

PART 3: HEALTHY LIFESTYLES

Let's explore what foods are high in fibre, then design a meal with those foods!

Part 1: Can you circle all the foods below that are high in fibre, which can help support a healthy digestive system.

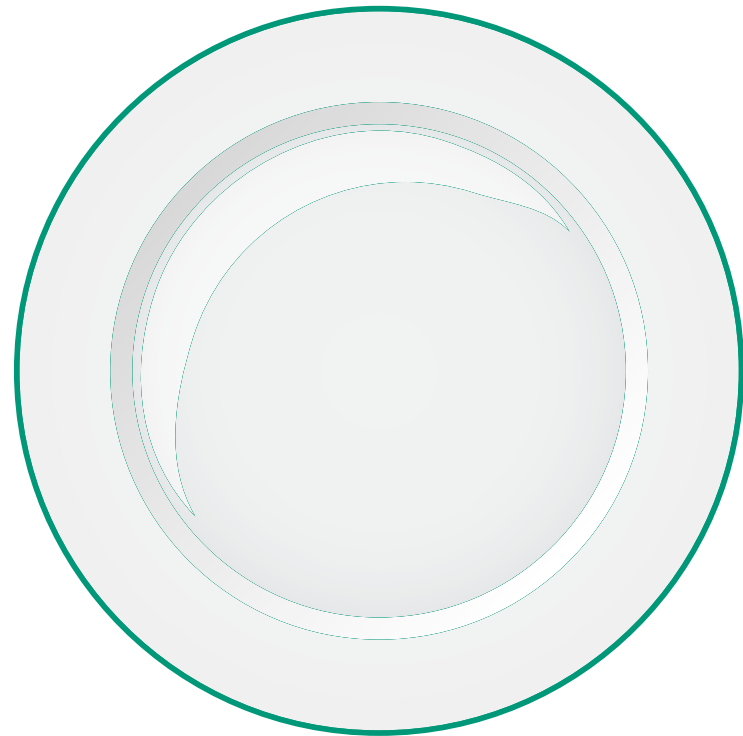


Part 2: Do you know what food group these foods are in on the Eatwell Guide?

Word bank: carbohydrate, protein, fats, fruits and vegetables

Part 3: Can you draw a meal which uses at least two of the high fibre foods that you circled in Part 1? Then describe how your meal can support your digestive system.

My meal is _____



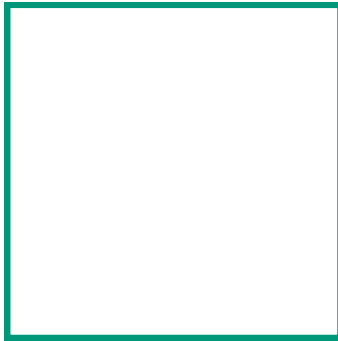
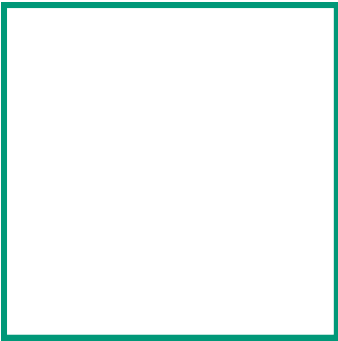
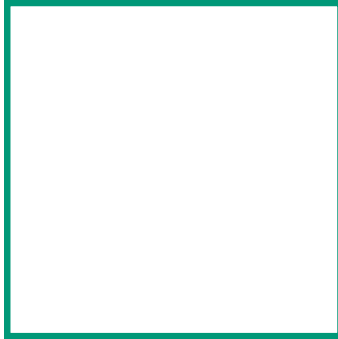
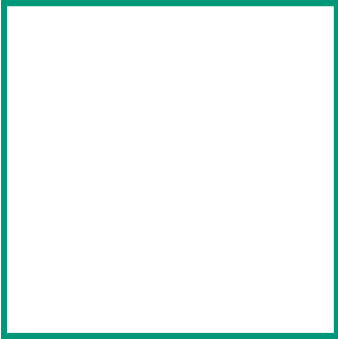
Word bank: Fibre, carbohydrate, vegetable, fruit, energy, fuel



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Let's explore what foods are high in fibre, then design a meal with those foods!

Part 1: Can you draw four different foods that are high in fibre.

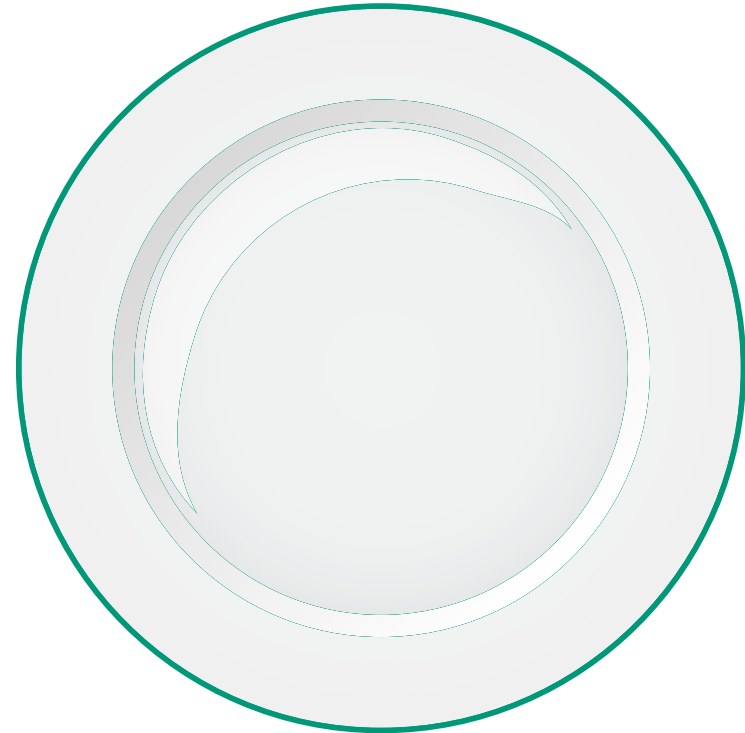


Part 2: Do you know what food group these foods are in on the Eatwell Guide?

Word bank: carbohydrate, protein, fat, fruits and vegetables

Part 2: Can you draw a meal which uses two of the high fibre foods that you drew in Part 1? Then describe how your meal can support your digestive system.

My meal is _____



Word bank: Fibre, carbohydrate, vegetable, fruit, energy, fuel

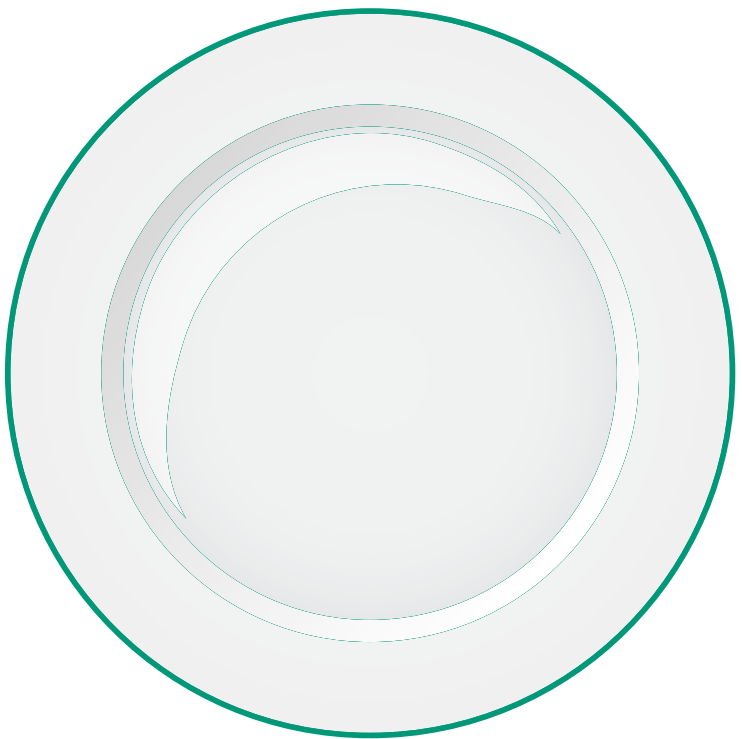
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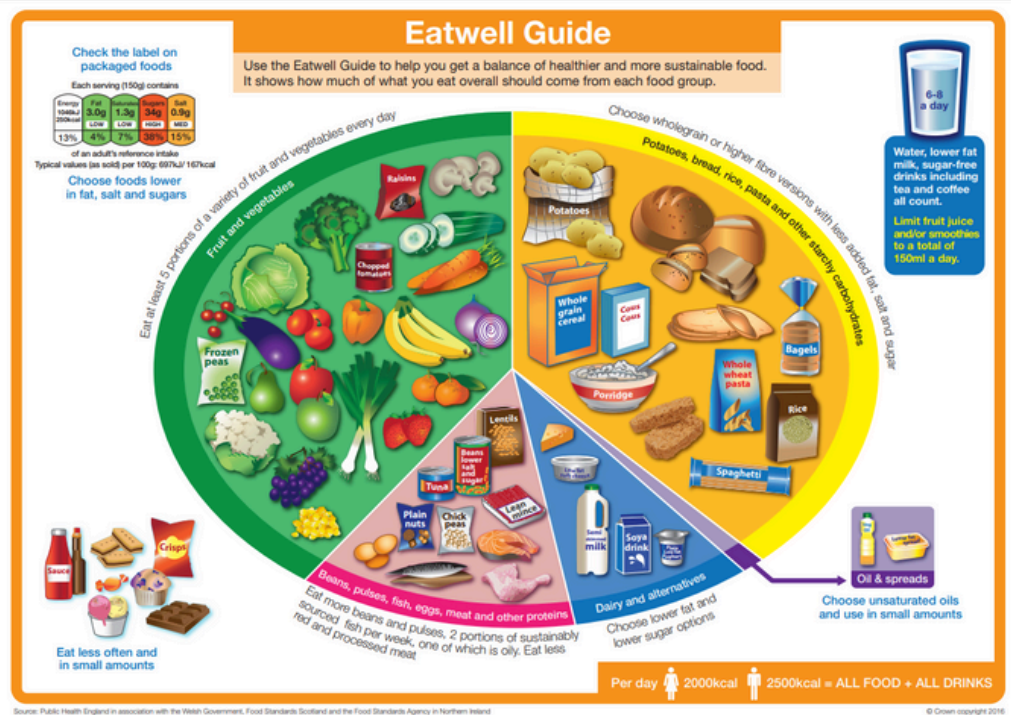
Let's explore what foods are high in fibre, then design a meal with those foods!

Part 1: We have learnt from the videos that high fibre foods are good for our digestive system. Below is a picture of the Eatwell guide, which show us a healthy balanced diet, can you identify the groups on the Eatwell guide that contain foods with fibre.

Part 2: Can you draw a meal which some of the high fibre foods that you identified in the Eatwell guide? Then describe how your meal can support your digestive system.

My meal is _____





Word bank: carbohydrate, protein, fats, fruits and vegetables

Word bank: Fibre, carbohydrate, vegetable, fruit, energy, fuel