



# #YSSchools

#AyeFeel

Healthy Eating





# Healthy Eating Guide

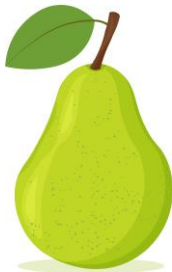
## Health and Wellbeing

When you eat well, you feel well. Check out this guide on how to chow down on the right balance of healthier and more sustainable food. It'll show you how much of what you eat overall should come from different food groups.

A healthy, balanced diet includes a decent amount of fruit, veggies and starchy carbs – plus some dairy, meat, fish, pulses and other kinds of protein too.



## Fruit and Vegetables



You should eat at least five portions of fruit and vegetables every day. They contain important vitamins and minerals that help prevent disease. They're also jam-packed with fibre that can lower cholesterol, keep the bowel healthy, and help digestion.

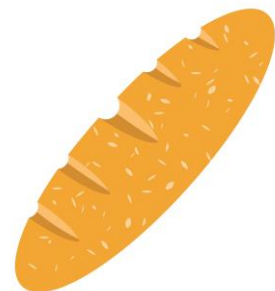
Fruit and vegetables are low in fat, so they're great for bulking out meals and making you feel full without adding too many calories.

It's easy to get your five a day if you spread your portions through the day. Check out the full list of tips on the Food Standards Scotland website

(<https://www.foodstandards.gov.scot/consumers/healthy-eating/nutrition/the-five-food-groups>).

## Starchy Foods

Starchy stuff like potatoes, bread, rice and pasta should make up around a third of what you eat. They're a good source of energy and essential fibre, calcium, iron and vitamins.





Decent examples of wholegrains are brown rice, wholewheat pasta, whole oats, wholegrain breakfast cereals and wholemeal bread, pitta and – if you're feeling fancy – tasty chapatti.

## Dairy



Dairy and dairy alternatives are moo-hoosively good sources of protein and vitamins. They're also packed with calcium, which helps keep our bones healthy and strong.

Dairy-free milk alternatives include soya milk and nut milks. If you choose dairy-free milk then it's best to go for unsweetened varieties which have been fortified with calcium.

When choosing cheese, it's a smart idea to use a strong flavoured one, like mature cheddar. Because the strong flavour packs enough of a punch, it means you can use less without sacrificing taste. This simple kitchen life hack means you reduce fat and save money too.

## Protein

There are loads of sources of protein, including pulses, fish, oil-rich fish, meat and eggs.

Remember that meat also contains fat. If you eat too much fat, it can be bad for your health. So check out these tips to help you cut the amount of fat in your meat dishes:



- ▶ Swap some of the meat for beans, peas and lentils – this'll help your meal go further.
- ▶ Grill meat rather than fry it.
- ▶ If you're roasting meat (treat yo'self!) place it on a metal rack above the roasting tin so that nasty fats can run out.
- ▶ Choose lean cuts and leaner mince.
- ▶ Cut off excess fat before or after cooking.
- ▶ Add as little fat as possible before or during cooking.
- ▶ Switch out some of the meat in your recipe for vegetable sources of protein



## Fat

Some fat in our diet is essential, but most of us eat too much. Food and drink high in fat, salt or sugar includes chocolate, cakes, biscuits, savoury snacks and full-sugar soft drinks. In Scotland, half of the sugar we eat and around 20% of the calories and fat we consume comes from this kind of food. Food high in fat, salt and sugar is usually packed with calories but not too much in the way of nutritionally good stuff. That means we don't need it as part of a healthy balanced diet.

Try to eat this kind of food less often and in small amounts.

## Staying Hydrated

The body is constantly losing fluid through breathing, sweating, or going to the toilet. Lovely. That means it's got to be replaced. Aim to sip, slurp or chug 6 to 8 glasses of water each day to keep your body tip top and hydrated.

The good news is it's not just water that counts towards hydration. Lower fat milk and sugar-free drinks, including tea and coffee are fine too. Just remember to go for sugar free options instead of sugary drinks.



## Top tips on how to break the habit of snacking:

- Track the snacks – This is a good life hack if you're a snacker who finds the thought of giving up snacks completely a bit overwhelming. Write down a food diary of what you eat over seven days, and have a look over just what you're eating at the end of the week. See below for our food diary template.
- Make a shopping list – Your list will help you avoid certain virtual aisles where the snacks may be!
- Put 'em away – You might find that you snack less if you can't see things to snack on.
- Do something different – A lot of the time when we snack, we're bored rather than hungry. When your cravings hit try and distract yourself. Why not take up a new hobby as a distraction.
- Drink plenty tap water – Best part? It's free.
- Spot the habit – Sometimes we associate different activities with certain snacks, such as a cup of tea and a biscuit! If you spot the habit you will be more likely to break it.

Check out the interactive Eatwell guide (<http://fss-eatwellguide.scot/>) for more healthy eating tips.



Head back to the Food Standards Scotland campaign page

<https://young.scot/campaigns/national/food-standards-scotland>) for more information on food safety, healthy eating tips and more.

## Activities

### Food Diary Template

You can repeat this weekly if you find it useful

	Breakfast	Lunch	Dinner	Snacks
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				



## Top Five

You should eat at least five portions of fruit and vegetables per day. In the table below write or draw your top five fruit and vegetables and explain why you like them.





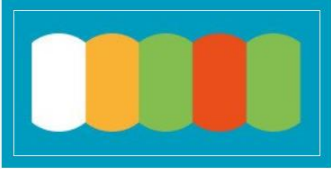

Fruit/Vegetable	Why do you like it?



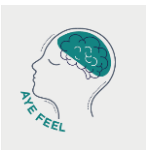


## Food Standards Scotland

Check out Food Standard's Scotland on: <https://www.foodstandards.gov.scot/education-resources> for a variety of online resources related to healthy eating. You can learn about different foods, the Eatwell Guide, food hygiene, kitchen hazards and lots more. They are suitable for a range of ages, from nursery to S3.

 <p><b>Hazards in the Kitchen</b></p> <p>Identifying food safety hazards in a kitchen, discussing them and in groups producing a short drama about how they might come about.</p> <p>Interactive 1-1.5 hours P5-P7</p>	 <p><b>Storage Solutions</b></p> <p>Exploring food storage in terms of the correct conditions for food safety.</p> <p>Interactive 1-1.5 hours S1-S3</p>	 <p><b>Allergen Action!</b></p> <p>Learning about different food allergens and how to recognise them on food labels.</p> <p>Resource 50-60 mins x 2 sessions S1-S3</p>
 <p><b>Bacteria Busters</b></p> <p>Learning about how and where bacteria grow in the kitchen and how to reduce the risk of this happening.</p>	 <p><b>Label It!</b></p> <p>Learning about food labels and how to use them to make informed choices when choosing food.</p>	 <p><b>Fridge Facts</b></p> <p>Learning about safe ways to store food in the fridge.</p>

ff



## Recipe Challenge

Using some imagination and some of the food you have bought in you weekly food shop come up with your own exciting, healthy recipe. You can use your own template of us the one below.

Name of recipe: \_\_\_\_\_

Key information (how many it serves, timing etc):

Ingredients:

- ▼
- ▼
- ▼
- ▼
- ▼
- ▼
- ▼

Method:







## Get in touch

[youngscot.net](http://youngscot.net)

0131 313 2488

[info@young.scot](mailto:info@young.scot)



[@young.scot](https://www.linkedin.com/company/youngscot)



[@young.scot](https://www.tiktok.com/@young.scot)



[youngscot](https://www.instagram.com/youngscot)



[facebook/  
youngscot](https://www.facebook.com/youngscot)



[@youngscot](https://twitter.com/youngscot)



[youngscot snaps](https://www.snapchat.com/add/youngscot)

We are happy to consider requests for this document in other languages