

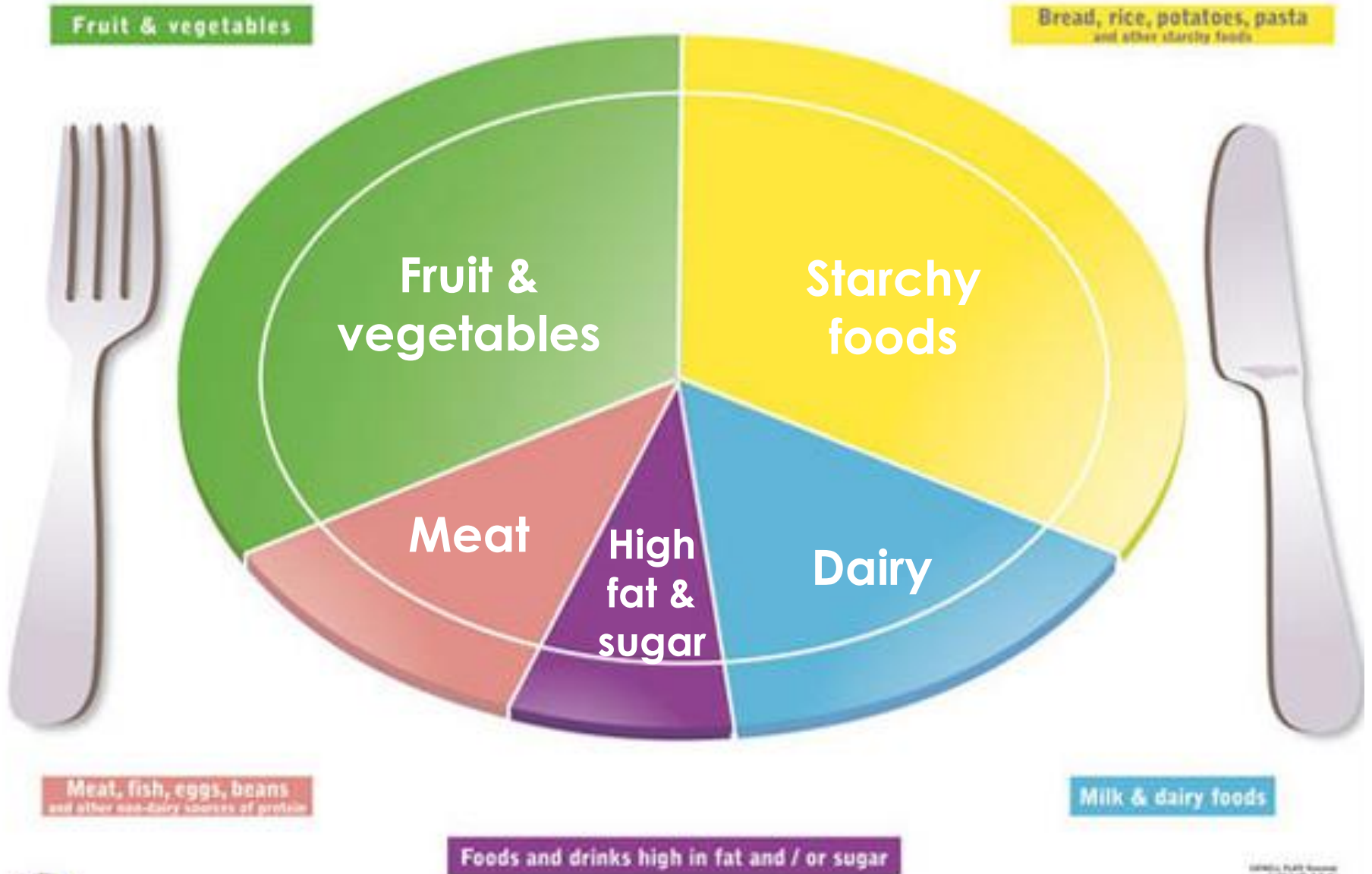
Healthy eating assembly



Like a car, our bodies
need the right fuel? Why?

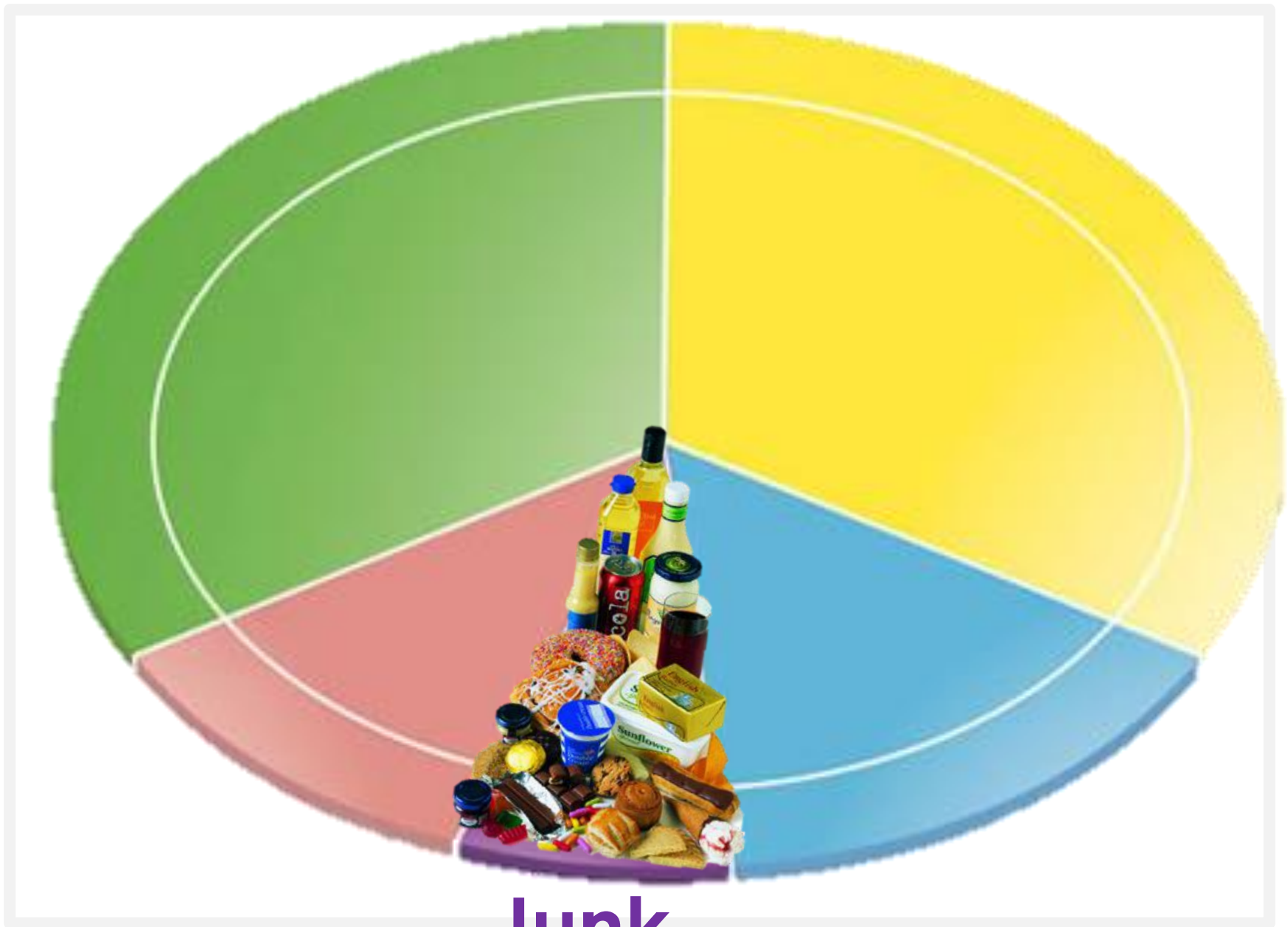


the eatwell plate



Fruit & vegetables





Junk

What happens if we eat junk all the time?



**No
energy
to play**

**Dull skin
and hair**

Bad mood

Poor concentration

Weak teeth

Broken sleep

Get sick

A healthy lunch in 5 steps:

1.



2.



3.



4.



5.



Let's play a game!

Guess how many teaspoons of fat and sugar are in each lunchbox?



HOW MANY TEASPOONS OF FAT AND SUGAR ARE IN THIS LUNCHBOX?





35

19

HOW MANY TEASPOONS OF FAT AND SUGAR ARE IN THIS LUNCHBOX?





2



1



19
teaspoons



How

kids

133

teaspoons

to

make

How can you eat less sugar?



Choose one sugar swap



Drink



Snack



Cereal



Pudding

New packed lunch rules



To score a...
GREEN TOKEN YOUR PACKED LUNCH OR SCHOOL MEAL MUST HAVE:

1

Fresh fruit



+

2

Salad or vegetables



3

NONE of these foods:



GAME SHOW

The logo for 'GAME SHOW' is presented in a 3D, blocky style. The word 'GAME' is on the top line, with the 'G' in a red block and 'AME' in black blocks with white letters. The word 'SHOW' is on the bottom line, with 'S', 'H', and 'W' in black blocks with white letters. The 'O' is replaced by a 3D sphere with a green and yellow spiral pattern. The letters have a slight shadow, giving them a floating appearance against a background of vertical green and blue stripes.

**How many serves of fruit
and vegetables do we
need everyday?**



**How many glasses of water
do we need every day?**



**Why is it important to eat
fruit and vegetables?**

**Name TWO foods from
the dairy group**

**On average, how many
teaspoons of sugar do
kids have in a week?**

THE END

Thank you for watching the show.