



# The Eatwell Guide – an in-depth look at healthy eating and nutrition

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British Nutrition Foundation

12 February 2025

# What will be covered?



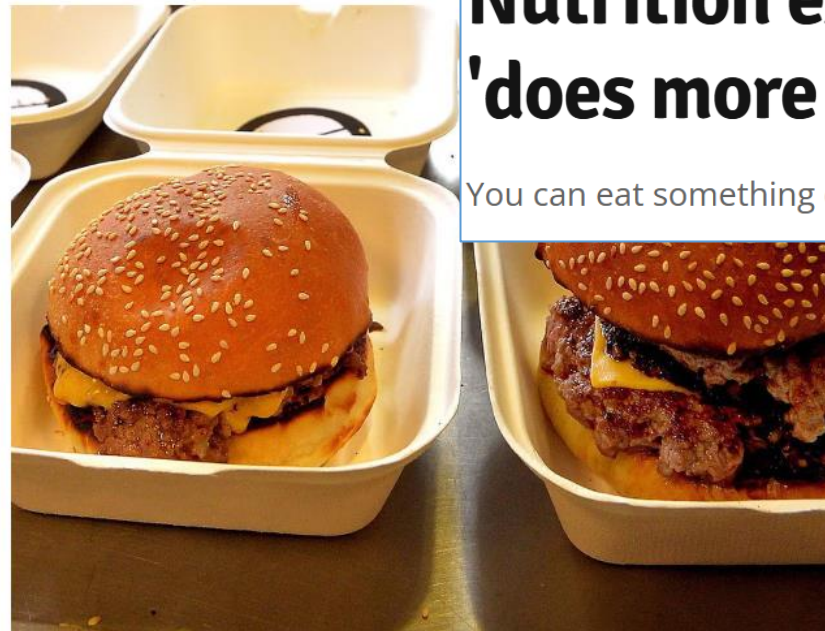
- The impact of nutrition on health and society.
- The Eatwell Guide and its predicted impact.
- Facts behind the headlines.
- Healthy eating recommendations on saturated fat, sugar, salt and fibre.
- Links to *Food – a fact of life* resources.
- Suggestions for further reading and sources of information.

## Nutrition in the news

### Health experts condemn 'infuriating' figures showing rise in fast food shops

The Office for Health Improvement & Disparities figures look at shops selling foods such as burgers, pizza, kebabs, Chinese and fried chicken.

Ian Jones • Wednesday 12 February 2025 11:37 GMT



### The anti-vegan backlash that made Britain fall back in love with meat

Even health-conscious Gen Z are eating meat again, citing the cost of living and changing perceptions of what constitutes a nutritious diet

### Nutrition expert warns 'healthy' blood sugar drink actually 'does more harm than good'

You can eat something else instead that will decrease blood sugar levels rather than 'mess them up', the doctor says

### Healthy food costs more than double less healthy options



## Poor diets and obesity driving ill health

### Prevalence of obesity

Health Survey for England 2021\*

In 2021 almost **3 out of 10 women** were living with obesity (26.5%)



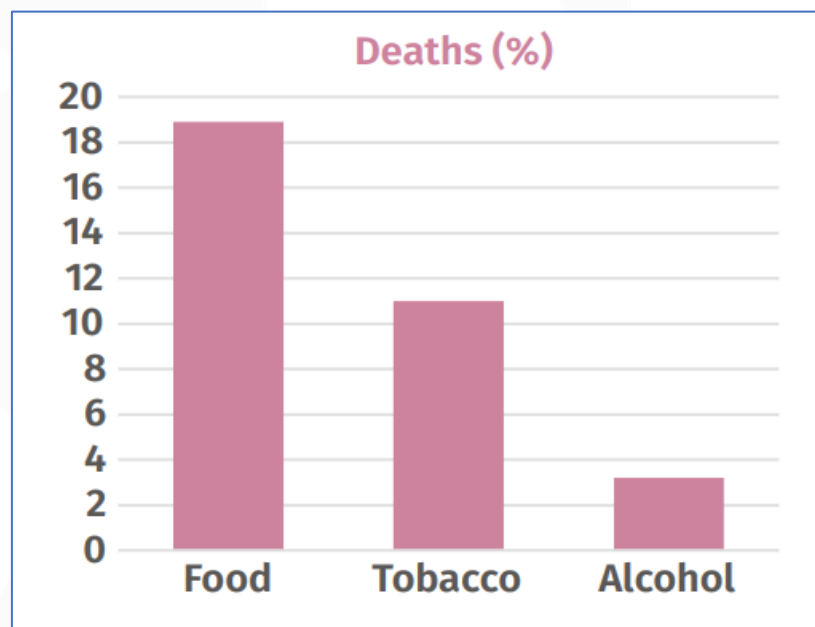
In 2021 more than **2 out of 10 men** were living with obesity (25.4%)



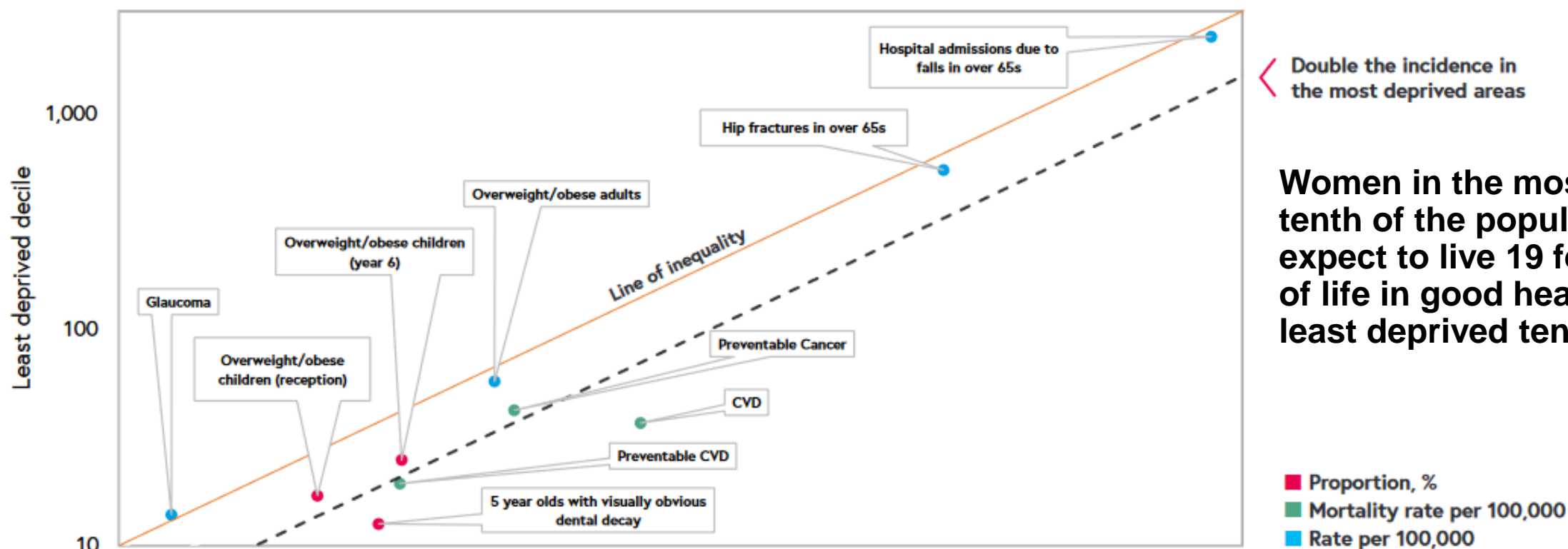
**Obesity reduces life expectancy by 3 yrs, severe obesity by 8-10y**

**Cost in UK (including individual, NHS, loss of productivity, social care): £65 bn (2022)**

**Cost to NHS: £7.3 bn\***



# Poor diet is driving inequalities in health

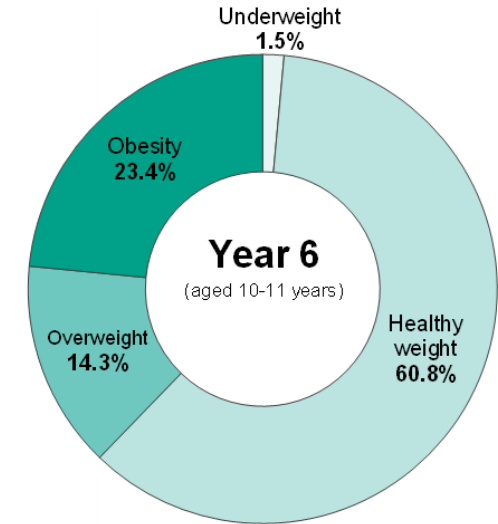
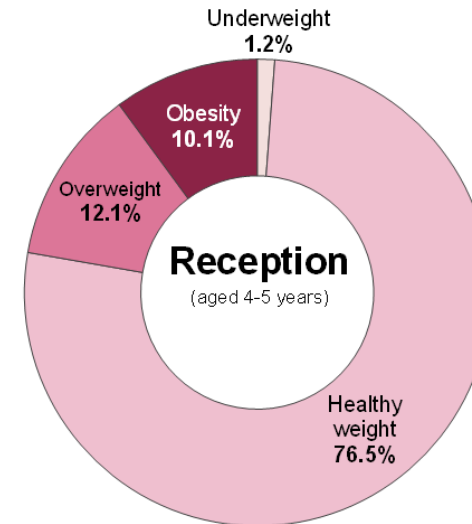


**Women in the most deprived tenth of the population can expect to live 19 fewer years of life in good health than the least deprived tenth**

**Someone born in Westminster, one of the wealthiest local authorities, can expect to live nearly ten years more than if they were born in Blackpool, one of the poorest**



## Early eating habits are critical



Children living with obesity are at increased risk of adult obesity

# The state of our children's oral health



**3 in 10 5-year-olds** in England have tooth decay.

The cost of hospital admissions for decay-related tooth extractions in children was

**£40.7 MILLION**



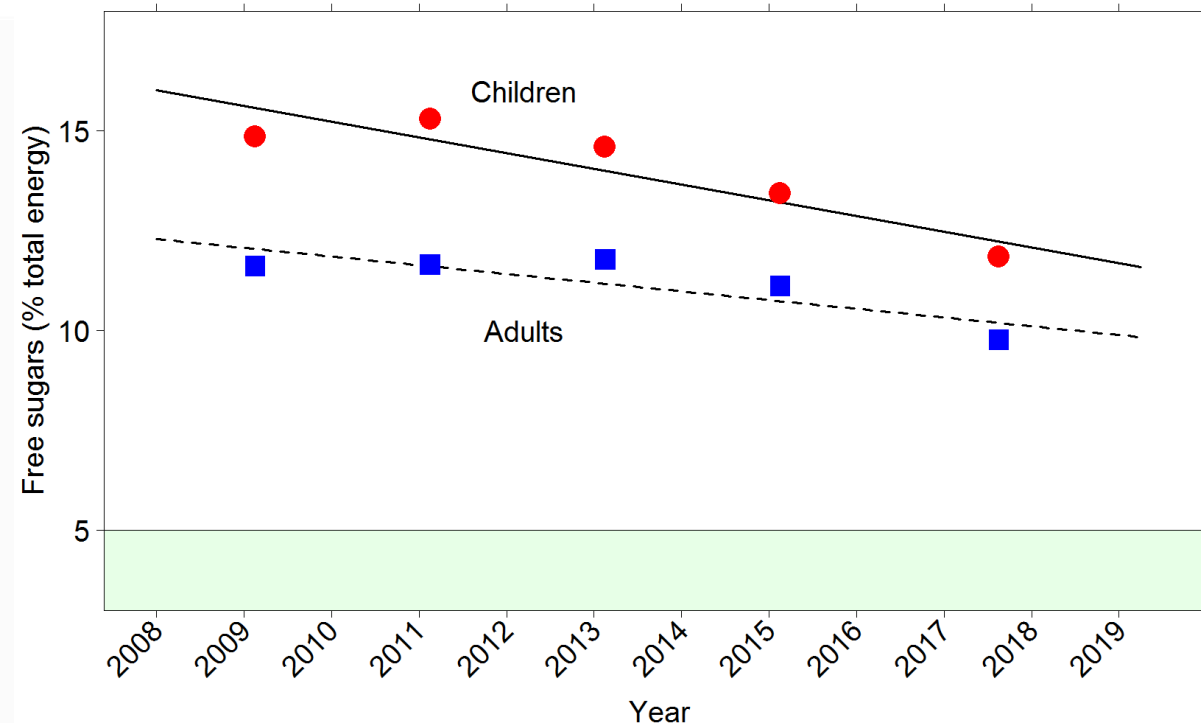
**11% of 3-year-olds** have tooth decay, with an average of **3 teeth affected**.

The likelihood of **tooth decay** is **2.5X HIGHER** in the **most deprived areas** of England.



**Tooth decay** is the most common reason for **hospital admission** in 5-9-year-olds.

Free sugars (% total energy)



	Average intake (% EI)
Free sugars	9.7 (1.5-3y) 12.1 (4-10y) 12.3 (11-18y)

# Nutrient inadequacies

% boys & girls in UK with intakes of micronutrients (food sources only) below the lower reference nutrient intake (LRNI)\*

Age	1.5-3y	4-10y		11-18y	
Nutrient	All	Boys	Girls	Boys	Girls
Calcium	1	1	1	14	16
Folate	0	1	1	9	10
Iodine	4	6	8	19	28
Iron	11	1	2	11	49
Magnesium	11	1	2	11	49
Potassium	0	0	1	22	37
Roboflavin	0	1	2	13	22
Selenium	0	1	2	24	41
Vitamin A	9	9	13	18	18
Zinc	8	8	15	20	16

	Average intake /day
Fruit and veg (portions)	2.9 (11-18y)
Oily fish (g)	20g
Fibre (% meeting recommendations)	12 (1.5-3y) 14 (4-10y) 4 (11-18y)

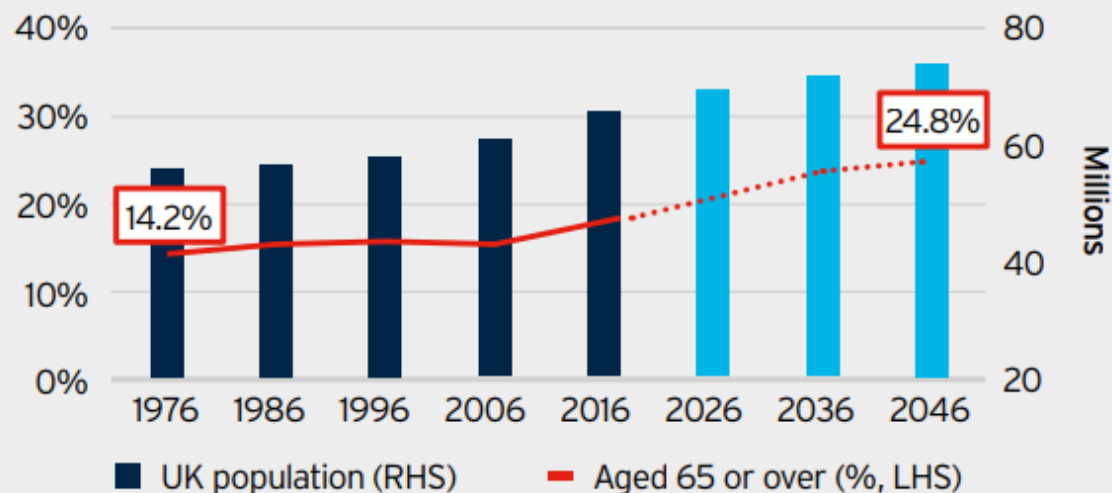
**19%** of 11-18 year-olds had 25-hydroxyvitamin D less than 25 nmol/L  
**9%** had over serum folate indicating deficiency  
**9%** of older girls had iron deficiency anaemia



# An ageing population

By 2046 almost 1 in 4 people will be 65 years old and over

UK population and proportion of population aged 65 and over



Source: ONS (2017) "Population estimates"  
 \*2016-based population projections are used

	At birth	At birth
	Males	Females
Life expectancy	79.5	83.1
Healthy life expectancy	63.4	64.1
Number of years in poor health	16.1	19.0
% of life in poor health	20.3	22.9

## Government policy on diet and health

# Sugar tax

The soft drinks industry levy (SDIL), or 'sugar tax', is a levy applied to UK-produced or imported soft drinks containing added sugar.

## Everything you need to know about free school breakfast clubs

[mediaofficer](#), 27 November 2024 - [Childcare](#), [Schools](#)



Press release

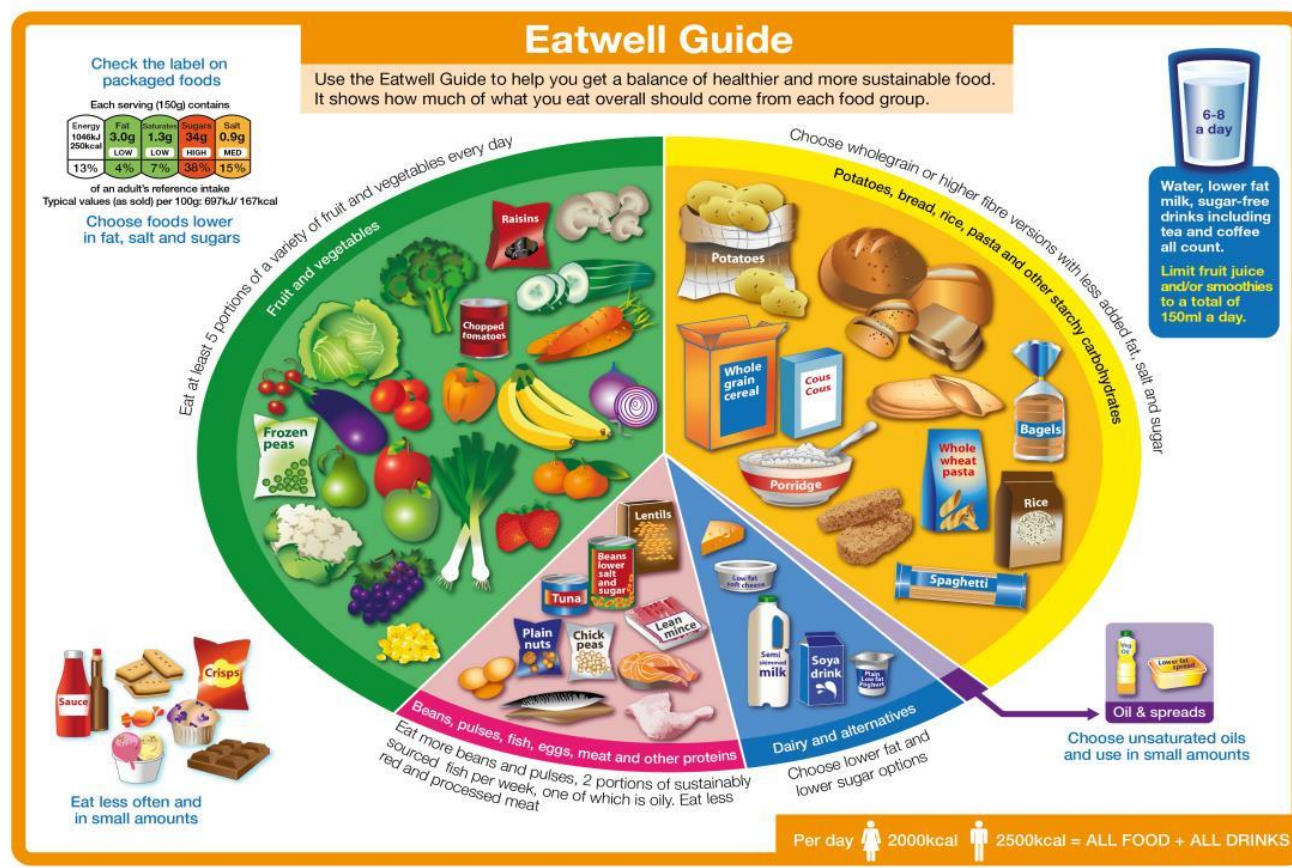
## Junk food ad ban legislation progresses to curb childhood obesity

Junk food ads to be banned from October 2025 with final details unveiled today.



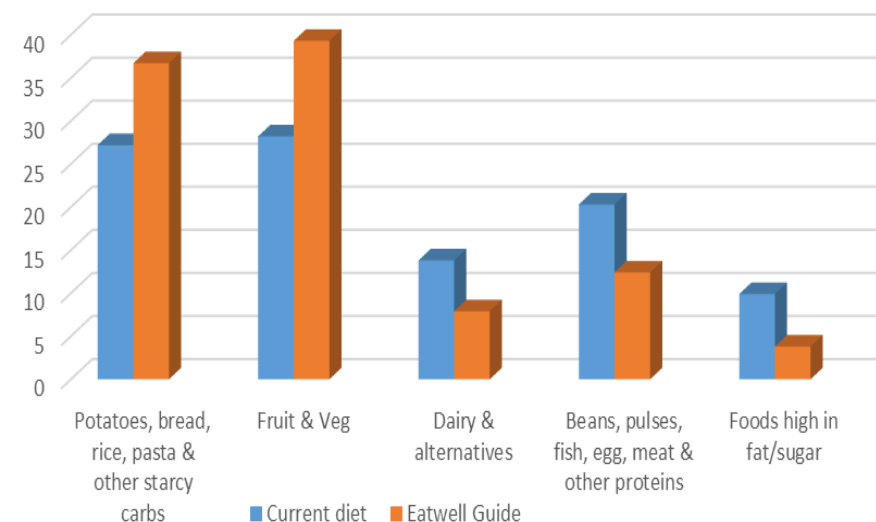


# The Eatwell Guide



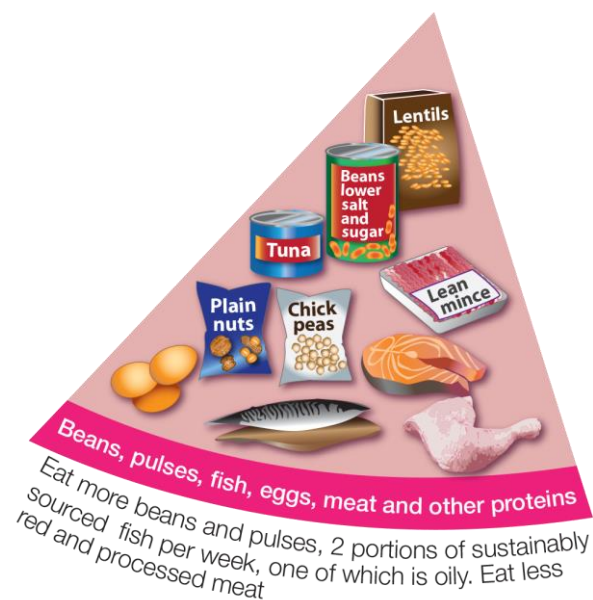
Current UK diet versus the eatwell guide scenario, using data from Scarborough et al 2016

Scarborough P et al. (2016) The Eatwell Guide: modelling the dietary and cost implications of incorporating new sugar and fibre guidelines. *BMJ Open*: 6(12)



The Eatwell Guide

# Fat



Choose unsaturated oils and use in small amounts



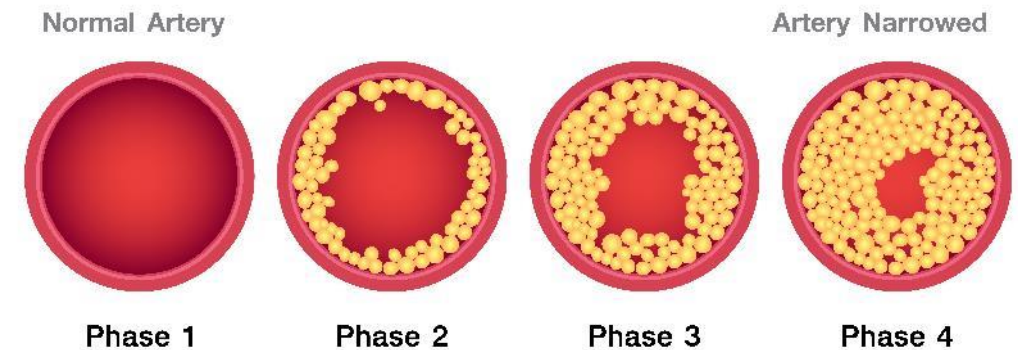


## Saturated and unsaturated fats



## Saturated fats and health

- Examples of food high in saturated fat include: Fatty cuts of meat and processed meat products, cheese, butter, coconut oil and palm oil, cakes, biscuits and pastries and chocolate.
- High intakes of saturated fat in the diet increases blood cholesterol.
- Having high blood cholesterol raises your risk of heart disease.
- **Reducing intake of saturated fat** and **replacing with unsaturated fat** reduces total cholesterol and LDL (bad) cholesterol.



**Current recommendation - swapping foods with a high proportion of saturated fats for those rich in unsaturated fats.**

## Saturated fats and health

**Current recommendation - saturated fatty acids should make up no more than 11% of food energy.**

**All age groups exceed the recommended amount**

### Top contributors to saturated fat intake (adults 19-64 years)

Meat products	24%
Cereal products	21%
Milk products	21%
Fat spreads	9%
Vegetables and potatoes	6%

## Coconut oil

- Fats and oils provide the same number of calories (9kcal/g) regardless of where they come from. This means that too much of any type of fat can encourage weight gain.
- There is very little scientific evidence to support health benefits from eating coconut oil.
- Coconut oil is very high in saturated fat (around 90%).
- Just two tablespoons of coconut oil contains more than our reference intake of around 20g saturated fat.
- There is some evidence that consuming coconut oil in place of unsaturated oils raises blood cholesterol.





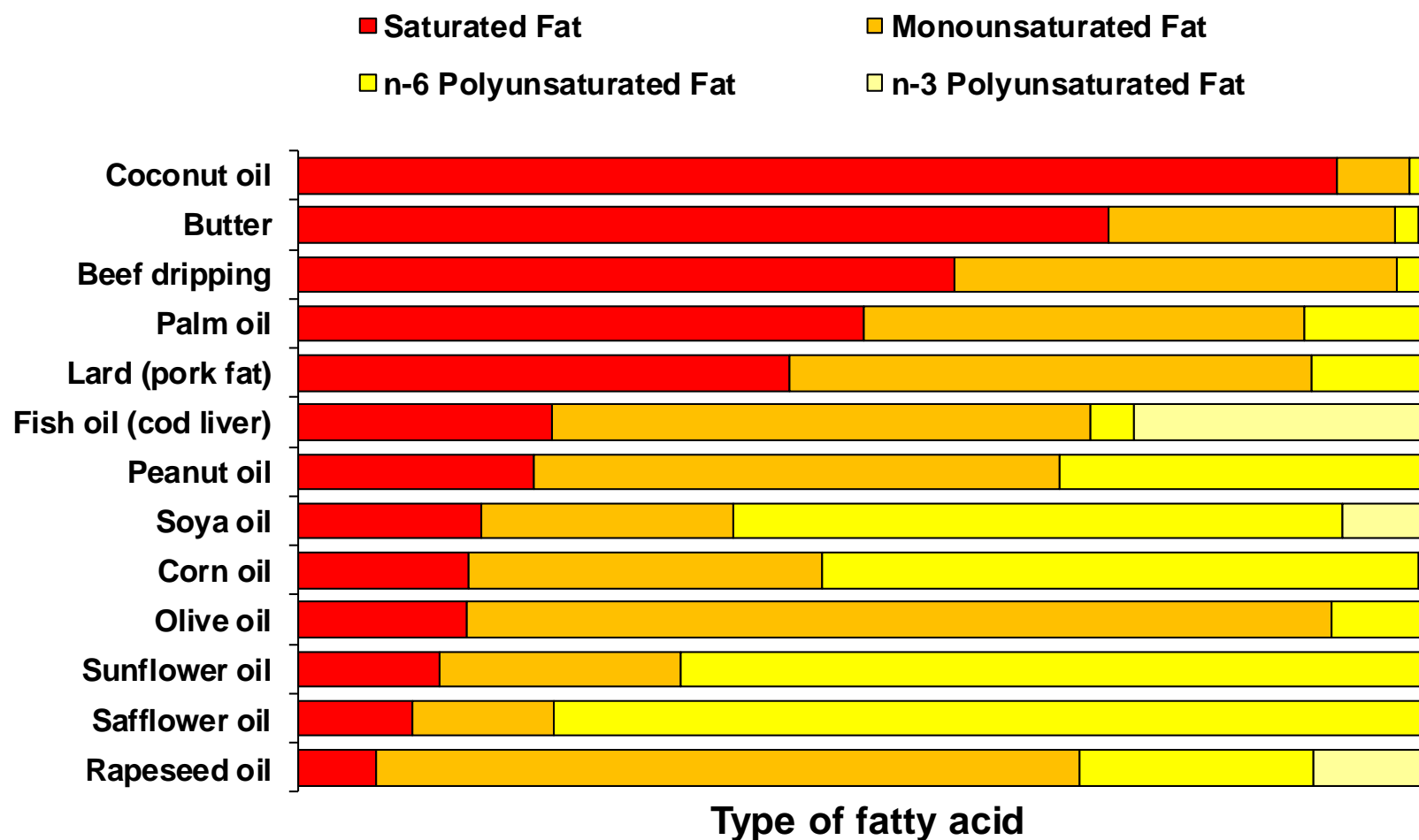
## **Robert F Kennedy Jr claims seed oils are 'poisoning' us. Here's why he's wrong**



Flaxseeds are one of a number of seeds used to produce oil for cooking. Photograph: Hans-Joachim Schneider/Alamy

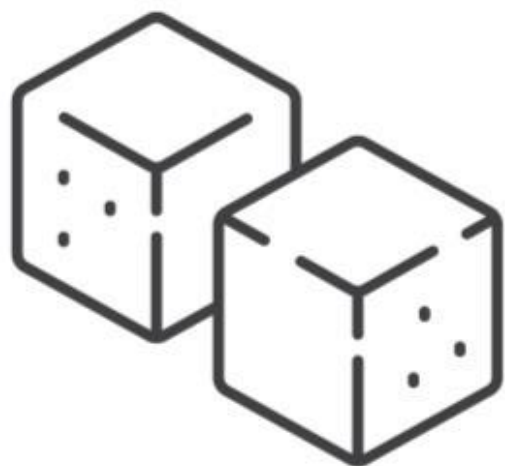


# Fatty acid composition of edible oils



Source: McCance and Widdowson's Composition of Foods

# Carbohydrate



## Free sugars

### What are free sugars?

All sugars added to foods by the manufacturer, cook or consumer, plus sugars naturally present in honey, syrups and unsweetened fruit juice.

Free sugars are the type of sugars we need to be reducing in our diets.



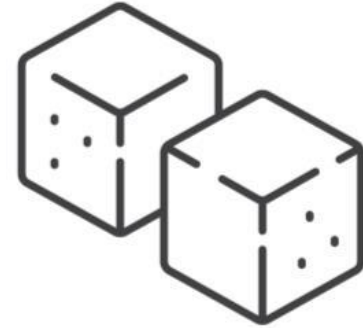
### What sugars do not count as free sugar?

Lactose (the sugar in milk) when naturally present in milk and milk products and the sugars contained within the cellular structure of foods (e.g. in fruit and vegetables).



## Free sugars

- Higher consumption of sugars and sugar containing food is associated with a greater risk of **tooth decay**.
- Increasing total energy (calorie) intake from sugars leads to an **increase in energy intake**.
- Consumption of sugars-sweetened drinks results in greater **weight gain** and increases in **BMI** in children and adolescents.
- Greater consumption of sugars-sweetened drinks is associated with increased risk of **type 2 diabetes**.



**Current recommendation – free sugars should make up no more than 5% of total energy.**

**All age groups exceed recommendation – especially 11-18s (12.3% energy)**

**Decrease in intakes seen in recent years**

## Fibre

Adults are **recommended** to eat **30g of fibre per day**.

**Current adult intake** is around **20g per day** on average.

Diets high in fibre are associated with a reduced risk of heart disease, type 2 diabetes and colorectal cancer.

It is also important for digestive health and may increase fullness.

We can consume more fibre by increasing our consumption of **wholegrains**, choosing a **high fibre breakfast cereal** and including plenty of **fruit and vegetables** and **pulses, nuts and seeds** within our diet.

### NDNS

33% adults &  
12% teens meet  
5 A DAY



## Adult weekly meal plan

What can 5% free sugars and 30g fibre look like? ✓

This menu simply shows one way of meeting the fibre and free sugar recommendations, as well other UK food and nutrient based dietary guidelines (e.g. energy, salt, saturated fat, 5 A DAY, fish) - it is not, however, the only or definitive approach. It also allows you to still have a little bit of what you fancy - in moderation!

### Monday

#### Breakfast

No added sugar muesli, semi-skimmed milk and canned peaches (in juice)

Small glass (150ml) orange juice

#### Lunch

Jacket potato with tuna mayonnaise, sweetcorn and salad

2 oatcakes, cheese and grapes

#### Evening meal

Chickpea and spinach curry (retail cooking sauce) with brown rice

#### Snacks

Guacamole and 1/2 wholemeal pitta bread

4 squares of dark chocolate

### Tuesday

#### Breakfast

2 slices wholemeal toast with peanut butter

Skinny latte

Small glass (150ml) orange juice

#### Lunch

Chicken and wholewheat pasta salad

4 dried apricots

#### Evening meal

Baked salmon, new potatoes, broccoli and kale

#### Snacks

Smoothie: skimmed milk, low fat fruit yogurt, frozen berries

2 chocolate digestives

### Wednesday

#### Breakfast

Bran flakes, semi-skimmed milk and chopped banana

Tea

#### Lunch

Cheese and chutney and salad on a wholemeal roll

1 pear

#### Evening meal

Vegetarian bean chilli with brown rice

#### Snacks

Unsalted nuts (handful) and raisins

175ml glass of red wine

### Thursday

#### Breakfast

Small can of reduced sugar baked beans on 1 slice of wholemeal toast

Skinny latte

#### Lunch

Lentil soup, ham salad sandwich with salad cream, on wholemeal bread

2 tangerines

#### Evening meal

Lean pork and pak choi stir fry with noodles

#### Snacks

Low fat plain yogurt, berries and pumpkin seeds

25g packet of plain crisps

### Friday

#### Breakfast

2 fortified wheat biscuits, semi-skimmed milk and chopped banana

Small glass (150ml) orange juice

#### Lunch

Houmous, rocket and red pepper on a wholemeal wrap

Low fat yogurt, honey and cinnamon

#### Evening meal

Fish pie, peas and green beans

#### Snacks

Plain scone with low fat spread

7 Brazil nuts

### Saturday

#### Breakfast

Scrambled eggs, grilled tomato and 2 slices of wholemeal toast

Small glass (150ml) orange juice

#### Lunch

Thin crust Margherita pizza with added vegetables and a side salad

Fruit salad

#### Evening meal

Spaghetti Bolognese with wholewheat spaghetti

#### Snacks

Flapjack slice

175ml glass of red wine

### Sunday

#### Breakfast

Porridge with dried figs and seeds

Tea

Small glass (150ml) apple juice

#### Lunch

Roast chicken, roast potatoes, peas and carrots

Homemade spiced rice pudding

#### Evening meal

Cheese and onion omelette, sweet potato wedges, green salad, lemon mayonnaise

#### Snacks

1 apple

Homemade plain popcorn

#### TO NOTE:



For analysis, it is assumed that unsaturated oils are used for cooking (rapeseed) and in salads (olive), and spreads rich in polyunsaturates are used on toast and in sandwiches.



Tea and coffee: unsweetened with semi-skimmed milk.

#### TOP TIPS:



**Drinks** - staying hydrated is important, so additional fluids will be needed! We should consume 6-8 glasses of fluid each day - water is recommended. Other options include unsweetened herbal and fruit infusions, tea/coffee with lower fat milk, or 'no-added sugar' or 'sugar-free' drinks.



**Wholegrain variety** - you could try to include a variety of options such as wholegrain breakfast cereals, wholewheat pasta, wholewheat/multigrain breads, wraps and bagels, oats, barley, rye, buckwheat and quinoa.

## THE FUN WAY TO FIBRE!

Many people don't get enough fibre. In the UK, the average daily intake of fibre for adults is about 19g. Aim for at least 30g a day.

#### Did you know?

Getting enough fibre can help reduce the risk of heart disease, type 2 diabetes and bowel cancer, and can also improve digestive health.

LOWER FIBRE CHOICE	Fibre (g)	HIGHER FIBRE CHOICE	Fibre (g)
<b>Breakfast</b> Orange juice White toast and jam	1.6	<b>Breakfast</b> Orange Wholemeal toast and peanut butter	9.4
<b>Snack</b> Low fat vanilla yogurt	0	<b>Snack</b> Low fat vanilla yogurt with strawberries	3.0
<b>Lunch</b> White spaghetti with tomato-based sauce	5.1	<b>Lunch</b> Wholewheat spaghetti with tomato-based sauce	10.6
<b>Snack</b> Cream crackers with cheese	0.8	<b>Snack</b> Rye crackers with hummus	8.5
<b>Dinner</b> Crumbed chicken breast Mashed potato Carrots	5.6	<b>Dinner</b> Crumbed chicken breast Baked potato with skin Carrots & green beans	11.0
<b>Total fibre</b> (% recommended intake)	13.1g (44%)	<b>Total fibre</b> (% recommended intake)	42.5g (142%)



For more fascinating facts about fibre visit the BNF website <https://www.nutrition.org.uk/healthy-living/basics/fibre.html>

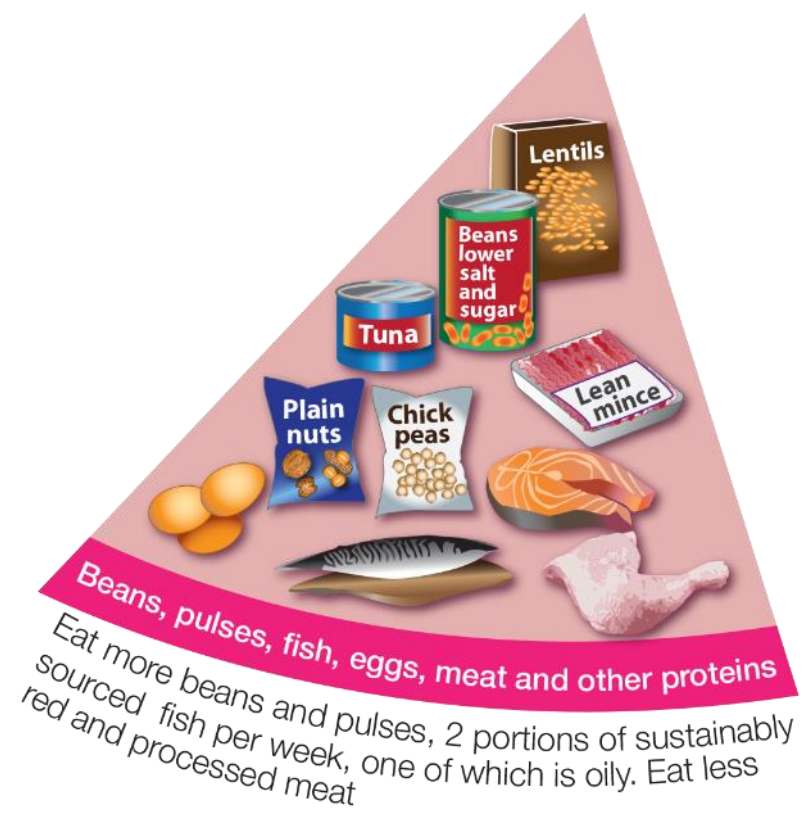
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For more information on the sources used in this resource please contact [postbox@nutrition.org.uk](mailto:postbox@nutrition.org.uk)

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FOUNDATION

Health & care  
information  
you can trust

BNF's 7-day meal plan  
The fun way to fibre!

## Plant-rich diets



## The rise of plant-rich diets

- In recent years, there has been an increase in the number of people following vegan, vegetarian and flexitarian diets.
- Plant-rich diets more generally are dietary patterns that have a greater emphasis on foods derived from plants (such as fruits and vegetables, wholegrains, pulses, nuts, seeds and oils) but plant-based diets do not have to exclude animal derived foods completely.
- This rise has been influenced by health, animal welfare, ethical and environmental concerns.





## Health benefits of plant-rich diets

- High intakes of red and processed meat are associated with increased risk of colorectal cancer.
- People who follow vegetarian, vegan or Mediterranean-style diets appear to be at lower risk of heart disease, stroke and type 2 diabetes when compared with those following less healthy dietary patterns.
- Diets that emphasise foods derived from plants tend to be higher in fruit and vegetables, wholegrains, nuts, seeds and pulses, and tend to provide higher amounts of dietary fibre, and lower amounts of saturated fat and free sugars.



## Not all plant-rich diets are equal

- A plant-rich diet can still contain high amounts of food high in saturated fat, salt and free sugars.
- This can include savoury snacks, deep fried foods, cakes, biscuits, confectionary and sweet spreads.
- A very restrictive plant-based diet that lacks variety may also not provide all the nutrients needed for health.





## What about meat, fish and dairy?

- Animal food sources, such as meat and dairy, make an important contribution to some nutrients in the UK diet.
- Vitamin B12 and vitamin D are naturally absent from most plant foods.
- Long chain omega-3 fatty acids are found in highest amounts in oily fish.
- Iodine is found in highest amounts in seafood, dairy foods and eggs.
- Iron and zinc are more easily absorbed from animal than plant foods.



## Healthy, varied and balanced diet

A healthy, varied and balanced diet includes:

- eating plenty of fruit and vegetables and wholegrains;
- trying to cut back on foods high in free sugars and salt;
- swapping foods with a high proportion of saturated fats for those rich in unsaturated fats;
- following the basic healthy eating principles as depicted in the Eatwell Guide.



Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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# *Food – a fact of life* resources

# The Eatwell Guide – guide

## Teacher information about the Eatwell Guide

**The Eatwell Guide information**



The Eatwell Guide is the UK healthy eating model. It shows the proportions in which different types of foods are needed to have a well-balanced and healthy diet. The proportions shown are representative of your food consumption over the period of a day or even a week, not necessarily each meal time.

The Eatwell Guide is based on the Government's *Eight tips for healthy eating*, which are:

1. Base your meals on starchy foods.
2. Eat lots of fruit and vegetables.
3. Eat more fish – including a portion of oily fish each week.
4. Cut down on saturated fat and sugar.
5. Try to eat less salt – no more than 6g a day for adults.
6. Get active and be a healthy weight.
7. Don't get thirsty.
8. Don't skip breakfast.

The Eatwell Guide applies to most people regardless of weight, dietary restrictions/preferences or ethnic origin. However, it doesn't apply to children under two because they have different nutritional needs. Between the ages of two and five, children should gradually move to eating the same foods as the rest of the family, in the proportions shown on the Eatwell Guide. Anyone with special dietary requirements or medical needs might want to check with a registered dietitian on how to adapt the Eatwell Guide to meet their individual needs.

Healthy eating is all about balance, meaning that there are no good or bad foods and all foods can be included in a healthy diet as long as the overall balance of foods is right. All

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**Fruits and vegetables**

Eating at least five portions of fruit and vegetables every day is recommended for health. All fruits and vegetables count towards 5 A DAY, except for potatoes. Fruits and vegetables can be fresh, canned, dried, frozen or juiced.

Fruits and vegetables are low in fat and high in fibre, so help to provide us with a range of important nutrients without exceeding our energy requirements. We need fibre in our diet to help us maintain a healthy gut.

They also contain vitamins and minerals – the main ones being vitamin C, vitamin A and folate. Some fruit and vegetables are higher in some vitamins and minerals than others, e.g. bananas are high in potassium, whereas dried apricots are high in iron. This is why it is important to eat a range of fruit and vegetables rather than having the same ones all the time.

**Top tips:**

- Choose fruit or chopped vegetables as a snack.
- Add dried or fresh fruit to breakfast cereals. (To reduce the risk of tooth decay, dried fruit is best enjoyed as part of a meal, not as a between meal snack.)
- Have a salad with sandwiches or with pizza.
- Add vegetables to casseroles and stews and fruit to desserts.
- Try to eat different fruits and vegetables every day.

**Potatoes, bread, rice, pasta and other starchy carbohydrates**

Foods from this group should make up a third of the food we eat and be included at each meal. They provide energy in the form of starchy carbohydrates. Eating more starchy foods such as bread, potatoes, rice and pasta helps to reduce the amount of fat and increase the amount of fibre in the diet. Wholegrain and higher fibre versions should be included to increase fibre intake, which helps keep the gut healthy.

Potatoes, yams, plantains and sweet potatoes fall into this group, rather than fruit and vegetables, because they contain starchy carbohydrates.

- Base your meals around foods from this group.
- Choose wholegrain or higher fibre versions of foods such as bread, pasta and breakfast cereal.
- Avoid frying or adding too much fat to these foods

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**Dairy and alternatives**

These foods provide calcium and are important in the diet for helping maintain healthy bones and teeth. These foods should be eaten in moderate amounts every day.

A serving of milk is a 200ml glass, a serving of yogurt is a small pot (150g), a serving of cheese is 30g (matchbox size). Choose lower fat and lower sugar options, such as semi-skimmed milk, low fat yogurt and reduced fat cheese.

- Choose low fat milk, i.e. semi-skimmed or skimmed milk.
- Choose low fat yogurts and reduced fat cheeses.

**Beans, pulses, fish, eggs, meat and other proteins**

These foods provide protein for growth and development and minerals such as iron, zinc and magnesium and also B vitamins. Leaner cuts of meat and lower fat versions of these foods should be eaten in moderate amounts every day.

Visible fat and skin should be trimmed from meat and poultry, and cooking methods that do not add fat should be used, e.g. grilling, baking, steaming or poaching instead of frying. This helps to reduce the amount of saturated fat in the diet.

It is recommended that fish is included in the diet at least twice a week and that at least one of these is an oily fish, e.g. salmon, trout, mackerel or sardines.

Other sources of ~~lean~~ protein include nuts, tofu, mycoprotein, textured vegetable protein (TVP), beans such as kidney beans and canned baked beans, and pulses such as lentils.

- Choose lean cuts of meat.
- Cut visible fat including skin from meat and poultry and drain away fat after cooking.
- Try to grill, poach, steam, bake or microwave meat and fish rather than frying.
- Eat two portions of fish a week, one of which should be oily.

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**Oil and spreads**

Although some fat in the diet is essential, generally we are eating too much saturated fat and need to reduce our consumption. Unsaturated fats are healthier fats that are usually from plant sources and in liquid form as oil, e.g. vegetable oil, rapeseed oil, olive oil.

Swapping to unsaturated fats will help to reduce cholesterol in the blood, therefore it is important to get most of our fat from unsaturated oils. Choosing lower fat spreads, instead of butter, is a good way to reduce your saturated fat intake.

Remember that all types of fat are high in energy and should be limited in the diet.

**Foods and drinks high in fat, salt and sugars**

This includes products such as chocolate, cakes, biscuits, full-sugar soft drinks, butter and ice-cream. These foods are not needed in the diet. If these are consumed, it should be infrequently and in small amounts.

Food and drinks high in fat and sugar contain lots of energy, particularly when you have large servings.

Check the label and avoid food which is high in fat, salt and sugar.

- Eat small quantities of these foods.
- Choose low fat or reduced sugar foods where possible.
- Use spreads and oils sparingly – opt for vegetable fats and oils.
- Try to limit consumption of sugar-containing foods and drinks between meals.
- Try not to add fat to foods when cooking.

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# The Eatwell Challenge

Interactive sorting game



Good effort!  
You scored

**14** out of 20

Here's what was placed incorrectly...

**Salmon**

This food should go in this group:  
Beans, pulses, fish, eggs, meat and other proteins

2 of 6

Print my challenge

[Eatwell challenge](#) – scroll to the bottom of the page

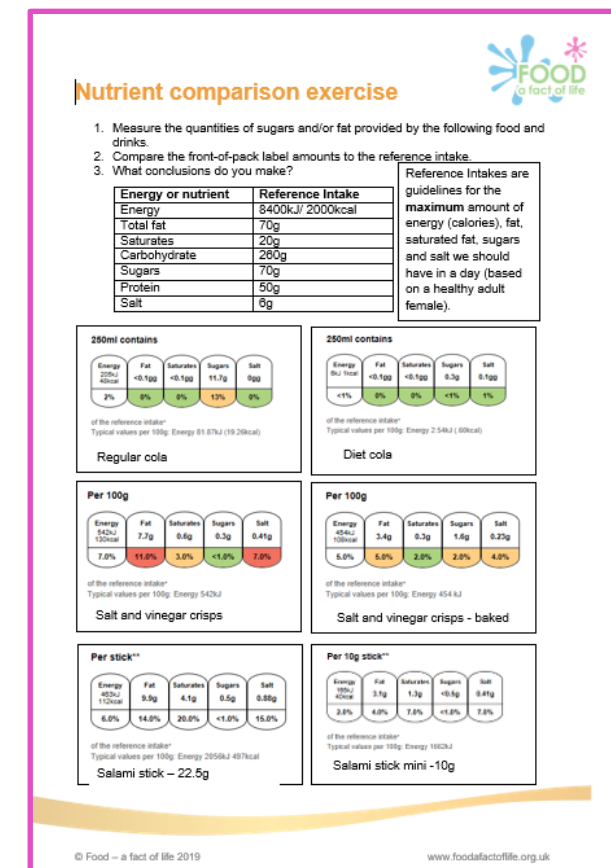
# Making your pupils think harder



# Nutrient comparison

1. Measure the quantities of sugars and/or fat provided by the food and drink.
2. Compare the front-of-pack label amounts to the reference intake.
3. What conclusions do you make?

*Teacher tip: Buy examples of each type of product and show alongside the labels provided to bring this activity to life.*



**Nutrient comparison exercise**

1. Measure the quantities of sugars and/or fat provided by the following food and drinks.
2. Compare the front-of-pack label amounts to the reference intake.
3. What conclusions do you make?

Energy or nutrient	Reference Intake
Energy	8400kJ/ 2000kcal
Total fat	70g
Saturates	20g
Carbohydrate	260g
Sugars	70g
Protein	50g
Salt	6g

Reference Intakes are guidelines for the maximum amount of energy (calories), fat, saturated fat, sugars and salt we should have in a day (based on a healthy adult female).

**250ml contains**

Energy	Fat	Saturates	Sugars	Salt
250kJ 60kcal	<0.1g	<0.1g	11.7g	0g
2%	0%	0%	17%	0%

of the reference intake\*  
Typical values per 100g: Energy 81.67kJ (19.28kcal)

Regular cola

**250ml contains**

Energy	Fat	Saturates	Sugars	Salt
0kJ 0kcal	<0.1g	<0.1g	0.5g	0.1g
<1%	0%	0%	<1%	1%

of the reference intake\*  
Typical values per 100g: Energy 2.54kJ (0.6kcal)

Diet cola

**Per 100g**

Energy	Fat	Saturates	Sugars	Salt
542kJ 129kcal	7.7g	0.6g	6.3g	0.41g
7.0%	11.0%	3.0%	<1.0%	7.0%

of the reference intake\*  
Typical values per 100g: Energy 542kJ

Salt and vinegar crisps

**Per 100g**

Energy	Fat	Saturates	Sugars	Salt
454kJ 108kcal	3.4g	0.3g	1.6g	0.23g
6.0%	5.0%	2.0%	2.0%	4.0%

of the reference intake\*  
Typical values per 100g: Energy 454kJ

Salt and vinegar crisps - baked

**Per stick\*\***

Energy	Fat	Saturates	Sugars	Salt
483kJ 116kcal	9.5g	4.1g	0.5g	0.88g
6.0%	14.0%	20.0%	<1.0%	15.0%

of the reference intake\*  
Typical values per 100g: Energy 2658kJ 637kcal

Salami stick - 22.5g

**Per 10g stick\*\***

Energy	Fat	Saturates	Sugars	Salt
483kJ 116kcal	9.5g	4.1g	0.5g	0.88g
2.8%	4.0%	7.8%	<1.0%	7.8%

of the reference intake\*  
Typical values per 100g: Energy 1003kJ

Salami stick mini - 10g

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[Examples of a few of the active learning resources that can be found on the Food – a fact of life website](http://www.foodafactoflife.org.uk)

# Estimating and weighing


- 1. Pour your usual amount of breakfast cereal into a bowl and weigh it.
- 2. How does this compare with the recommended portion size?
- 3. Pour the recommended portion size into another bowl and compare.
- 4. Discuss the difference and how this might impact nutrient intake.

## Extension task

- Complete the activity sheet.

*Teacher tip: Task the pupils to measure the amount of cereal they would eat before telling them the recommended portion size. This will result in them being more realistic about their portion sizes.*

Name: \_\_\_\_\_
Date: \_\_\_\_\_



## Estimating and weighing



Per Portion/Each 150ml serving contains:

Energy 258kJ 62kcal 3% RI	Fat g Low 0% RI	Saturates g Low 0% RI	Sugars 13.00 g Medium 14% RI	Salt g Low 0% RI
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RI = % of your daily reference intake

**Tip**  
To work out the amount of a nutrient in a portion, divide the amount of each nutrient by the portion size you are calculating. This will give you the amount per 1 gram or ml. Then you can multiply this by the total grams or ml in your portion.

**Worked example:**  
If there is 10g of sugar in 100ml of fruit juice, how much is in 150ml?  
 $10/100 = 0.1$   
 $0.1 \times 150 = 15\text{g sugar per 150ml}$

For more information about portion sizes, go to [www.nutrition.org.uk](http://www.nutrition.org.uk)

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Complete the

Folate/folic acid (µg)	

er's portion size need a calculator

Folate/folic acid (µg)	

bowl.

10.

10.

foodafactoflife.org.uk

# Eat well

1. Sort the food cards in the correct food groups of *The Eatwell Guide*.
2. Using the food cards, plan a diet for the day for yourself or others (e.g. a teenager, pregnant woman or elderly man).

Think about:

- Does the diet meet Public Health England's rule of thumb for calories to consume at main meals? If not, how could it be improved?
- What if the person was a vegetarian, a shift worker or very active? How might the diet be different?
- Does the diet meet the guidelines other than energy, e.g. 5 A DAY, enough fluids)?


*Teacher tip: This task could be differentiated through the choice of food cards used, leaving the composite food cards, such as a cottage pie or pasta salad, until the pupils are confident with the different food groups.*



# Nutrient treasure hunt

1. In groups of two or three, use your treasure hunting skills (around the room) and nutrition knowledge to fill in the gaps.




*Teacher tip: Print one set of the cards and display them around the classroom. Print an answer sheet per group and task the pupils to complete the sheet using the information on the cards around the room.*



Calcium is important for the formation and maintenance of strong bones and teeth, as well as the functioning of nerves and muscles. It is also involved in blood clotting.

### Nutrient treasure hunt

The table below is partially completed. Use your treasure hunting skills (around the room) and nutrition knowledge to fill in the gaps.

Nutrient	Function	Product or source	Nutrient content per 100g	Fortified? (y/n/na)	Comment – use feedback for UK only (optional, but not!)
					
Vitamin C					
					
					
	Helps to release energy from carbohydrates. It is also involved in the nervous system and the heart.				
Iodine					

\*Some defined nutrients have a UK Reference Nutrient Intake (RNI)

Vitamin C is an antioxidant which is responsible for the normal structure and functioning of body tissues. It also helps the body to absorb iron from non-meat sources such as vegetables, as well as assisting the healing process.

Nutrient treasure hunt [cards](#) and [answer sheet](#)



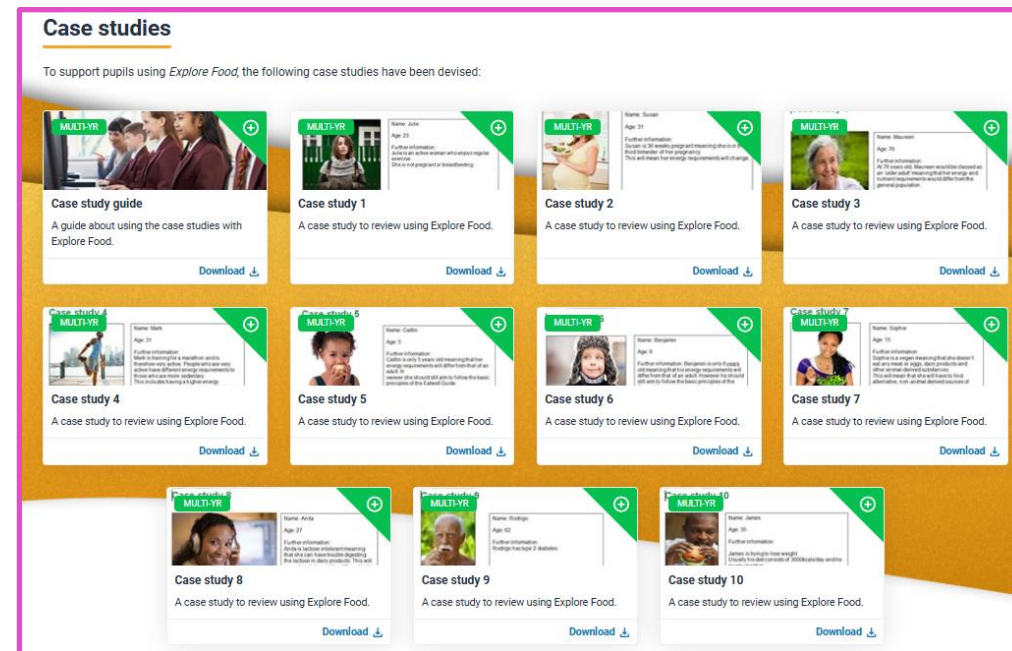
# Case studies

- Case studies encourage pupils to put themselves in the shoes of a real-world issue or problem.
- Discussion and problem solving can increase pupil engagement, critical analysis and reflection.

*Teacher tip: The case study sheets should be printed and given out to each pupil, one case study each. This allows each pupil to focus on the chosen individual's needs. Once completed, the case studies can then be discussed with the class allowing each pupil to discuss the requirements in each of the individuals.*

**Case studies**

To support pupils using *Explore Food*, the following case studies have been devised:



The screenshot displays a collection of 10 case study cards, each featuring a photograph of an individual and a brief description of their health condition. The cards are organized into a grid, with each card having a 'Download' link at the bottom. The cases include:

- Case study guide:** A guide about using the case studies with *Explore Food*.
- Case study 1:** A case study to review using *Explore Food*.
- Case study 2:** A case study to review using *Explore Food*.
- Case study 3:** A case study to review using *Explore Food*.
- Case study 4:** A case study to review using *Explore Food*.
- Case study 5:** A case study to review using *Explore Food*.
- Case study 6:** A case study to review using *Explore Food*.
- Case study 7:** A case study to review using *Explore Food*.
- Case study 8:** A case study to review using *Explore Food*.
- Case study 9:** A case study to review using *Explore Food*.
- Case study 10:** A case study to review using *Explore Food*.

<https://www.foodafactoflife.org.uk/11-14-years/nutritional-analysis-11-14-years/>

# Food – a fact of life resources

[Healthy eating – 11-14 years](#)

[Healthy eating – 14-16 years](#)

[Food route 11-14 years and 14-16 years](#)

[Fibre February activity pack](#)

[Quizzes 11-14 years and 14-16 years](#)

[Challenge-based activities 11-14 years and 14-16 years](#)

[Sustainable healthy food resources](#)



**Sustainable healthy diets pick and mix**  
Try these sustainable healthy diets activities from this pick and mix selection!

<p>Research and compare three different protein sources (e.g. lentils, tofu, chickpeas, meat, poultry, fish) in terms of nutritional value (protein, vitamins, etc.) and environmental impact.</p> <p>Give five examples of dishes where they can be used.</p> <p>Make, taste and evaluate a dish made with one of the protein sources.</p> <p>Create a short video (1-3 minutes) explaining why good food hygiene is essential in sustainable food production. Include the risks of poor hygiene and how good hygiene protects consumers and supports sustainable practices.</p> <p>Extra challenge: Include one example of a foodborne illness outbreak caused by poor hygiene practices and how it impacted the environment or the food industry.</p>	<p>Interview a family member and reflect on your own family's food traditions.</p> <p>Identify one traditional food practice (e.g. family meals, preserving food or growing ingredients) and suggest three ways to make it more sustainable.</p> <p>Extra challenge: Make a sustainable version of your favourite snack.</p> <p>Research a person, chef, company, or organisation focused on sustainable or ethical food practices.</p> <p>Create a hero profile based on your research. Describe the actions they are taking for a more sustainable food system. Reflect on why your chosen 'hero' is inspiring and how their work makes a difference.</p>	<p>Choose three packaged snacks you usually eat and research their ingredients and sources, and the amount and type of packaging. Suggest an eco-friendly alternative you could choose, explaining why it is more sustainable.</p> <p>Extra challenge: Make a sustainable version of your favourite snack.</p> <p>Research why eating 5 A DAY is recommended.</p> <p>Explain why it's important to choose sustainable fruit and vegetables, including at least three tips for how to make more sustainable choices.</p> <p>Create a one-day plan showing how you can eat five portions of fruit and vegetables sustainably. For each portion, explain why it is a sustainable choice.</p>	<p>Plan a balanced, sustainable meal for your family, considering factors like protein sources, seasonal produce, and minimal food packaging.</p> <p>Calculate the approximate cost of the meal. Is it 'budget-friendly' (around £1 per person is often considered 'budget-friendly')?</p> <p>Are there any changes you could make to reduce the cost?</p> <p>We should eat two portions of fish a week.</p> <p>Research five types of seafood commonly eaten in the UK.</p> <p>Find out if they are sustainably sourced identifying any certifications or labels that indicate they are sustainable.</p> <p>Explain how certifications help protect fish stocks and marine environments.</p>
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# Further information

## NHS The Eatwell Guide:

<https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>

## Food Standards Scotland (FSS):

<https://www.foodstandards.gov.scot/consumers/healthy-eating>

## Food Standards Agency (FSA) NI:

<https://www.food.gov.uk/business-guidance/the-eatwell-guide-and-resources>

## British Nutrition Foundation:

<https://www.nutrition.org.uk/>



# Keep up to date with our free resources and training

## Education News (monthly email update)

Sign up on the homepage:

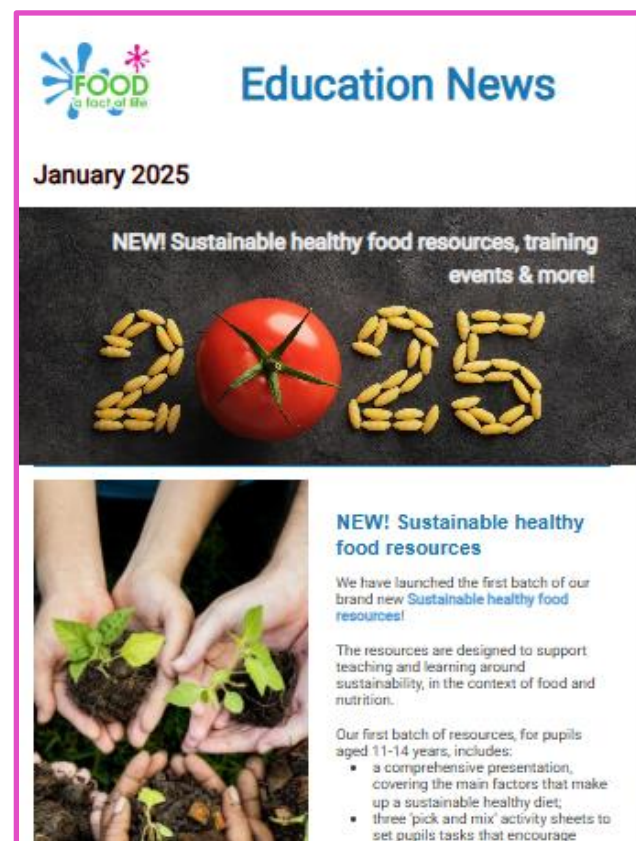
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<https://x.com/foodafactoflife>

Keep in touch:

[education@nutrition.org.uk](mailto:education@nutrition.org.uk)





# Snack-tember 2025

**Date:** September 2025 – all month!

**Aim:** to help children and young people choose healthier, more sustainable snacks

**Audience:** pupils aged 5 -16 years

**Digital resources:**

- Activity ideas
  - Recipes
  - Posters
- ...and more!



**Register now!**

<https://www.nutrition.org.uk/snack-tember-2025/>



# Thank you

Please complete the evaluation for this webinar.



We will also put a link to the evaluation in the chat box and will send an email with the link in the morning. Please download the certificate, add your name and print it out for your records.

# The Eatwell Guide – an in-depth look at healthy eating and nutrition



For further information, go to:  
[www.foodafactoflife.org.uk](http://www.foodafactoflife.org.uk)