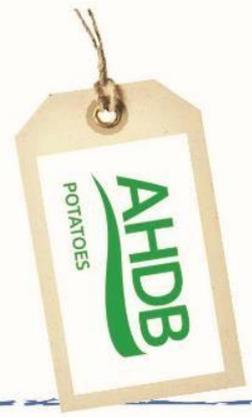


GROW YOUR OWN POTATOES



Healthy Eating and Potatoes

Lesson 10: Contribution of potatoes to a healthy diet and the Eatwell Plate

Children will:

- Learn about healthy eating and the contribution of potatoes to a healthy diet and the Eatwell Plate. To support you with the healthy eating aspect of these sessions, download the **Healthy eating information** and **Potato information**.

Introduction

Use the **Healthy Eating ppt.** to help the children learn about **The Eatwell Plate**. Show the children **the plate** and discuss the food groups.

Question the children:

- What can you tell me about this picture?
- What foods can you see?
- How many groups are there?
- Which group do potatoes belong to?
- What can you say about the sizes of the groups?
- What do you think the different sizes of the groups mean?

Establish the following: it is a plate; there are 5 food groups; the groups have different names; the foods we eat can be sorted into the groups on this plate.

Explain that to be healthy we need to eat a variety of foods from different groups on the plate. We need to eat more foods from the larger groups and less from the smaller groups.

Help the children to see that the largest groups are **Fruit and vegetables** and the **Bread, potatoes, rice, pasta and other starchy foods** groups.

Question the children about what they have eaten recently and talk about where it would fit on The eatwell plate. We need to eat and drink to stay alive, be active and grow.

Task

Get the children to make a record of what they ate yesterday. This can be pictorial or written.

Ages 5-7

Younger children could work in a group with each child illustrating the meal they ate yesterday.

Ages 7-11

The children can use the **Food diary worksheet 14** to help.

Summary

Ask some of the children to talk about what they ate yesterday.

Did they eat a variety of foods from the eatwell plate?

Which foods did they eat from the Bread, potatoes, rice and pasta group?

Could they have made any changes to what they ate to be more in balance with the plate?

For example, did they eat at least 5 portions of fruit and vegetables?

Did they eat foods from the Food and drinks high in fat and/or sugar group?

Could they have made healthier choices?

Why not...

Give the children the eatwell plate worksheet 15 and get them to tally or draw the foods they ate yesterday in the correct food groups. Use this to help them see the balance of foods they ate.

