



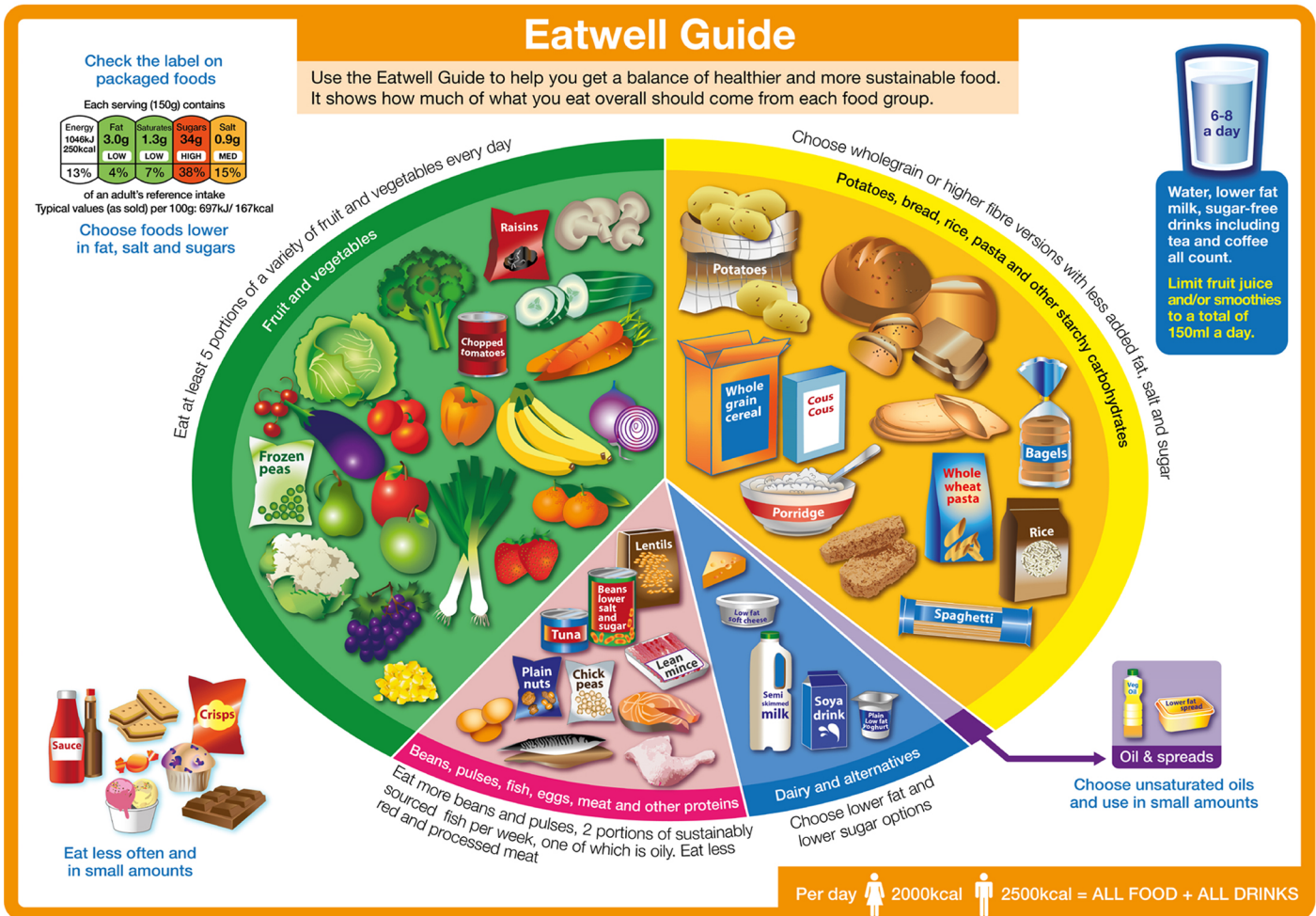
## Healthy Eating

\* You need a Pencils (coloured if possible) and a piece of paper.

\* Look at the Eatwell Guide and memorise for 2 minutes.

\* Then turn over and draw as much of the Eatwell Guide as you can remember 20 points on offer!!!

See how points you can get. **GO!!!!!!**



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

© Crown copyright 2016

1. A point for each Food Group you recognise (maximum 5 points)
2. A point for the size of the sections being correct (maximum 5 points)
3. A point for naming or drawing the correct food in the correct food group area. (max 5 points)
4. Drawing or recognising the snacks outside the circle. (1 point)
5. Drawing or recognising the fluid (6-8 glasses a day) 2 points (1 point for glass, 1 point for amount recognised).
6. A point for Eatwell Guide title. (1 point).
7. Final point for labelling the calories required for a child (1800kcal) 1 point.

Maximum 20 points.