

## What's the question?

The aim of this activity is to develop a sound understanding of healthy eating by using *The eatwell plate* and the 8 tips for eating well. The IWB activity can be completed either before, or after viewing the video podcast *Healthy Eating*.



## Instructions

1. Divide the class into groups of up to five teams.
2. Ask the first team to select a grey box.
3. Click on the eraser in the bottom right-hand corner of the flipchart and erase the grey box.
4. Click on the logo or digital clock to start the timer. The group will then have 30 seconds to submit a valid question for the answer shown.
5. If the team is successful, their score can be written in their coloured circle. The pen-short cut can be used by clicking on the pen image on the bottom right hand side of the page.

If the team is unable to submit a valid question, other teams are then able to submit a valid question and gain the points.

The teams take turns in selecting a grey box. Draw out of the class as many different valid questions as possible.

**General** - suggested questions

General 50 points – UK eating model used to describe a healthy, varied diet.

What is the eatwell plate?

General 100 points – Children under two years of age.

Who is The eatwell plate not suitable for?

General 150 points – Grow and develop, keep well and maintain overall health.

Why do people need to eat healthily?

General 200 points – Cardiovascular disease, cancer, obesity and osteoporosis.

Name some diseases which can be prevented by eating healthily?

General 250 points - 60 minutes every day.

What is the recommended level of physical activity for children and young people?

**Food groups** - suggested questions

Food groups 50 points – Reading food labels.

How can people choose wisely from all the food groups?

Food groups 100 points –One third of the diet.

How much of our diet should be made up by the Fruit and vegetables group/Breads, rice, pasta, potatoes and other starchy foods group?

Food groups 150 points – These foods should be eaten in moderate amounts.

How much of our diet should be made up by the Milk and dairy foods/Meat, fish, eggs, beans and other non-dairy sources of protein food groups?

Food groups 200 points – A good source of carbohydrate, B vitamins and dietary fibre.

Which nutrients are found in the Bread, rice, pasta, potatoes and other starchy foods group?

Food groups 250 points – A good source of protein, vitamins A and B12 and calcium.

Which nutrients are found in the Milk and dairy foods group?

**Food** - suggested questions

Food 50 points – Haddock and cod

Give 2 examples of non-oily fish?

Food 100 points – About 3 heaped tablespoons of baked beans.

What is considered 1 portion of baked beans to meet the 5-a-day recommendation?

Food 150 point – Grill, bake, steam, poach or microwave.

Name five cooking methods which are healthier than frying.

Food 200 points - Calcium

What is the main vitamin found in milk, cheese and yogurt?

Food 250 – Dietary fibre

What substance is found in wholemeal and wholegrain foods which keeps the gut healthy?

**Fluid** - suggested questions

Fluid 50 points – About 6-8 glasses of fluid each day.

How much water or other fluids do most people need each day?

Fluid 100 points – Water, tea, soft drink and fruit juice.

Which fluids can count towards daily fluid intake?

Fluid 150 points – Alcohol

Which fluid does not count towards daily fluid intake?

Fluid 200 points – When the weather is hot or when we are active.

When do most people need to drink more fluids?

Fluid 250 – Thirsty or dark coloured urine

Give two symptoms of dehydration.