

The Eatwell Guide Essay: Emma Fawcett 9A

The Eatwell Guide is what the healthy eating model is known as in the UK. It is the government recommendations for food, nutrients and health put onto a diagram that is simple to understand. It applies to most people regardless of the weight, dietary restriction/ preferences or ethnic origin. The Eatwell Guide was made to show people a balanced diet and how to get a balanced diet easily by making it plate shaped and splitting it based on the proportions that you need for each section.

The Eatwell Guide has 5 sections; Fruit and vegetables, potatoes, bread, rice, pasta and other starchy carbohydrates, beans, pulses, fish, eggs, meat and other proteins, dairy and alternatives and oils and spreads.

Fruit and vegetables is one of the biggest sections of the Eatwell Guide. It should make up just over a third of the food we eat in a day- we should be aiming to eat 5 portions of a variety of fruit and vegetables daily. You can eat these portions fresh, frozen, canned, dried or juiced. Its main nutrients are vitamins and minerals.

Potatoes, bread, rice, pasta and other starchy carbohydrates is the other big section on the Eatwell Guide. You should base your meals around starchy foods. When eating starchy food, you should choose higher-fibre, wholegrain varieties e.g. brown bread and brown rice. Its main nutrients are starchy carbohydrates and B vitamins.

Beans, pulses, fish, eggs, meat and other proteins is the next biggest section on the Eatwell Guide. You should aim for 2 portions of fish every week, but only one of them should be oily fish. Its main nutrients are protein, vitamins and minerals,

Dairy and alternatives is the second smallest section of the Eatwell Guide. This section can be high in fat, but you should eat the many lower-fat options. Its main nutrients are protein, vitamins and minerals (especially calcium.)

Oils and spreads is the smallest section on the food guide since its main nutrient is fat. We should eat a minimal amount from this section of the Eatwell Guide, but when you do pick unsaturated fats.

Outside the Eatwell Guide it says that an adult woman should have 2000kcal per day and an adult man should have 2500kcal per day. To ensure that this happens you should check the labels on the food packaging and choose foods lower in fat,

salt and sugars. You should eat food with high portions of fat, salt and sugars less often and in small amounts. It also says you should drink 6-8 glasses of water a day to keep your body healthy.

The potatoes, bread, rice, pasta and other starchy carbohydrates section on the *Eatwell Guide* is one the biggest sections because it provided you with the energy a 13 year olds body needs to keep growing and the energy to get 1 hour of exercise a day which helps keep their body fit and healthy. The fruit and vegetable section (the other big section) gives variety in how you want to get your vitamins and minerals. It gives you the option of having you fruit and vegetables fresh, frozen, canned, dried or juiced which means you do not need to eat exactly the same thing every day because fresh fruit might not be available in the shop closest to the 13 year olds school so it gives them options. Also, at 13 years old you are generally very hungry because of all the changes your body is going through and the *Eatwell Guide* shows them how to satisfy their hunger while staying healthy instead of just eating sweets.

I think the *Eatwell Guide* is useful to Year 9 pupils because before we were taught about it a lot of students probably didn't know what nutrients they should be getting daily and in what portions. So, I think it is very effective in helping Year 9 pupils get into good habits about their body which they will then keep throughout their life.