

Lesson 1

Family activity sheet

Eating well and sustainably



To help your family get a good variety of different foods you could use the **Eatwell Guide planner** below to organise your meals this week. You could ask your child to help you complete the planner.

Eatwell Guide weekly planner

Food Group
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Fruit and vegetables

Potatoes, bread, rice, pasta and other starchy carbohydrates

Beans, pulses, fish, eggs, meat and other proteins

Dairy and alternatives

Oils and spreads



Meal occasion	Fruit and vegetables	Potatoes, bread, rice, pasta and other starchy carbohydrates	Beans, pulses, fish, eggs, meat and other proteins	Dairy and alternatives	Oils and spreads
Breakfast					
Lunch					
Evening meal					
Snacks					
Did you...	...have at least 5 A DAY?	...have a starchy food with each main meal?	...have a variety, including some from plant sources, e.g. beans?	...choose lower fat/sugar varieties?	...choose plant derived oils and spreads (e.g. vegetable oil) and only have a little?