

Needs change

We need different amounts of nutrients through life.
How do they change?

Life stage	Changing nutritional needs
Infants and young children	
Adolescents	
Adults	
Pregnant and lactating women	
Older adults	

Be balanced!

How do we get energy balance?



Energy balance is ...



If I use more energy than I take in over time ...



If I take in more energy than I use over time ...

CHECK!

- ☐ I choose a varied and balanced diet for my needs.
- ☐ I can lead an active life.
- ☐ I know that different foods provide different amounts of energy and nutrients.
- ☐ I know that energy and nutrients have important functions in the body, and that people need different amounts at different times of their lives.
- ☐ I know that I need to achieve energy balance.

food route

a journey through food

Name:

Diet and health

Eat well!

We all need to have a balanced and varied diet to stay healthy - do you? Eating and drinking well gives you all the nutrients you need to help you feel good, stay healthy and be active - both now and in the future. People of different ages and at different life stages need different amounts of nutrients to keep healthy.

To maintain a healthy weight it is important to be in energy balance, making sure the energy you take in through your food is balanced with the energy used through activity over time.

Water is a key component of your body, so you need to make sure you are taking in enough fluid from food and drinks to keep your body working properly.

Think about ...

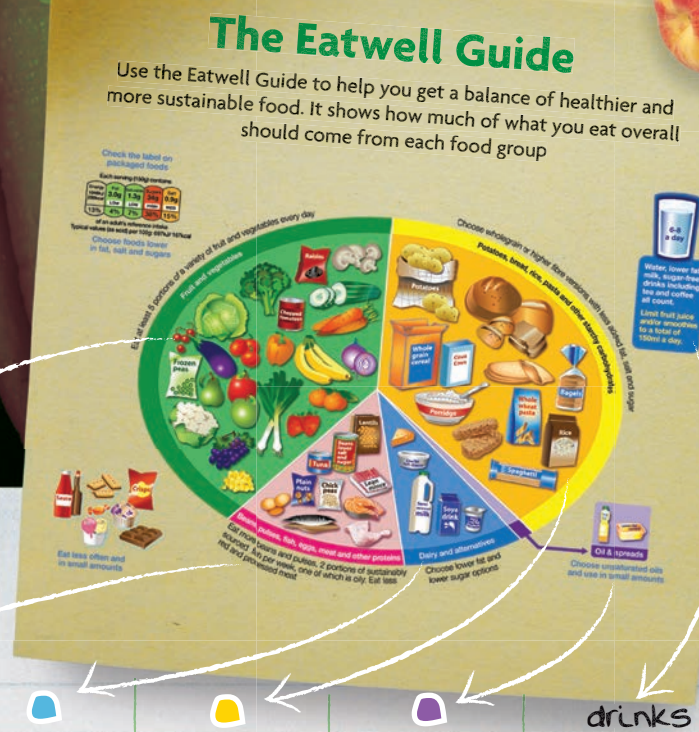
- reaching at least 5 A DAY
- eating the right balance of foods
- eating a variety of foods to make sure you get all the nutrients your body needs
- being active every day
- achieving energy balance
- drinking 6-8 glasses of water each day

change
4 life
Eat well Move more Live longer

Eat well!

The Eatwell Guide shows the balance and variety of foods that make up a healthy diet.

Over 2-3 days, record the different foods and drinks you consume, ticking the relevant food groups. Remember, some dishes may have foods from more than one food group!



Be active!

Keep an activity diary for a week, including all activities, such as walking, taking the stairs, dancing or playing sports.

Day	Activity	Total time
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Nutrition matters

Where can we find these nutrients and what do they do?

Nutrients	Food sources	Function in the body
Carbohydrate		
Protein		
Fat		
Vitamin A		
B Vitamins		
Vitamin C		
Vitamin D		
Vitamin E		
Calcium		
Iron		
Magnesium		
Potassium		
Sodium		
Fibre (not a nutrient, but it is essential for good health!)		

Reflection ...

Explain how your diet reflects the Eatwell Guide.

Do you think you drink enough?

Is there anything you need to change?
Explain your answer.

Goals for the future:

