

We get energy from the food and drink we put in our bodies. We all need energy to do things like eat, sleep, keep warm, run around and even to concentrate in school! The more active we are, the more energy we need.

The key to a healthy lifestyle is **BALANCE**. If we take in more energy from our food and drink than we use being active, this can lead to excess weight gain.



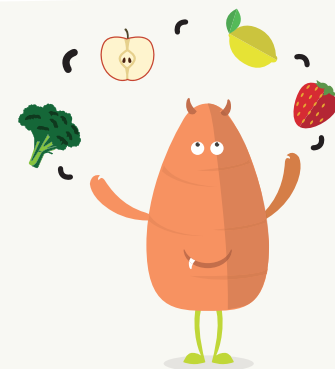
**USE THE EATWELL PLATE TO HELP YOU GET THE BALANCE RIGHT. IT SHOWS HOW MUCH OF WHAT YOU EAT SHOULD COME FROM EACH FOOD GROUP.**

## FOOD GROUPS

There are 5 main food groups that make up a healthy balanced diet:

- **Fruit and vegetables**
- **Starches (bread, rice, potatoes, pasta etc.)**
- **Meat, fish, eggs, beans & pulses**
- **Milk & dairy**
- **Oils & Spreads**

The Eatwell Guide gives the proportions of these groups that we should aim to eat so we get a healthy balanced diet.



So why bother eating a healthy diet? I'm glad you asked! Here are just a few things that eating a healthy diet can do for you...

- Make you feel more energetic
- Help you feel good about yourself and how you look
- Help you feel stronger and faster
- Help you concentrate in school
- Reduce the possibility of becoming ill when you get older.

## TOP THREE TIPS

- 1 Try to have a balance of the food groups across your day/week.
- 2 Limit the amount of foods like cake/ chocolate/crisps
- 3 Enjoy your food!