

Healthy Eating, what is it for you? 3rd year SPHE classes on Padlet this week—Group work on Zoom in breakout rooms.

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Anna Morgan • 12 • 15h

Healthy Eating

Caulfield - Feb 2021

HY - OLJ

- drink a lot of water
- make a meal plan
- eat less

Healthy Eating

Alex,Clara,Zoe

- Drink at least 2 litres or water a day
- Eat 5 dairy products
- 5-7 portions if fruit or vegetables
- Make sure you carbohydrate in our diet
- Our oat sugary drinks and replace with healthy alternatives
- Read labels
- Try cook your own food from scratch rather ready made meals
- Eat smaller meals more often
- Choose good Carbs rather than no carbs
- Avoid eating late at night
- Replace wheats with wholegrain options eg switch from white bread to wholegrain brown bread

HEALTHY EATING PLATE

BALANCE DIET

- Balance diet
- ava- less saturated fat
- Hugh-vegetables

oatmeal and weetabix

Andrew -

Drink lots of water, eat fruit/veg, avoid sweets/fizzy drinks a lot

Laura

less salt

less sugar

HEALTHY - OLJ

- drink a lot of water
- make a meal plan
- eat less saturated fats
- vary your diet
- avoid coke
- have a good breakfast, to start day
- reduce salt
- get good
- eat a good amount of fibre
- eat homemade meals
- organic foods, less processed

avoid low carb diets cause carbs are important

Water

get your 5 a day

ava-

doireann

smoothie bowl

avoid low carb diets cause carbs are important

Water

get your 5 a day

ava-

doireann

smoothie bowl

Michael

plan out your meals throughout the week

try and eat breakfast

Protein and carbohydrates (Yorkshire accent)

Drink water

No sweets

Hugh-fruit

Michael

plan out your meals throughout the week

try and eat breakfast

Protein and carbohydrates (Yorkshire accent)

Drink water

No sweets

Hugh-fruit

Caulfield

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Healthy Eating

Sutherland

REMAKE

SHARE

Sutherland

Protein

Healthy Grains & Legumes

Fats

Fruits

Vegetables

cut down on fatty foods

avocado

chicken and rice

chicken and rice

pasta

eat three meals a day

follow the food pyramid

5 pieces of dairy a day

fruit + veg

FOOD ON SPECIAL OFFER

100% whole grain bread

1/2 cup yogurt

1/2 cup milk

1/2 cup fruit

1/2 cup vegetables

A balanced diet

have a lot of vitamins

don't drink fizzy drinks

don't eat sugary food

eat 5 a day

Pear

go for health alternative

8 glasses of water a day