Eating Healthy

Eating food helps to give our body energy.

Some food can help us to have good mental health.

Fruit and vegetables are healthy.

You should have 5 different fruit and vegetables every day.

Monday

Other healthy foods:

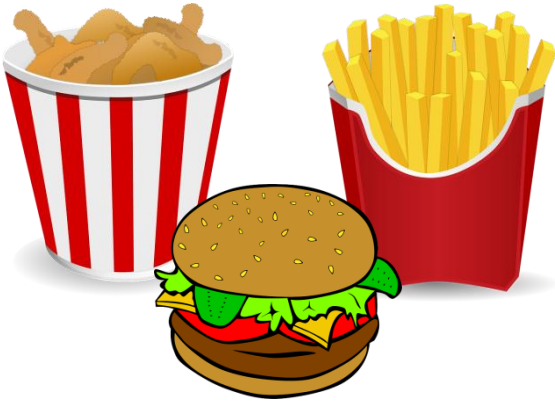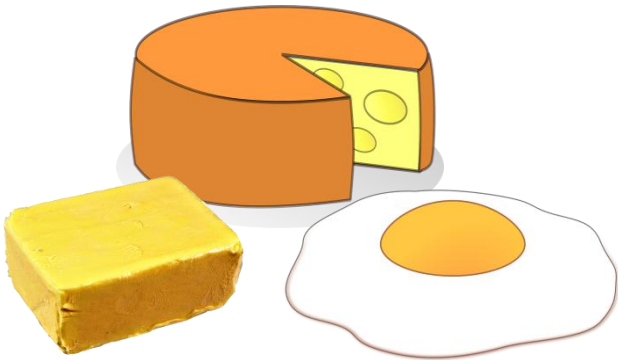Rice, pasta
and brown bread

Baked or grilled fish

Water

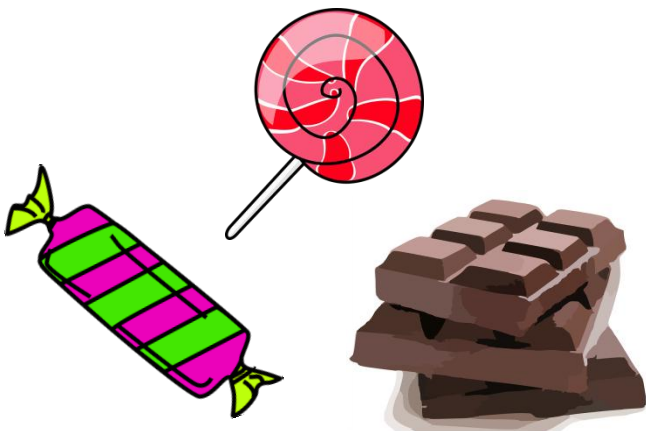You should try to drink 8
glasses each day.

Some unhealthy foods:

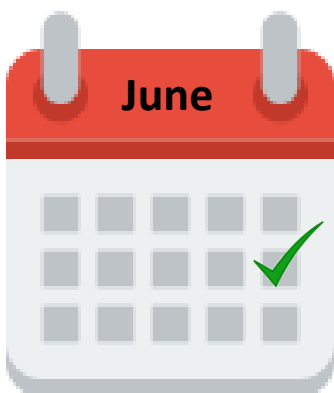Fried food like chips and burgers

Butter, cheese and eggs

Chocolate and sweets

Cakes and biscuits

Fizzy drinks, tea and coffee

June

You should only have this food and drink every once in a while.

SHOPPING LIST

To help you to eat healthy, you can write a shopping list.

You can ask your carer to help you pick healthy food.