Healthy meals challenge

Use the healthy meals plate to explain the five food groups. The healthy meals plate can be used as a guide showing the proportion and types of foods that are needed to make up a healthy balanced diet. Foods from the largest groups should be eaten most often and foods from the smallest group should be eaten least often.

Explain the type of food in each group

- **Bread, other cereals and potatoes**: for example bread, breakfast cereals, yam, cassava, rice, millet, noodles, pasta
- **Fruit and vegetables**: for example apple, banana, grapes, kiwi, cabbage, green pepper, canned sweet corn, frozen peas
- **Milk and dairy foods**: for example milk, cheese and yoghurt
- **Meat, fish and alternatives**: for example ham, beef, herring, cod, prawns, eggs, hummous, nuts
- **Foods containing fat and foods containing sugar**: for example biscuits, jam, margarine, mayonnaise, sweets, chocolate, crisps

Other activities

Discuss how much of each food group is needed for good health. Examine the sizes of the different groups and promote the concept: 'more of some, less of others'.

Play a game using a large picture of the healthy meals plate (perhaps drawn in chalk on the hall or playground floor or by using hoops). Create pictures of food and give one food picture to each child or label each child as a food. Ask the children to run to the model and stand in the correct place. This activity can be repeated several times with the children swapping cards to reinforce the food group message.