

The Eatwell Guide

The Eatwell guide is a guide or chart to help people have a healthy diet and body. It translates government recommendations of the correct foods in the correct proportions. The eatwell guide helps people stay healthy despite their age, weight or background. The guide shows what foods you should eat daily and how much of each food you should consume daily. The Eatwell guide has 5 sections, each one representing a different food group. Each section is a different size, corresponding with which foods you should eat the most of.



One of the two largest sections is fruit and vegetables, therefore you should try to eat at least 5 portions of fruit and vegetables every day. Some examples of fruit and vegetables are carrots, apples, onions and lettuce. The other largest section is potatoes, bread, rice, pasta and other starchy carbohydrates. It is better to choose wholegrain or higher fibre versions of these foods with less added salt, fat, and sugar. The next smallest section is beans, pulses, fish, eggs, meats and other proteins. It is recommended to eat more beans and pulses, and less red and processed meats. The next section is dairy and alternatives. This includes things like cheese, milk and yoghurt. It is healthier to choose lower fat and lower sugar options. The smallest section is oils and spreads, which is things like butter, vegetable oil and olive oil. You should consume the least of these daily and also should try and choose unsaturated oils and use these foods in small amounts.

There also things outside of the main plate on the eatwell guide, which also are mandatory for a healthy diet. One of these is to eat less sweet and fat foods, such as chocolate, cake and ice cream. Another tip is to drink 6-8 glasses of liquid a day, which includes water, lower fat milk and sugar free tea and

coffee. You should also check the labels on food products, to check the amount of each nutrient or fat the food contains.

For a year 9 pupil to have a healthy body, they should attempt to somewhat follow the eatwell guide. The fruit and vegetable section is one of the largest as it contains the best things for your body. Most fruit and vegetables contain a very high amount



of vitamins and minerals, an example of this are that oranges contain a large amount of vitamin C. Consuming a lot of vitamins and minerals contributes towards having a healthy immune system, which stops you from catching the flu or getting a cold. If a child wants to do well in school and get their work done, it is better to not be sick very often, providing more time for school work. Carbohydrates also contribute to a year 9 student's health, as they are the body's main source of energy. The students need energy so they can do sports in school, and so they can get through their school work without getting tired. It is also good for the student to eat a lot of protein, as protein is need for growth and repair in the body. As the student is still growing in year 9, protein is necessary. Dairy contains a high amount of calcium, which contributes to strong bones, which is good for the year 9 student if they want to play sports as they won't hurt themselves or break bones as often. Even though having sweets a lot is not good, it is fine to have them once in a while as they give you energy, which is good for a child in school.

The eatwell guide is very useful for children in school as it helps them eat the right amount of food, and it makes them more independent to make their own food, instead of relying on their parents/guardians all the time. The Eatwell guide is very effective I think, as it helps people become healthier, and helps people start to take care of their body more, and be careful about what they put into their body.

Eloise Mc Donnagh 9E Home Economics Essay