



What is healthy eating?

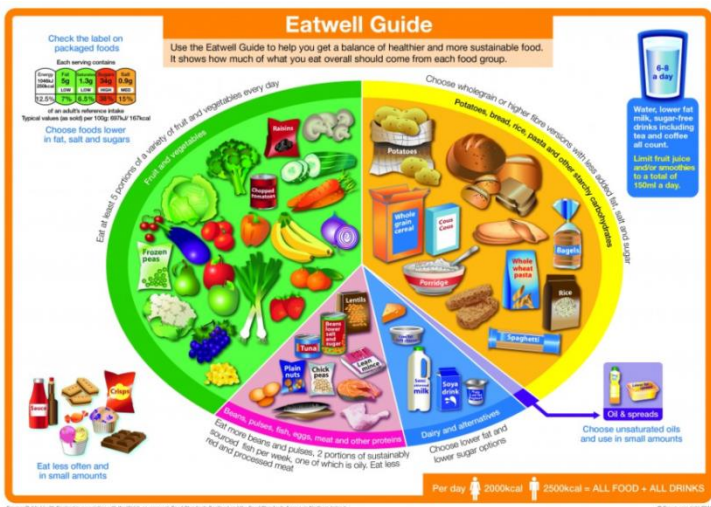
This means eating a wide range of foods in the right proportions, and consuming the right amount of food and drink to maintain a healthy body weight.

Activities

Sports and active hobbies are a great way to get some exercise, they don't need to take up a lot of time or money.



Eatwell Guide



Explore the interactive Eatwell Guide here:
<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

Smart swaps

After school, swap biscuits, sweets and chocolate muffins for healthier snacks like fruit and chopped veggies, plain rice cakes, toast with lower-fat spread or a fruited teacake



Health Problems with eating the wrong foods:

The risks for an unhealthy diet are illnesses such as coronary heart disease, high blood pressure and being overweight being out of breath. Your risks multiply if you eat too much animal fat, smoke, drink alcohol and take very little exercise.



Overweight/obesity



Heart disease



Asthma

Why eat 5 a day?

Fruit and vegetables are a great source of vitamins, mineral and fibre, and are an important part of a healthy balanced diet. Eating plenty of fruit and veg keeps us healthy and helps us reduce the risk of disease and some cancers.



Snack time

Set a regular healthy snack time for mid-morning and afternoon when the kids are home. It helps train their bodies to know regular food is coming, making them less likely to reach for unhealthy choices. Make at least one snack count towards their 5 a day.

