

# Food Choices Kit

## Key Messages



Focus questions: What food is an everyday food? What is food is a sometimes food?

- There are 5 food groups that are important to eat everyday as each one helps our body in a different way
- Cereals & grains- give us energy and help us go to the toilet
- Vegetables & fruit- also help us go to the toilet. They also do lots of other jobs for our bodies to keep them working
- Dairy foods- help our bones to grow
- Meat & other similar foods- help our muscles to become strong
- Vegetables can be fresh, frozen or tinned! Different coloured vegetables have different benefits for your body, so it is important to eat the rainbow (that means lots of different coloured vegetables).
- Fruit can be fresh, frozen or tinned, just like vegetables. And just like vegetables, different coloured fruits help our bodies in different ways. So that means eat the rainbow.
- The Very Hungry Caterpillar by Eric Carle
  - For each food that you come across in the story, ask if that is a good food to eat every day or if it's a food that we should only eat sometimes.
  - Discuss foods on the Saturday page- too many sugary sweet food like lollipops, cake, ice-cream, cupcake and cherry pie is not good for our body and should be a sometimes food.
    - Salami and sausages are processed meats, meaning they have high amounts of saturated fat and salt content so these are better to have sometimes and not every day.
    - Cheese is a dairy food that is good to eat every day.
- Which food will you choose? By Claire Potter
  - For each page of coloured foods, ask children to pick out 3 items from the page.
  - Highlight which food group these go into and explain why those foods are good to eat every day.
  - If a sometimes food is chosen, clarify that it is not good to eat every day because of sugar OR salt OR fats and oils. Explain that these foods can make people tired and unwell, and are OK to have sometimes but not every day of the week.