Friday, 09 October 2026

Balanced Diet

Learning Objectives:

Describe how to eat a balanced diet

1) **Describe a time in the last week you've shown leadership or teamwork**

2) **What is the name of the system you could use to anonymously report bullying at school? Where would you find the link?**

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SHARP – on the school website or under links on edulink

What is a balanced diet?

Are fats and oils unhealthy?

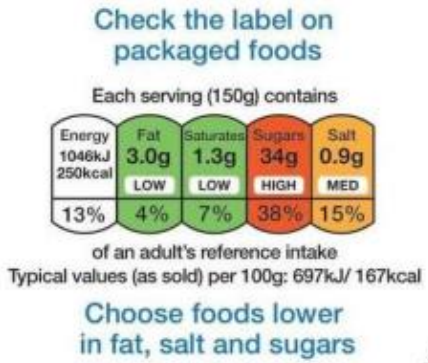
What foods should all diets include?

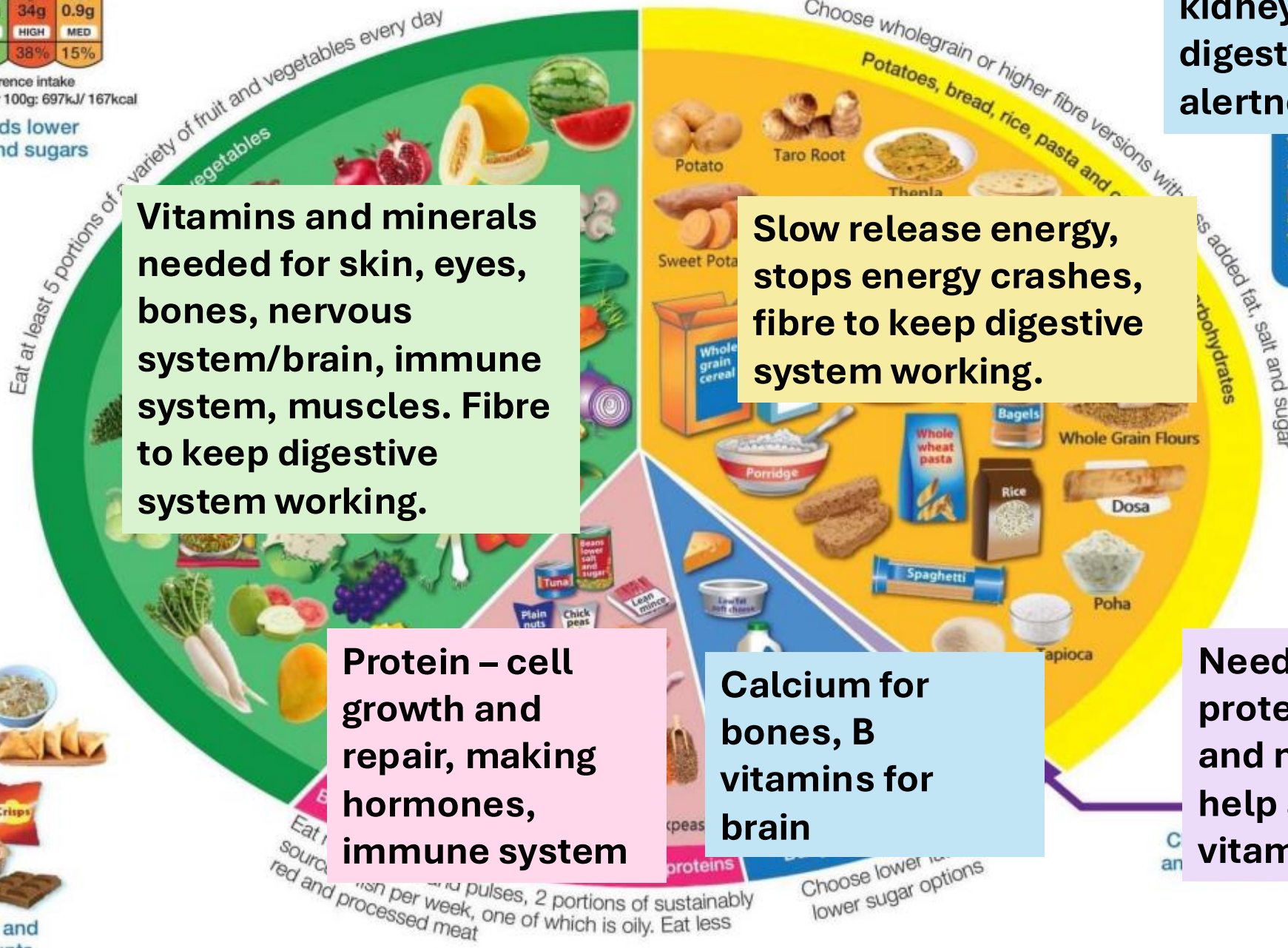
Is it healthiest if you never eat sugar?

Are veggie diets healthier?


Check the label on packaged foods
Each serving (150g) contains
Energy 1046kJ 250kcal
Fat 3.0g LOW
Saturates 1.3g LOW
Sugars 34g HIGH
Salt 0.9g MED
13% 4% 7% 38% 15%
of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/ 167kcal
Choose foods lower in fat, salt and sugars
1) What types of carbohydrates are best?
2) How many portions of fruit and vegetables should you eat each day?
3) How much of your protein should come from red and processed meat?
4) How much water should you drink each day?
5) Use this idea to plan your meals and snacks for the day
Eat at least 5 portions of a variety of fruit and vegetables every day
Fruit and vegetables
Raisins
Chopped tomatoes
Frozen peas
Choose wholegrain or higher fibre versions with less added fat, salt and sugar
Potatoes, bread, rice, pasta and other starchy carbohydrates
Potato
Taro Root
Thepla
Chapatti
Sweet Potato
Idli
Whole grain cereal
Cous Cous
Bagels
Whole Grain Flours
Porridge
Whole wheat pasta
Rice
Dosa
Spaghetti
Poha
Tapioca
Semolina
6-8 a day
Water, lower fat milk, sugar-free drinks including tea and coffee all count.
Limit fruit juice and/or smoothies to a total of 150ml a day.
Tuna
Beans lower salt and sugar
Lean mince
Plain nuts
Chick peas
Soybean
Soya Chunks
Daal
Besan (Ground Chickpeas)
Beans, pulses, fish, eggs, meat and other proteins
Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat
Low fat soft cheese
Semi skimmed milk
Soya drink
Plain Low fat live yogurt
Paneer
Lassi
Dairy and alternatives
Choose lower fat and lower sugar options
Veg Oil
Lower fat spread
Oil & spreads
Choose unsaturated oils and use in small amounts
Sauce
Crisps
Eat less often and in small amounts

Why is each part important?







Vitamins and minerals needed for skin, eyes, bones, nervous system/brain, immune system, muscles. Fibre to keep digestive system working.

Slow release energy, stops energy crashes, fibre to keep digestive system working.

Needed for kidney health, digestion and alertness

Protein – cell growth and repair, making hormones, immune system

Calcium for bones, B vitamins for brain

Needed to protect organs and nerves, and help absorb vitamins

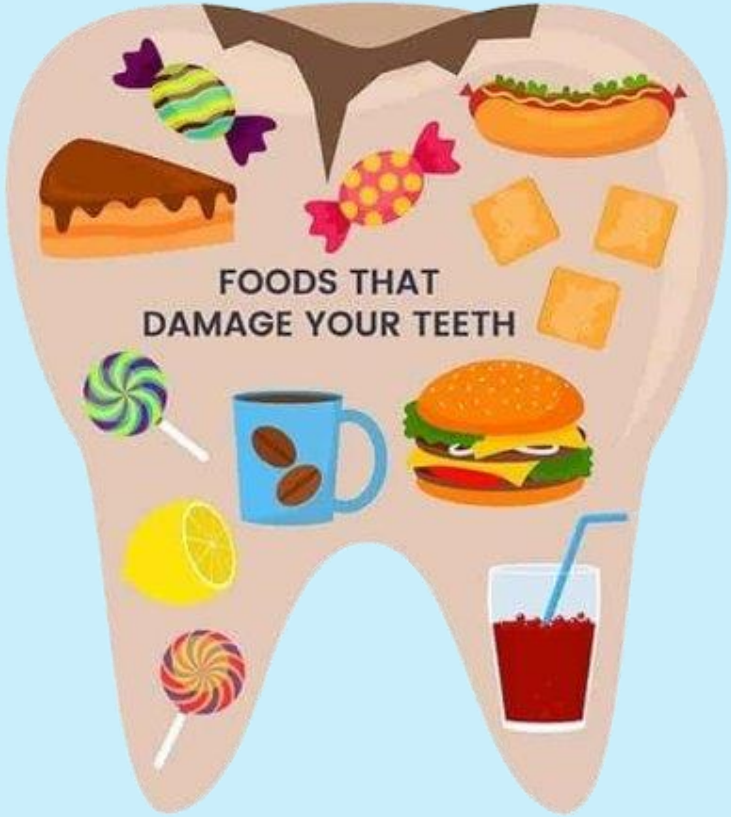
What types of foods damage your teeth and why?

Acidic (sour or fizzy) foods - break down teeth

Sweet foods – encourage bacteria to grow

Sticky foods – get stuck in your teeth





There is growing concern about ultra-processed foods – these are foods made in factories, using ingredients you don't have at home. Most crisps, chocolate, cereal, biscuits, supermarket bread, fizzy drinks, milkshakes and burgers are ultra processed.

Look at this trolley – can you see any ultra processed foods?



If these are ultra processed foods, what are less processed foods?



Fruit, veg, fish, meat, eggs, herbs, spices etc



Why might less processed food be better for health?

1) They often contain less saturated fat, sugar or salt,

Eating too much of these increase risk of diseases such as heart disease and diabetes

2) They often contain less artificial chemicals – flavourings, colouring, emulsifiers, preservatives

The long term effects of high levels of these chemicals in our diets is not known

3) They are often higher in fibre and vitamins/minerals than ultra processed foods.

Fibre, vitamins and minerals are extremely important for all parts of your body, including your heart, intestines, eyes, skin, hair, bones, brain, nerves,

4) They trigger your body's natural fullness feelings

The packaging, taste, texture, sound and smell of ultra processed foods are designed to make you eat more of them without feeling full, so you eat more of them and less

Does this mean we should never eat ultra processed food?

No! Ultra processed doesn't mean bad. Some ultra processed foods e.g. whole meal bread form an important part of lots of people's diets. The main thing is to follow the eat well guide – try to eat plenty of fresh fruit and vegetables, carbohydrates, some protein and healthy fats, and not too much salt, sugar and saturated fats.



Learn how to cook some foods you like

Try to pay attention to your meal and enjoy your food, not eat while you're doing something else

Pay attention to how food makes your body feel – if your food makes you feel sick, you might have eaten too much fat, salt or sugar. If you're constipated, you might need more fibre (fruit, vegetables and whole grains)

Try lots of different foods - this is really good for your gut health, and is fun!



How can we have a good relationship with food?

Listen to your body - eat when you're getting hungry, stop when you're getting full

Don't label foods as good and bad – everything is okay in moderation. Some foods should be eaten in larger amounts, other in smaller amounts or less often

Try not to use food to help you manage your emotions – try healthy coping strategies instead

Try not to regularly use food to help you manage your emotions – try healthy coping strategies instead

It's okay to sometimes use food to cheer you up, like if you had a bad day, so your parent makes you your favourite food that evening.

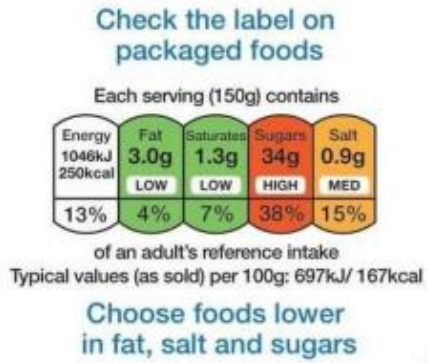
Sometimes, when people are struggling to cope with their emotions, they eat in ways that are unhealthy for them. People who do this a lot may be diagnosed with an eating disorder – a type of mental health condition.



They might not know why they are doing this. They might think they are trying to be healthier, or change how their body looks, but eating disorders can have very negative effects on physical and mental wellbeing.

Luckily, lots of help is available, and people can get better. If you think you or someone you know might have an eating disorder or other problem with food, it is very important to get help as soon as possible

Extension – make a meal plan showing a balanced diet for a day for someone who is vegetarian







If you're worried about your self or a friend relating to diet, relationship with food or eating disorders, it's really important to get help

Talk to a teacher at school
Talk to your GP
Talk to another trusted adult you feel comfortable with

There are lots of websites and charities that can help too

Childline.org.uk 0800 1111
Beat – eating disorder charity
Kooth – mental health support

childline

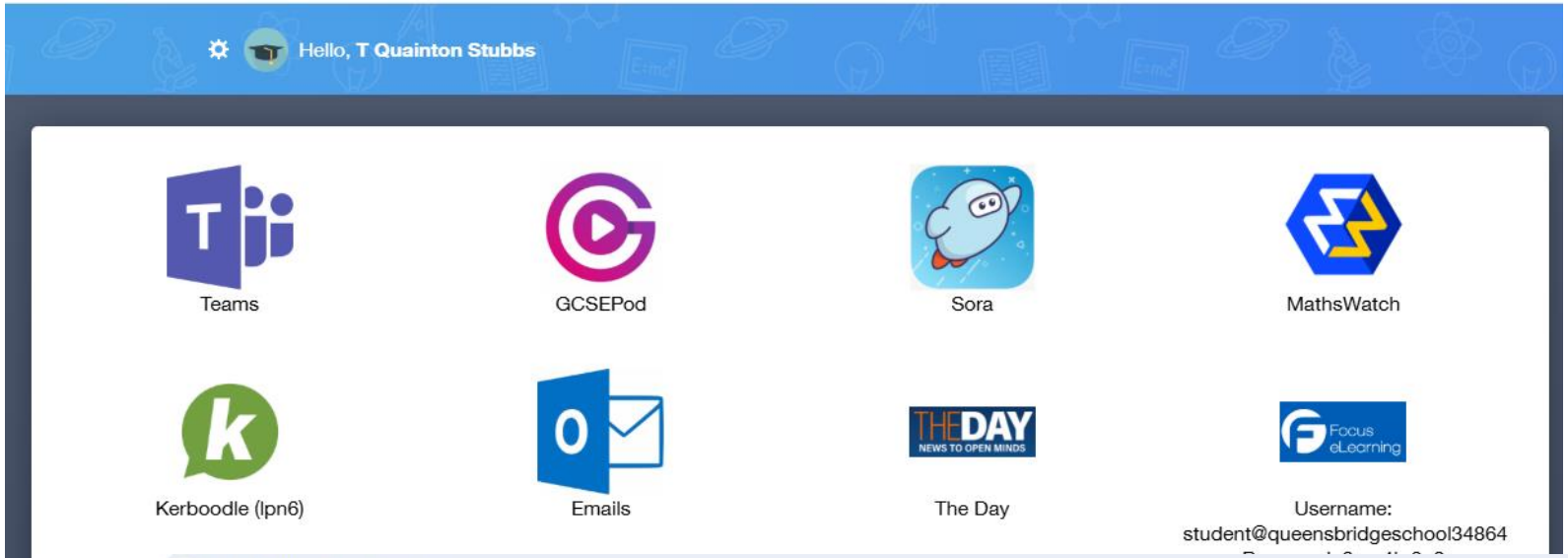
ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

Beat
Eating disorders

kooth

Kooth is a free online service
offering emotional
and mental health support
for children and young people

www.kooth.com



You can also report worries, bulling etc through SHARP – you can do this with your

