



Design and Technology Homework

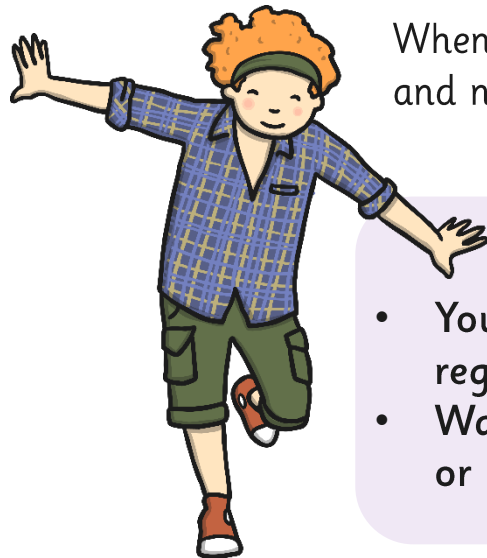
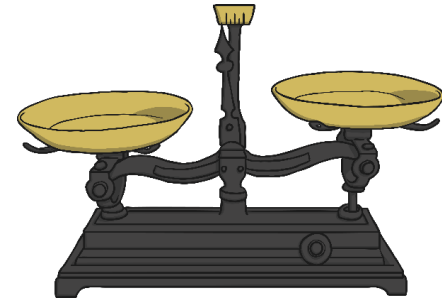
Healthy Eating

Why Do We Need Food?

Food keeps us healthy and helps us grow.

Food gives us energy to be able to do things during the day.

Without proper nutrition, your body can't survive.



When you eat a balanced diet, your body obtains the fuel and nutrients it needs to function properly.

For example:

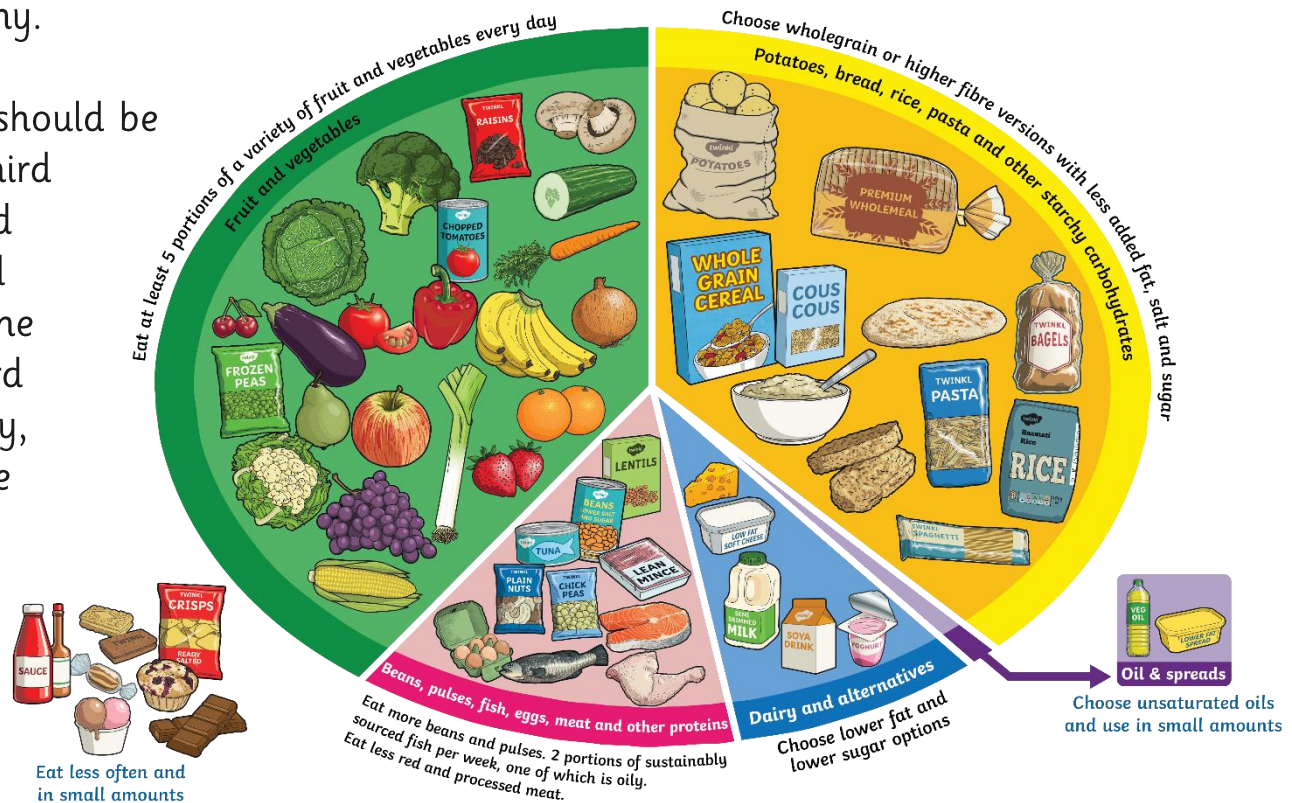
- Your body needs minerals to make hormones, build bones and regulate your heartbeat.
- Water is needed to flush out toxins, transport nutrients to cells or perform other vital bodily processes.

What Should We Be Eating?

'The Eatwell Plate'

To be healthy, nutritious food is needed to provide energy for the body. A variety of food is needed in the diet because different foods contain different substances that are needed to keep you healthy.

An average meal should be made up of one-third carbohydrates and one-third fruit and vegetables, with the remaining one-third split between dairy, protein and a little bit of fat.



Fruit and Vegetables

Fruit and vegetables are a good source of vitamins and minerals, including vitamin C and potassium.

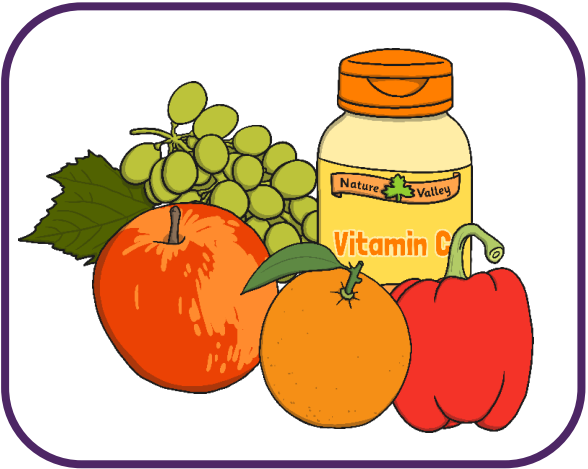
They're an excellent source of dietary fibre, which helps maintain healthy digestion.



A diet high in fibre can also reduce your risk of heart disease, stroke and some cancers.

Fruit and vegetables help to keep your body healthy, to grow and repair and to fight against infections.

They taste delicious and there's a wide variety to choose from.

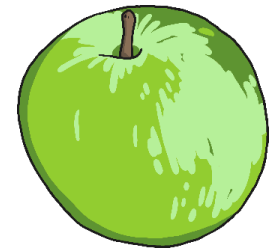
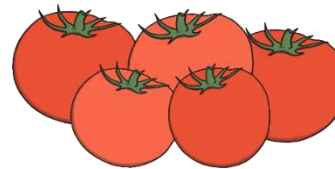
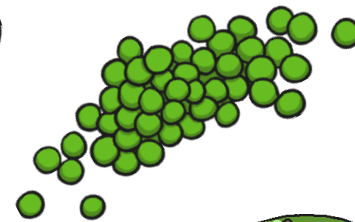
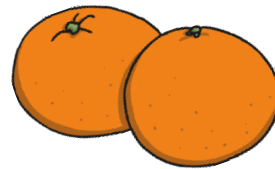
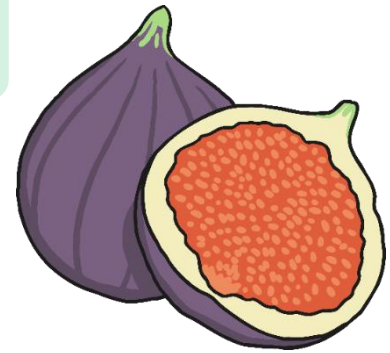


Fruit and Vegetables

What counts as 1 portion of fruit and vegetables?

A **portion of fruit** (80g) is roughly equivalent to:

- 1 slice or half a large **fruit** e.g. a slice of melon or half a grapefruit
- 1 medium size **fruit** e.g. an apple
- 2 small size **fruits** e.g. 2 plums or satsumas
- 3 heaped tablespoons of cooked vegetables
- 1 medium tomato or 7 cherry tomatoes



Eat at least 5 everyday!

Bread, Rice, Potatoes & Pasta

(and other starchy foods)

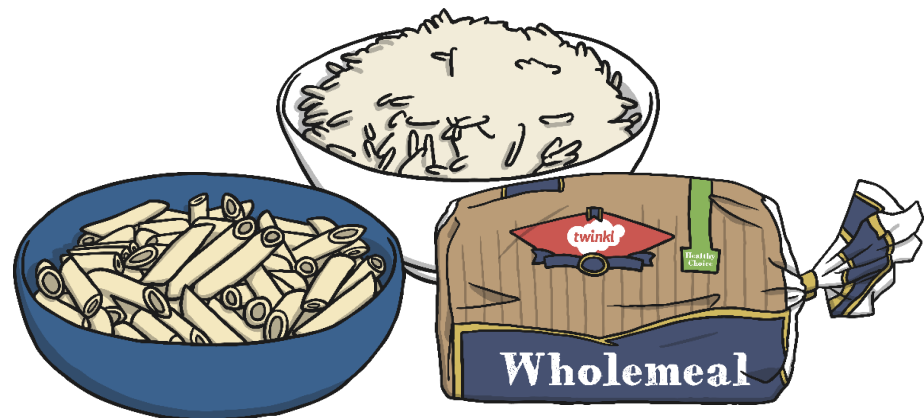
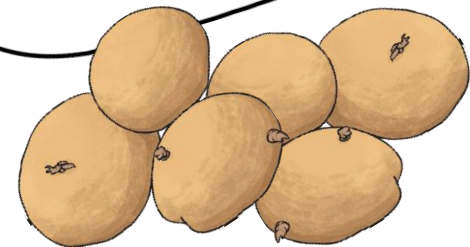
Starchy foods are a good source of energy and the main source of a range of nutrients in our diet.

As well as starch, they contain fibre, calcium, iron and B vitamins.

You should eat lots of these foods everyday.

Watch out for the added fats used when you cook and serve them; this is what increases the calorie content.

Remember - potatoes don't count as one of your fruit or vegetables!



Milk and Dairy

(and other non-dairy products)

Milk and dairy products are great sources of protein and calcium. To make healthier choices, go for lower-fat milk and dairy foods.

Our bodies need protein to work properly and to grow or repair themselves. Calcium helps to keep our bones and teeth strong.

The calcium in dairy foods is particularly good for us because our bodies absorb it easily.

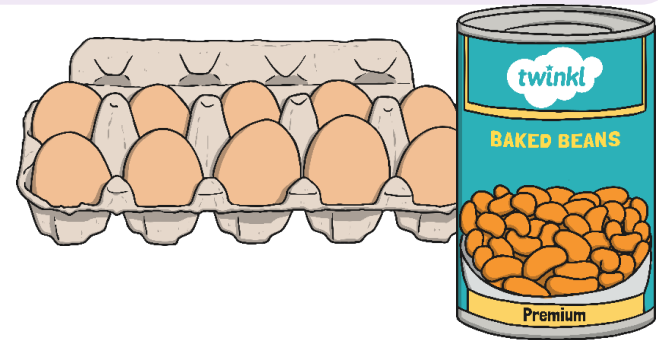


*What counts
as 1 portion
of Milk and
Dairy?*

**200ml glass of milk;
150g or a pot of yogurt;
30g or a matchbox sized piece of hard cheese.**

**You should eat 2-3
portions of these every
day.**

Meat, Fish, Eggs and Beans

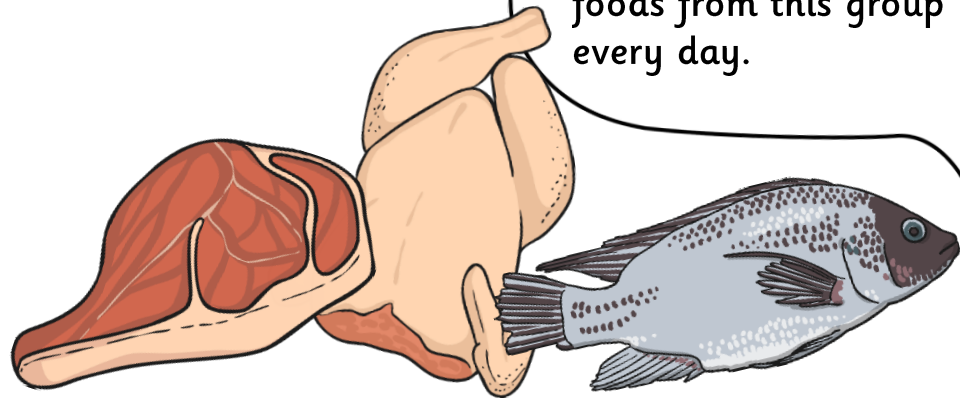


Meat is a good source of protein, vitamins and minerals in your diet.

These foods help the body to grow and repair itself and keep hair, skin, muscles and nails strong.

Some meats are high in saturated fat, which can raise blood cholesterol levels.

We should eat some foods from this group every day.



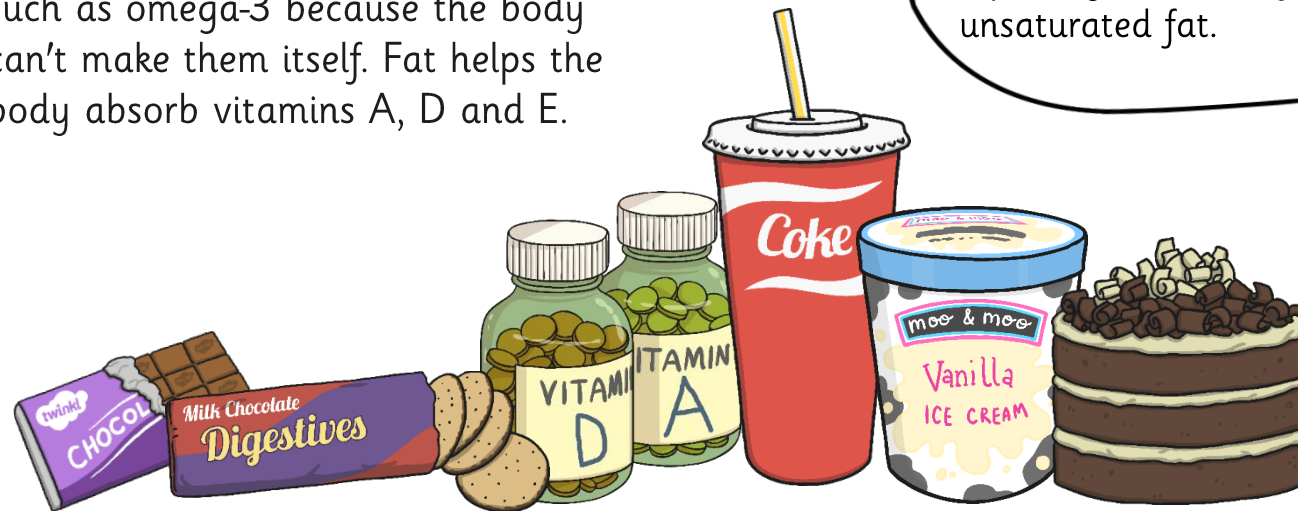
Foods and Drinks High in Fat and Sugar

These foods provide the body with energy, warmth and insulation around vital organs.

Too much fat in your diet can raise cholesterol, which increases the risk of heart disease.

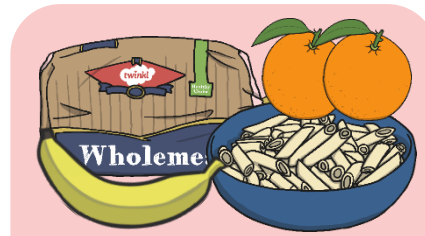
A small amount of fat is an essential part of a healthy, balanced diet. Fat is a source of essential fatty acids such as omega-3 because the body can't make them itself. Fat helps the body absorb vitamins A, D and E.

Current UK government guidelines advise cutting down on all fats and replacing saturated fat with some unsaturated fat.



Nutrients

There are 7
types of
nutrients.



carbohydrates



protein



fats

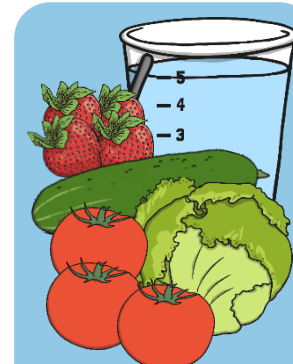
Most foods
contain
more than
one type of
nutrient.



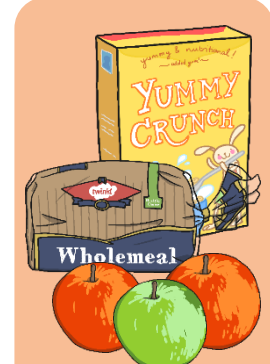
vitamins



minerals



minerals



fibre

Your task

Think about the foods you like to eat.

Are they healthy, unhealthy or a mix.

For this homework you will need to think about the foods you like. Once you have completed the main task, you could then make the food!

Of course you will need to stay safe!

EYFS



EYFS—Design and Technology
Due 25/05/23

Draw a picture of your favourite food.
Talk about why you like it.



KS1



KS1—Design and Technology

Due 25/05/23

Design and label a healthy meal that you would enjoy. Think about foods you like that are healthy. If you can, make and eat it as well - take a photo if you want!



KS2



KS2—Design and Technology

Due 25/05/23

Create or find a recipe for something you enjoy to eat. Write a list of the ingredients and utensils you need. If you can, write the recipe and make it as well - take a photo if you want!

