

Primary 4.3

Healthy Diet Nutrition



A ten year old boy needs to lose weight. Create a healthy diet menu for him and write down any activities that would be beneficial for him. Think of foods he may not be able to eat.



Students' drafts

Breakfast

Milk with honey
Banana and apple

Lunch

Meat, vegetables, potatoes, bread, fruit

Snack

Sandwich with cheese

Dinner

Yogurt with honey

THIS IS A HEALTHY MEAL

Breakfast MILK + BROWN BREAD, EGGS

SNACK BANANA, ORANGE, APPLE, STRAWBERRY, MANGO

LUNCH MEAT CARROTS, FISH + TOMATO, VEGETABLE

SNACK BROWN BREAD, CHEESE, FRUIT

DINNER SACAD + EGGS, CARROTS

Lunch

Food	Consumption Level
salad	High
chicken	Medium
chocolate	Low
fish	High
beans	High

MY MENU

Food	Frequency
salad	all the week
chicken	3 times a week
fish	3 times a week
bread	3 times a week
chocolate	1 time a week
apples	4 times a week
vegetables	5 times a week
pizza	1 time a week
sweets	1 time a week

Dimitris Delapas

salad	100%
chicken	80,1%
chocolate	30%
fish	80,3%
beans	80%

DIMITRIS
ALEX
MARIS-THODAL
CPA

Dear Stephanos

These are some examples which may can help you. Let you have to try a some such as (salad/banana) and (pumpkin) and you can use for breakfast (eggs) with milk, orange, fruit and yogurt. Salad is a menu which is can help you.

breakfast → milk, bread, to be healthy
 lunch → carrot, lettuce, potato, tomato, to make energy
 lunch → salad, to be good in sleep with fish and chicken → to be healthy
 snack → yogurt, orange, juice and banana
 dinner → very salad and chicken

BE!

HEALTHY

Group 1 – choice of activities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
gym	swimming	football	basketball	roller-skating	football	jogging
running	walking	volleyball	tennis	skateboard	basketball	swimming
skateboard	push-ups	running	swimming	gym	push-ups	roller-skating
football	volleyball	gym	push-ups	walking	tennis	volleyball
basketball	roller-skating	tennis	skateboard	volleyball	running	tennis



Group 1 - menu

You are allowed to eat a small piece of chocolate every day if you like.

Cereal with skimmed milk
Or
Toast with a glass of orange juice

salad/vegetables
+ meat/fish +
boiled potatoes/rice

Yogurt or some bread and cheese

If you are allergic to fruit or vegetables substitute it to something different from that group.

Remember to always eat fruit, nuts and vegetables!!



Group 2 – choice of activities



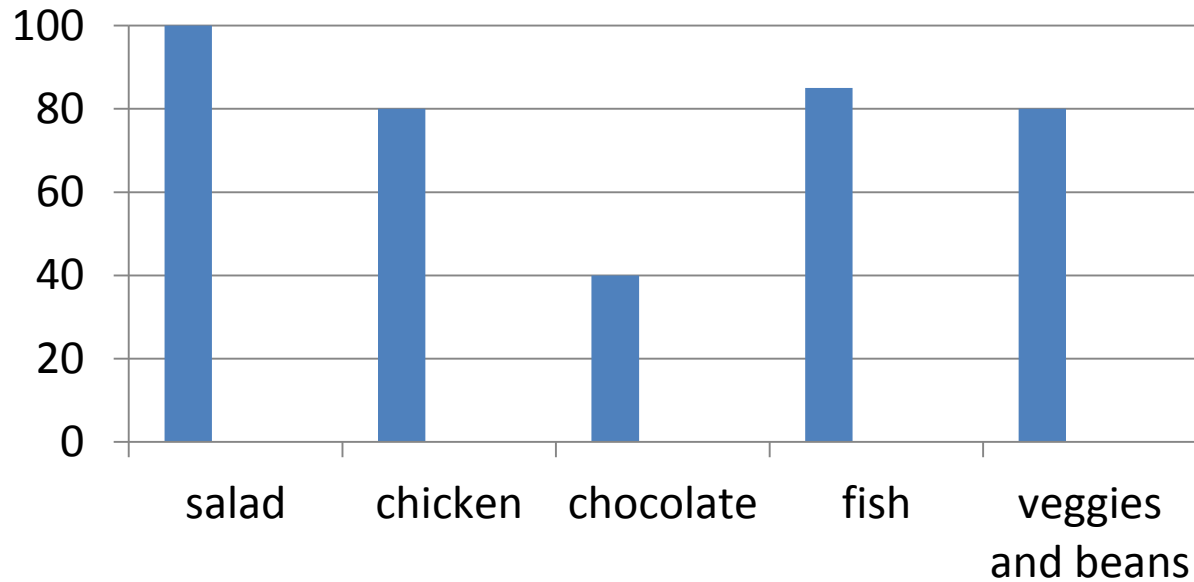
On Fridays:
swimming

On Wednesdays: running

On Mondays: cycling



Group 2 - menu




When he goes out with friends he can choose:

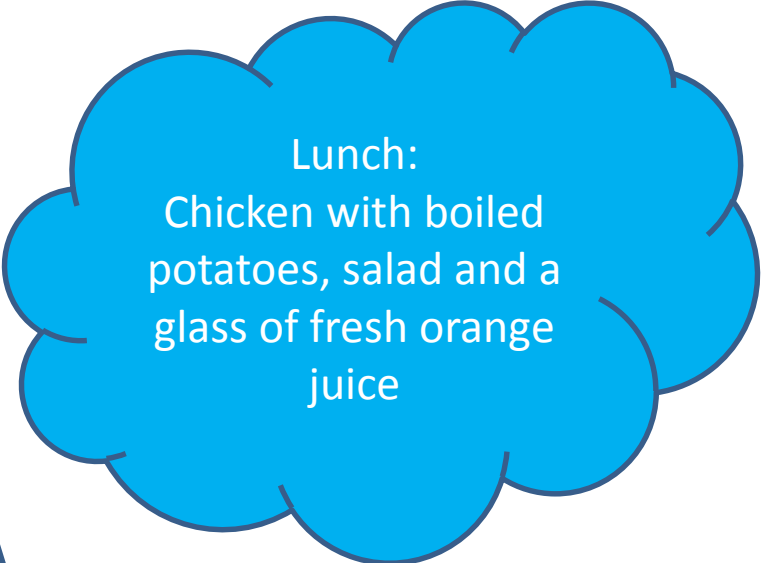
popcorn	30 gr
orange juice	200 ml
pizza	2 slices
pasta	1 small portion
chips	30 gr



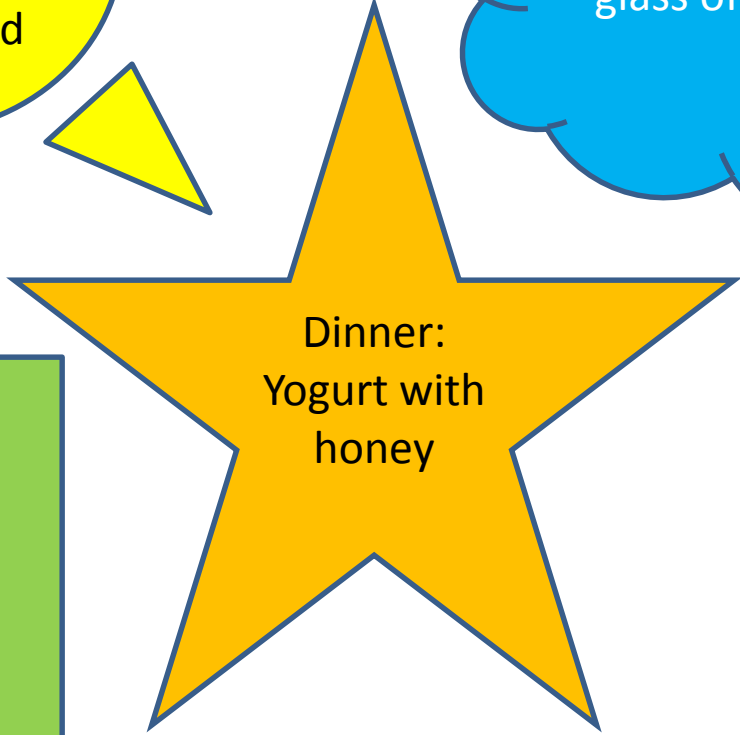
Group 3 – menu and activities



Breakfast:
Milk with a
slice of
bread, a
banana and
an apple




Lunch:
Chicken with boiled
potatoes, salad and a
glass of fresh orange
juice



Dinner:
Yogurt with
honey



Snack:
Tomato,
cheese and
lettuce
sandwich



Activities:
•running
•swimming
•basketball
•football



Group 4 – menu and activities



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
breakfast: toast	cereal and milk	fruit salad	cereal and orange juice	bread and honey	pancakes with honey	toast and milk
lunch: pasta with tomatoes	salad and chicken	pasta	salad and fish	meat with rice	chicken soup	fish soup
dinner: salad	fruit	salmon	apple pie	broccoli and potatoes	pasta	chicken and vegetables
activity: running 30 minutes	60 min walking	rest	30 min swimming	rest	30 min cycling	60 min basketball

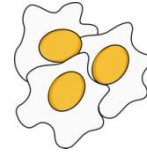


You did it! You lost 3 pounds!!!



Group 5 – menu and activities

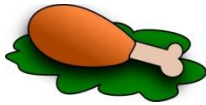
A balanced diet menu



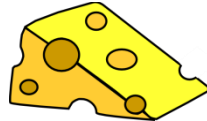
BREAKFAST: milk or brown bread and eggs



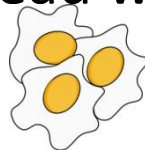
SNACK: banana or orange or apple or strawberries or mango



LUNCH: meat or fish with carrots or tomatoes or vegetables



SNACK: brown bread with cheese and fruit



DINNER: salad or eggs or cereal with milk



ACTIVITIES: running, swimming or football

Group 6 – menu and activities

Dear Stephanos,

Here are some activities which can help you lose weight. First, you have to try a sport such as football, basketball and swimming.

Here is a menu which can help you:

Breakfast → milk and fruit... to be healthy

Snack → carrots, apples, pears or toast... to get energy

Lunch → salad, fish, lentils or soup with rice and chicken...to be healthy

Dinner → tea, salad and cheese

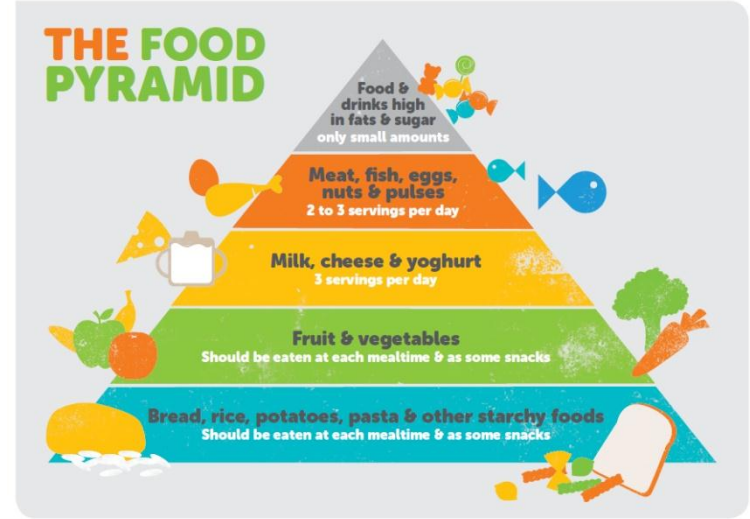
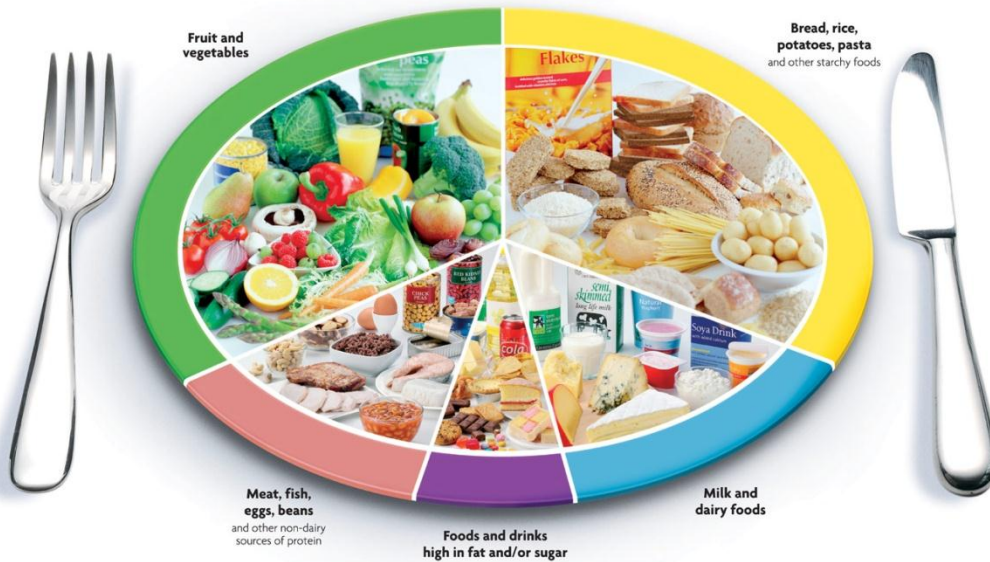


A healthy and balanced diet

Final ideas

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



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