.</b>                      | Swap the ice cream for a <b>lower calorie ice cream, sorbet or frozen yoghurt.</b> | Swap the bacon for <b>leaner meats like turkey bacon, chicken sausages or plain meat.</b> |
| Swap the chicken nuggets for <b>lower fat chicken goujons or plain chicken strips.</b> | Swap the energy drinks for <b>water or a sugar-free fizzy drink.</b>               | Swap the white pasta for <b>brown or lentil pasta.</b>                                    |
| Swap the chocolate biscuits for <b>plain digestive biscuits or fruit.</b>              | Swap the white rice for <b>brown rice.</b>                                         | Swap the chocolate cake for <b>a plain cake which is portion controlled.</b>              |
| Swap the crisps for <b>baked crisps, nuts or lentil crisps.</b>                        | Swap the sausage rolls for a <b>chicken salad sandwich.</b>                        | Swap the golden syrup porridge for <b>plain porridge.</b>                                 |
| Swap the sugary cereal for <b>wholegrain cereal with low sugar content.</b>            | Swap the sweets for <b>some dried or fresh fruit.</b>                              | Swap the high-fat cheese for <b>low fat cheese.</b>                                       |



# Making a Healthy Shopping List- Reference



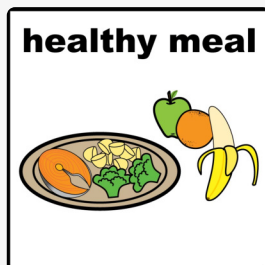
A shopping list helps us buy healthy food.



It can stop us buying unhealthy food if we stick to it.



It can help us save money.



It can help us plan healthy choices.

A healthy shopping list looks like:



## Add More Of These

- Fresh fruits and vegetables
- Lean proteins like chicken and fish
- Whole grain bread, pasta, and rice



## Buy Less Of These

- Ready meals
- Sugary drinks
- Biscuits, cakes, and sweets

**Tips:** Don't shop hungry. Stick to your list. Pick fresh food. Read labels.

# What Does A Healthy Shopping List Look Like?

## Fruits and Vegetables

5 types or more.

## Proteins:

3-4 types.

## Carbohydrates

3 types.

### ● Fruits and Vegetables:

Bananas  
Apples  
Oranges  
Carrots  
Cucumber  
Tomatoes  
Broccoli

### ● Carbohydrates:

1 loaf of brown bread  
1 pack potatoes  
1 pack pasta

### ● Proteins:

Small pack of chicken breasts  
Small pack of beef mince  
1 tin of chickpeas  
2 tins of baked beans

### ● Food cupboard:

Healthy pasta or  
curry sauce  
Tinned tomatoes

### ● Calcium:

1 bottle of milk  
1 large pot of yoghurt  
1 small block of cheddar cheese

### ● Healthy Fats:

Olive oil  
Nuts

## Calcium

3 types.

## Healthy Fats

2-3 types.

## Food Cupboard

Ingredients to make  
meals with, like sauces.

# Let's Improve Some Shopping Lists (20 minutes)

Here are three shopping lists. They have unhealthy items. How can you make them healthier?

## Shopping List 1

- White bread
- Fizzy cola
- Chicken nuggets
- Chocolate biscuits
- Crisps
- Sugary cereal

## Shopping List 2

- Ready meal lasagne
- Ice cream
- Energy drinks
- White rice
- Sausage rolls
- Sweets

## Shopping List 3

- Fruit juice
- Bacon
- White pasta
- Chocolate cake
- Golden syrup porridge
- High fat cheese

🔍 Discuss: What healthier swaps can you make? For example, swap white bread for wholemeal? Fizzy drinks for water? Share your family's ideas.

Swap the white bread for

\_\_\_\_\_

Swap the ready meal lasagne  
for \_\_\_\_\_

Swap the fruit juice for

\_\_\_\_\_

Swap the fizzy cola for

\_\_\_\_\_

Swap the ice cream for

\_\_\_\_\_

Swap the bacon for

\_\_\_\_\_

Swap the chicken nuggets for

\_\_\_\_\_

Swap the energy drinks for

\_\_\_\_\_

Swap the white pasta for

\_\_\_\_\_

Swap the chocolate biscuits for

\_\_\_\_\_

Swap the white rice for

\_\_\_\_\_

Swap the chocolate cake for

\_\_\_\_\_

Swap the crisps for

\_\_\_\_\_

Swap the sausage rolls for

\_\_\_\_\_

Swap the golden syrup  
porridge for

\_\_\_\_\_

Swap the sugary cereal for

\_\_\_\_\_

Swap the sweets for

\_\_\_\_\_

Swap the high-fat cheese for

\_\_\_\_\_

# Activity: Looking at Your Own Shopping List (30 minutes)



## Find a List

Find your last shopping list or write a new list of the things you usually buy.



## Review the List

Review each item on the list. Is it a healthy choice? Why or why not?



## Discuss Swaps

Discuss with your family. What healthier swaps can you make?



## Create New List

Create a new, healthier shopping list.



**Tip:** Small changes help a lot! Even one or two swaps make your list healthier.

# Reading Food Labels

## Information for Family/Support Staff

**This chapter focuses on how to read food labels to better understand the nutritional content of a food.**

- |                                                                                                                                    |                                                                                                    |
|------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|
| → The colour of the traffic light labels on the front of the package and how we can use this to identify a healthier food quickly. | → Comparing the numbers of calories, fat, salt and sugar in a food to identify a healthier choice. |
|------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|

This chapter will help the person learn how to read food labels and understand what to look for to identify a healthier alternative at the supermarket. It includes 2 tasks:

- "Comparing food labels", where the person will have to choose the healthier food based off of the traffic light label.
- "Supermarket label detective", where the person is encouraged to go to the supermarket and choose the healthier option of 3 different foods.

---

## Answers to "Comparing Food Labels":

Row 1: Option A as option B is red for sugar.

Row 2: Option B as option A is amber for fat and salt and red for saturated fat.

# Reading Food Labels- Reference

Food labels show us what's in our food.

Read them to choose healthier foods and compare products.

## Traffic Light Colors

Red = high (eat less).

Amber = medium (sometimes OK).

Green = low (better choice).

## Check Amounts

Look at sugar, fat, and salt. Lower numbers mean healthier choices.

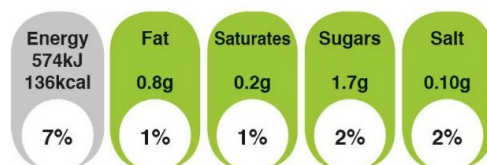
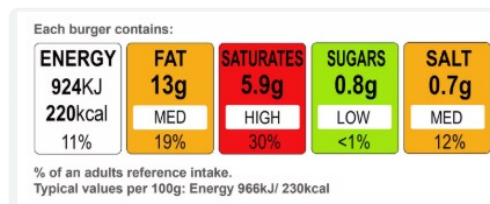
## This label tells us:

The food has too much saturated fat.

It has a medium amount of fat and salt.

It is low in sugar.

We should eat this food occasionally as it is mainly red and amber.



## This label tells us:

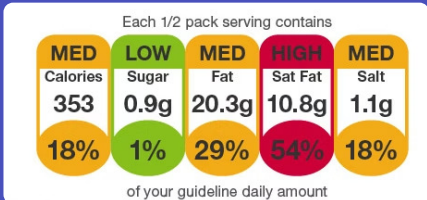
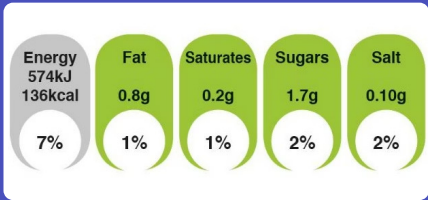
The food is green for fat, saturated fat, sugar and salt.

This food is a healthier choice and we can eat this regularly.



# Activity: Comparing Food Labels (5 minutes)

Let's practice reading labels. Compare these foods. Which option is healthier? Explain your choice.

|   | Option A                                                                          | Option B                                                                           |
|---|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------|
| 1 |  |  |
| 2 |  |  |

For Row 1, is option A or B healthier?  
Circle the correct answer.

**Why is it healthier?**

A. B.

For Row 2, is option A or B healthier?  
Circle the correct answer.

**Why is it healthier?**

A. B.

# Activity: Supermarket Label Detective (45 minutes)

Be a supermarket detective. Look at food labels. Compare products. Bring this book when you shop.

1

## Find Baked Beans

Find 3 brands of baked beans.  
Compare labels.  
Which has less sugar and salt?

2

## Check Tomato Soup

Compare 3 tomato soups. Check sugar and salt. Which is healthiest?

3

## Compare Cereals

Find 3 cereals. Check sugar and fibre.  
Which is better?

## What Did You Find?

Write your healthier choices:

- Baked beans:

---

- Tomato soup:

---

- Cereal:

---



# Healthy vs Unhealthy Foods

## Information for Family/Support Staff

This chapter focuses on comparing healthy foods with unhealthy foods, and identifying what makes a food healthy or unhealthy.

### → The EatWell Guide

Explores the recommended daily food intake: 1/3 vegetables/fruits, 1/3 carbohydrates, and the remainder from protein, calcium-containing foods, and minimal added fat.

### → Benefits of Healthy Eating

Learn how this dietary approach reduces the risk of diseases like diabetes and heart disease, and helps maintain a healthy body weight.

### → Understanding Unhealthy Foods

Identifies characteristics of less healthy foods (high in fat, sugar, salt, calories) and their associated risks, including increased disease risk and low micronutrient content.

## Tasks Included in This Chapter:

- "Spotting less healthy foods", where the person must identify the less healthy foods from a list and then make suggestions for healthier swaps.
- "3-day food diary", where you will help the person log the food they eat for 3 days, and then identify which foods they have eaten are healthy or unhealthy.
- "True-or-false healthy eating quiz", where the person will have to decide whether the statement is true or false.
- "Healthy or unhealthy meals", where the person will have to decide which meals are healthy and why.

# Answers to the Tasks

## Information for Family/Support Staff

This page provides the answers to the activities in the Healthy vs Unhealthy Foods chapter.

### Spotting less healthy foods part 1: Finding the unhealthy foods

- Fizzy cola
- Chocolate biscuits
- Crisps
- Sweets
- Energy drink
- Cake

### Part 2: suggesting healthier swaps

- Sugar free cola or another non-sugar sweetened beverage such as milk or water.
- Plain biscuits or other lower sugar snack such as nuts.
- Baked crisps or other lower fat snack like lentil crisps.
- Dried fruit, fruit snacks or low sugar biscuit.
- Non-sugar sweetened beverage that is lower in caffeine such as milk or water.
- A lower sugar cake like Madeira cake, 99kcal cake bars or other lower calorie alternative

### True or False: Healthy eating quiz

**Answers:** 1-True, 2-False, 3-True, 4-False, 5-True, 6-False, 7-True, 8-False, 9-True, 10-True. Score your quiz.

# Answers to the Tasks

## Information for Family/Support Staff

This page provides the answers to the activities in the Healthy vs Unhealthy Foods chapter.

### Healthy or Unhealthy Meals?

1. **Roast dinner:** It has protein from the meat, carbohydrates from the potatoes and vegetables from the broccoli and carrots. We could make it healthier by using less oil to make the potatoes, and making sure the gravy has less salt.
2. **Fish and Chips:** it has protein from the fish and carbohydrates from the chips, however it doesn't contain vegetables and it is also deep fried. We can make it healthier by baking the fish and chips at home, and adding a side of peas.
3. **Burger and Fries:** It has protein from the meat, carbohydrates from the bun and chips and some vegetables from the salad. However, there is not enough vegetables and too much carbohydrate. We can make it healthier by swapping the chips for a side salad, or having a bunless burger and adding a lettuce leaf bun instead.
4. **Lasagne:** It has protein from the meat, carbohydrate from the pasta and vegetables in the sauce, however it is high in fat from the cheese. You can make it healthier by adding more vegetables in the sauce, choosing lean mince, choosing lower fat cheese and serving with vegetables or a side salad.
5. **Chicken salad:** It has protein from the meal and vegetables from the salad. It is a healthy option, but we can make it more balanced by making sure we add some healthy carbohydrate like brown pasta or cous cous, and by using a lower fat and salt dressing.
6. **Vegetable stirfry:** It has vegetables, but it doesn't have any protein or carbohydrates. We could make it healthier by adding protein and some healthy carbohydrates like brown rice.

# Healthy Foods vs Unhealthy Foods- Reference

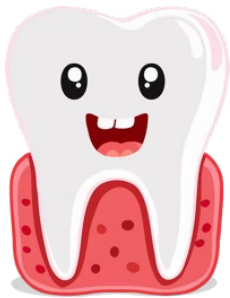
We eat healthy foods because:



They help us lose weight



They keep our heart healthy



They keep our teeth and bones strong



They can give us energy for our hobbies



They can make our skin and hair look good



They can make us feel happy



# The EatWell Guide Shows Us What is Healthy





# Unhealthy Foods are Bad for us Because:



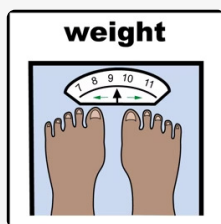
They have lots of fat and sugar and salt.



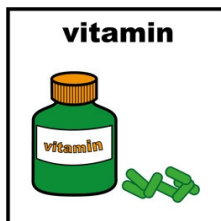
This is bad for our heart health.



They have lots of calories.



This can cause us to gain weight.



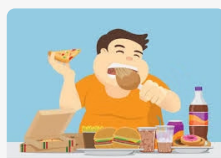
They don't have many vitamins or minerals.



This can make us ill in the future.



They are very tasty.

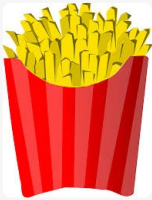


This makes it easy for us to eat too much.

# Unhealthy Foods Include:



Burgers, hot dogs and chicken nuggets.



Chips and potato waffles.



Ready meals.



Savoury snacks like pork pies and sausage rolls.



Crisps



Cakes, biscuits, chocolate and sweets.



Fizzy drinks and milkshakes.



Ice cream and puddings.

# Activity: Spotting Less Healthy Foods (15 minutes)

Find the less healthy foods on the shopping list. Then, suggest healthier options for each one!

## The Shopping List

- Apples
- Fizzy cola
- Wholemeal bread
- Chocolate biscuits
- Chicken breast
- Crisps
- Carrots
- Sweets
- Brown rice
- Energy drink
- Yoghurt
- Cake
- Banana
- 5% fat beef mince
- Vegetable soup
- Tinned tomatoes

## 1. Finding the Unhealthy Foods

There are 6 unhealthy foods in this list.

Can you list them all?

1

---

2

---

3

---

4

---

5

---

---

## 2. Making Healthy Swaps

Swap food 1 for \_\_\_\_\_

Swap food 2 for \_\_\_\_\_

Swap food 3 for \_\_\_\_\_

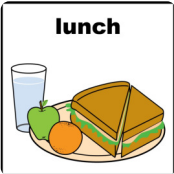
Swap food 4 for \_\_\_\_\_

Swap food 5 for \_\_\_\_\_

Swap food 6 for \_\_\_\_\_

# Activity: 3-Day Food Diary (10 minutes each day; 20 minutes to discuss)

Keep a food diary for 3 days. Write down all food and drinks.

| Meal time                                                                                                              | Day 1 | Day 2 | Day 3 |
|------------------------------------------------------------------------------------------------------------------------|-------|-------|-------|
| <div>breakfast</div> <div></div>      |       |       |       |
| <div>lunch</div> <div></div>         |       |       |       |
| <div>evening meal</div> <div></div> |       |       |       |
| <div>drink</div> <div></div>        |       |       |       |

### What to Do

- 1. Circle healthy foods with a **green pen**.
- 2. Circle unhealthy foods with a **red pen**.
- 3. Discuss why you chose each color.
- 4. Count green and red circles.

### Questions to Discuss

- What foods are healthy? Why?
- What foods are unhealthy? Why?
- More green or red circles?
- What can you change?

# Activity: True or False: Healthy Eating Quiz (10 minutes)

Test your healthy eating knowledge. Is each statement true or false? Talk about your answers with family.

1

**Fruit and vegetables are healthy.**

True or False?

2

**Drink fizzy drinks daily.**

True or False?

3

**Wholemeal bread is healthier.**

True or False?

4

**Eat sweets for breakfast.**

True or False?

5

**Fish has protein.**

True or False?

6

**Juice replaces water.**

True or False?

7

**Too much salt is bad.**

True or False?

8

**Crisps are a healthy daily snack.**

True or False?

9

**Milk and cheese build strong bones.**

True or False?

10

**Eat 5 fruits and vegetables daily.**

True or False?

# Activity: Healthy or Unhealthy Meals? (20-30 minutes)

Look at these meals. What makes them healthy or unhealthy? Discuss with your support staff or family.



**Roast Dinner**



**Fish and Chips**



**Burger and Fries**



**Lasagne**



**Chicken Salad**



**Vegetable Stir-Fry**

## Things to Think About

- Does it have vegetables?
- How is it cooked?
- Does it have protein?
- Does it have carbohydrates?
- Too much fat or salt?

## Making Them Healthier

- Add more veggies
- Grill, don't fry
- Less fatty food
- Choose lean meats
- Choose healthy carbohydrates



# Which One Has More?

## Information for Family/Support Staff

This chapter explores the concept of proportions of nutrients within food, particularly focusing on protein, calcium, and vitamins, which are key concerns for Learning Disability populations.

### → Protein

Found in animal products such as meat, fish, eggs, and cheese, as well as beans, lentils, tofu, and meat substitutes.

### → Calcium

Found in dairy products like milk, yoghurt, and cheese, and also in fortified dairy alternatives like soya yoghurt and milk.

### → Vitamins

Found in a variety of foods, with particularly high concentrations in fruits and vegetables.

This section helps the person identify which foods have more of specific nutrients (listed above). It contains one task, split into 3 sections:

- "Which One Has More?" task, which asks the person to identify which 3 foods have more protein, calcium and vitamins.

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## Answers

Protein (A, A, A), Calcium (A, A, A), Vitamins (A, A, A). The first choice is always correct.

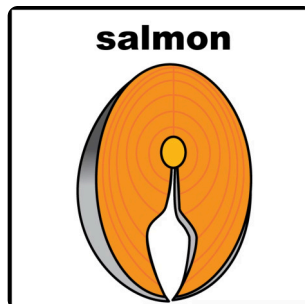
# Activity: Which One Has More? (10 minutes)

Which food has more nutrients? Pick the food with more protein, calcium, or vitamins. Talk about it with your family or support staff.

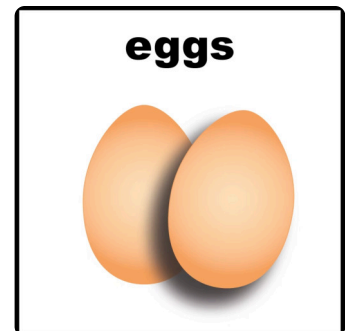
## Protein Challenge



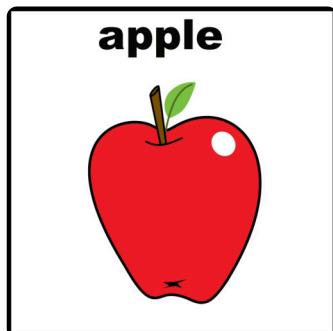
**A: Chicken**



**A: Salmon**

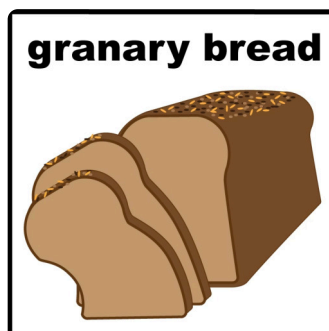


**A: Eggs**



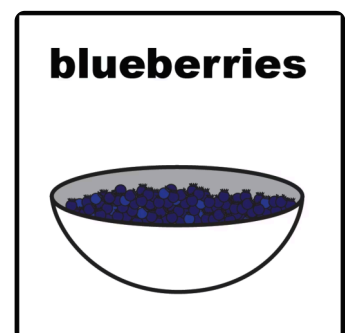
**B: Apple**

Which has more protein?



**B: Bread**

Which has more protein?



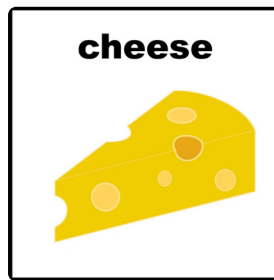
**B: Blueberries**

Which has more protein?

## Calcium Challenge



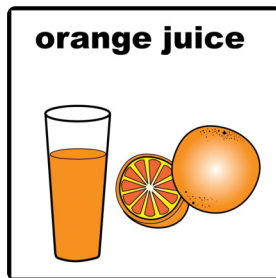
**A: Milk**



**A: Cheese**

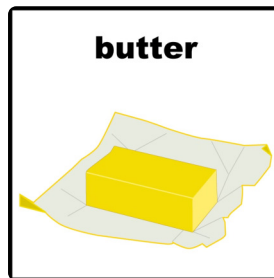


**A: Yogurt**



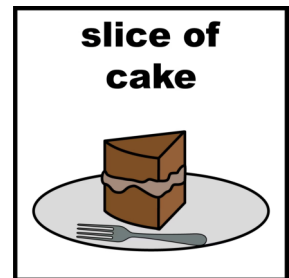
**B: Orange Juice**

Which has more calcium?



**B: Butter**

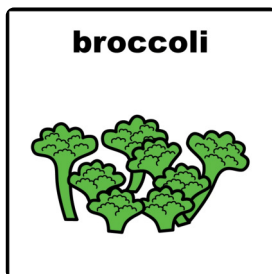
Which has more calcium?



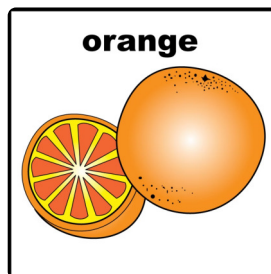
**B: Cake**

Which has more calcium?

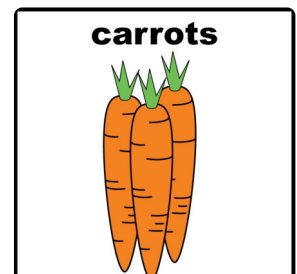
## Vitamins Challenge



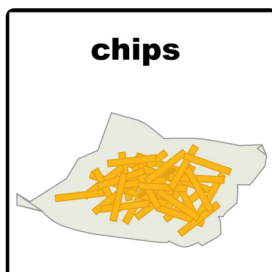
**A: Broccoli**



**A: Orange**



**A: Carrots**



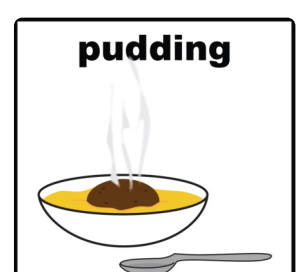
**B: Chips**

Which has more vitamins?



**B: Chocolate**

Which has more vitamins?



**B: Pudding**

Which has more vitamins?

# Food Groups

## Information for Family/Support Staff

**This chapter focuses on the different food groups of the Eatwell Guide, and includes various tasks to complete for each group.**

This chapter helps the person identify what belongs in each food group, and can also help them to identify healthier versions of foods which belong in these groups. It includes 5 tasks, which include:

- "5-a-day checklist" for the week, which can be completed each day to see how many portions the person is getting.
- "Carbohydrate wordsearch", where the person can hunt out the different healthy carbohydrates from the list.
- "Spot the protein", where the person has to circle each of the foods which is high in protein.
- "Fats; healthy or unhealthy?", where the person has to identify whether a type of fat is healthy or unhealthy.
- "Calcium: correct portions", where the person has to identify the right portion size for each calcium source given.

# Answers to the Tasks

## Information for Family/Support Staff

This page provides the answers to the activities in the Food Groups chapter.

### Wordsearch Answers

#### Find the Carbohydrates!

|   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|
| D | D | S | O | K | E | R | S | C | F | I | N |
| S | P | O | T | A | T | O | G | R | K | X | E |
| B | O | I | Q | G | T | M | B | A | T | K | J |
| Y | Z | R | N | N | J | Z | R | C | C | U | B |
| U | G | P | A | S | T | A | E | K | W | N | E |
| K | L | R | I | C | E | P | A | E | X | D | H |
| A | K | J | S | T | R | E | D | R | U | D | P |
| M | R | X | G | Q | R | C | X | R | X | C | D |

### Spot the Protein Task

**Answers:** The 5 protein foods are: 1. Eggs, 3. Fish, 5. Chicken, 7. Beans, and 9. Salmon. Good job!

### Good vs Bad Fats

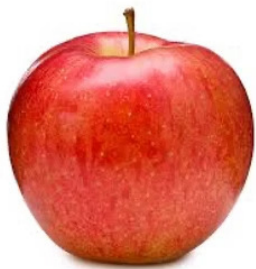
**Answers:** Butter and cream = bad fats. Olive oil and olive oil spread = good fats.

### Calcium Task

**Answers:** Milk = 250mL (B), Yogurt = 125g (B), Cheese = 30g (A). These portions give calcium without too much fat.



# What Is A Portion Of Fruits Or Vegetables?- Reference



1 whole, larger fresh fruit or vegetable (such as apple, banana, pear, peach, large orange, carrot, pepper, onion)



2 medium fruits or vegetables (satsumas, kiwis, plums, small corn cobs)



A cupped handful is a portion size of small or cut up fruits and vegetables (berries, peas, broccoli florets, mushrooms).



If you have weighing scales, all of these would equal 80g.

# Activity: 5-a-Day Checklist (5 minutes each day)

Eat 5 fruits and vegetables daily for vitamins and minerals. Track your 5-a-day this week!

| Day of Week | Portion<br>1 | Portion<br>2 | Portion<br>3 | Portion<br>4 | Portion<br>5 |
|-------------|--------------|--------------|--------------|--------------|--------------|
| Monday      |              |              |              |              |              |
| Tuesday     |              |              |              |              |              |
| Wednesday   |              |              |              |              |              |
| Thursday    |              |              |              |              |              |
| Friday      |              |              |              |              |              |
| Saturday    |              |              |              |              |              |
| Sunday      |              |              |              |              |              |

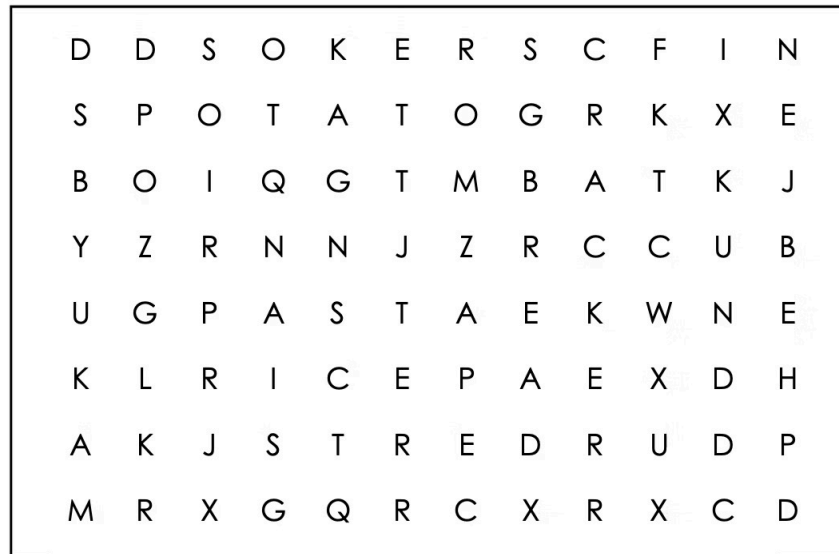


**Tip:** Eat a rainbow of fruits and vegetables. Different colors mean different vitamins and minerals!

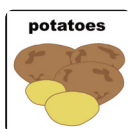


# Activity: Carbohydrate Wordsearch (10 minutes)

Find the Carbohydrates!



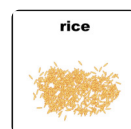
The words to find are:



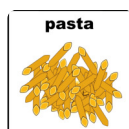
Potato



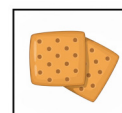
Bread



Rice



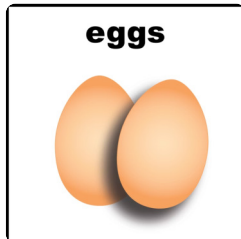
Pasta



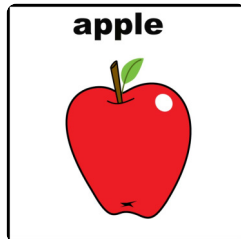
Cracker

# Activity: Spot the Protein (5 minutes)

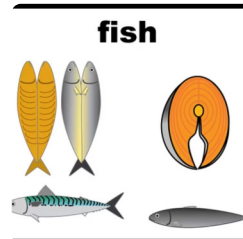
Protein builds strong muscles and keeps you healthy. Look at these 10 foods. Which 5 are high in protein? Circle them!



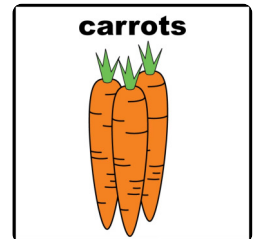
1. Eggs



2. Apple



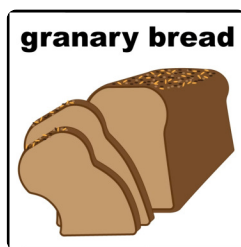
3. Fish



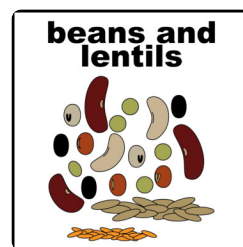
4. Carrot



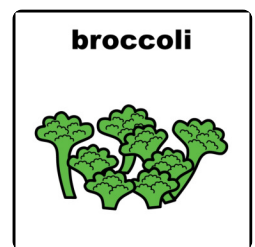
5. Chicken



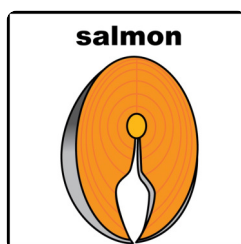
6. Bread



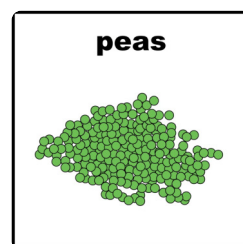
7. Beans and lentils



8. Broccoli



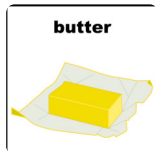
9. Salmon



10. Peas

## Activity: Fats: Good or Bad? (5 minutes)

Some fats are good for you. Find the 2 healthy fats from these 4 options.



**Butter**

Healthy or unhealthy?



**Cream**

Healthy or unhealthy?



**Olive Oil**

Healthy or unhealthy?



**Olive Oil Spread**

Healthy or unhealthy?



### Healthier Fats ✓

These are better for your heart:

- **Olive oil:** Good for cooking.
- **Olive oil spread:** Replaces butter.
- **Avocado:** Good on toast.
- **Nuts:** Good for snacks.

These fats protect your heart and give energy.



### Less Healthy Fats ×

Eat less of these:

- **Butter:** High in bad fat.
- **Cream:** Very high in fat.
- **Lard:** High in bad fat.
- **Deep fried food:** High in calories.

Too much can raise cholesterol.

# Activity: Calcium- The Right Portions (5 minutes)

Calcium builds strong bones. How much do you need? Look at these foods.  
Find the right portion for each.



**Milk**

Which is the right portion?

- A: 100mL (small)
- B: 250mL (medium)
- C: 500mL (large)



**Yoghurt**

Which is the right portion?

- A: 50g (small)
- B: 125g (medium)
- C: 250g (large)



**Cheese**

Which is the right portion?

- A: 30g (small)
- B: 60g (medium)
- C: 100g (large)