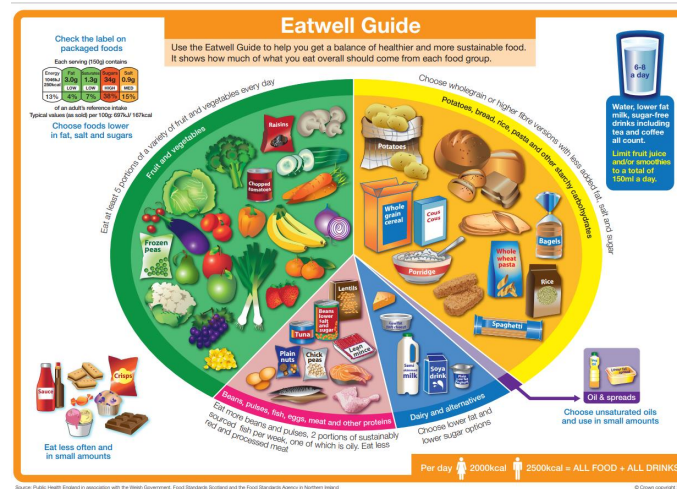


# Eatwell Guide Webinar



Niki Andrews & Lydia Murphy October 2025



# Eatwell Project Introduction

- ▶ **Niki Andrews-** Eatwell Project Lead
- ▶ **Lydia Murphy-** Eatwell Assistant
- ▶ **The Eatwell Project**
- ▶ Since 2016 The Eatwell project has been part of Let's Dine which delivers school lunches to most of the primary and special schools and some secondary schools in the borough of Telford & Wrekin. The Eatwell project not only supports schools but the community as well, this is funded by Family Hubs.

# Eatwell Guide Webinar- Aim and Objectives

## **Aim:**

- ▶ This session will upskill your knowledge of the Eatwell guide to support your delivery of these topics within the curriculum and signpost you to resources that can also support your curriculum delivery.

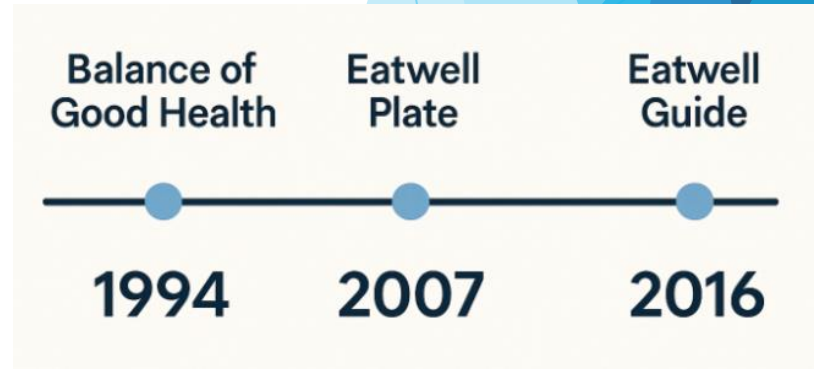
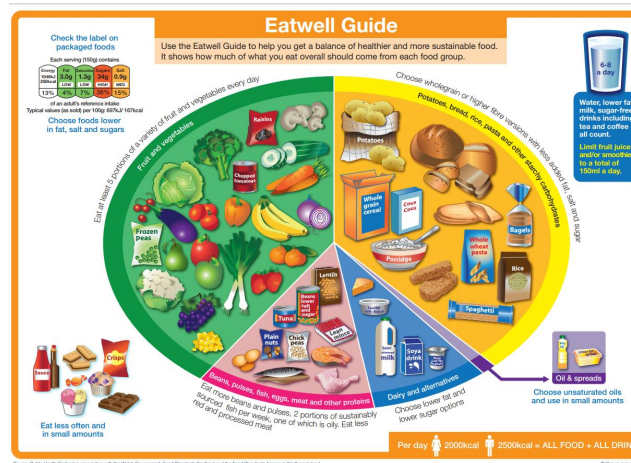
## **Objectives:**

- ▶ Have a clear understanding of the Eatwell guide.
- ▶ Increase confidence to deliver to children.

**This Eatwell Guide Webinar covers a wide range of information which can be adapted to your different age ranges.**

# The Eatwell Guide

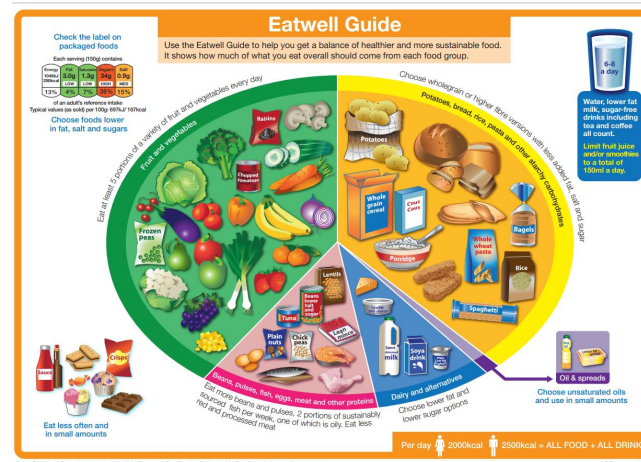
- ▶ The Eatwell Guide was launched in March 2016 by Public Health England (PHE), replacing the Eatwell Plate as the UK's Healthy Eating Tool in all four countries in the UK.
- ▶ It's a policy tool used to define government recommendations on achieving a balanced diet and healthy eating.
- ▶ The guide illustrates healthy eating by explaining the different types of foods and drinks and the proportions in which they should be consumed to have healthy, balanced diet.
- ▶ The proportions shown are representative of your food consumed over a period of a day or even a week, not necessarily at each individual meal.



Sources: (PHE, Gov.uk, NHS).

# The Eatwell Guide

- ▶ The Eatwell Guide is for most people - whether you're a healthy weight or overweight, vegetarian, vegan, or meat-eater and any ethnic origin.
- ▶ Link to varied Eatwell Guides: <https://healthytelford.com/2024/07/23/the-varied-eatwell-plates/>
- ▶ People with medical or dietary needs might want to check with a registered dietitian or GP, to see whether any adaptations are required to meet their individual needs.
- ▶ Children under 2 have different nutritional needs - The Eatwell Guide does not apply.
- ▶ From age 2 to 5, children should gradually transition to eating the same foods as the family, following the Eatwell Guide proportions.



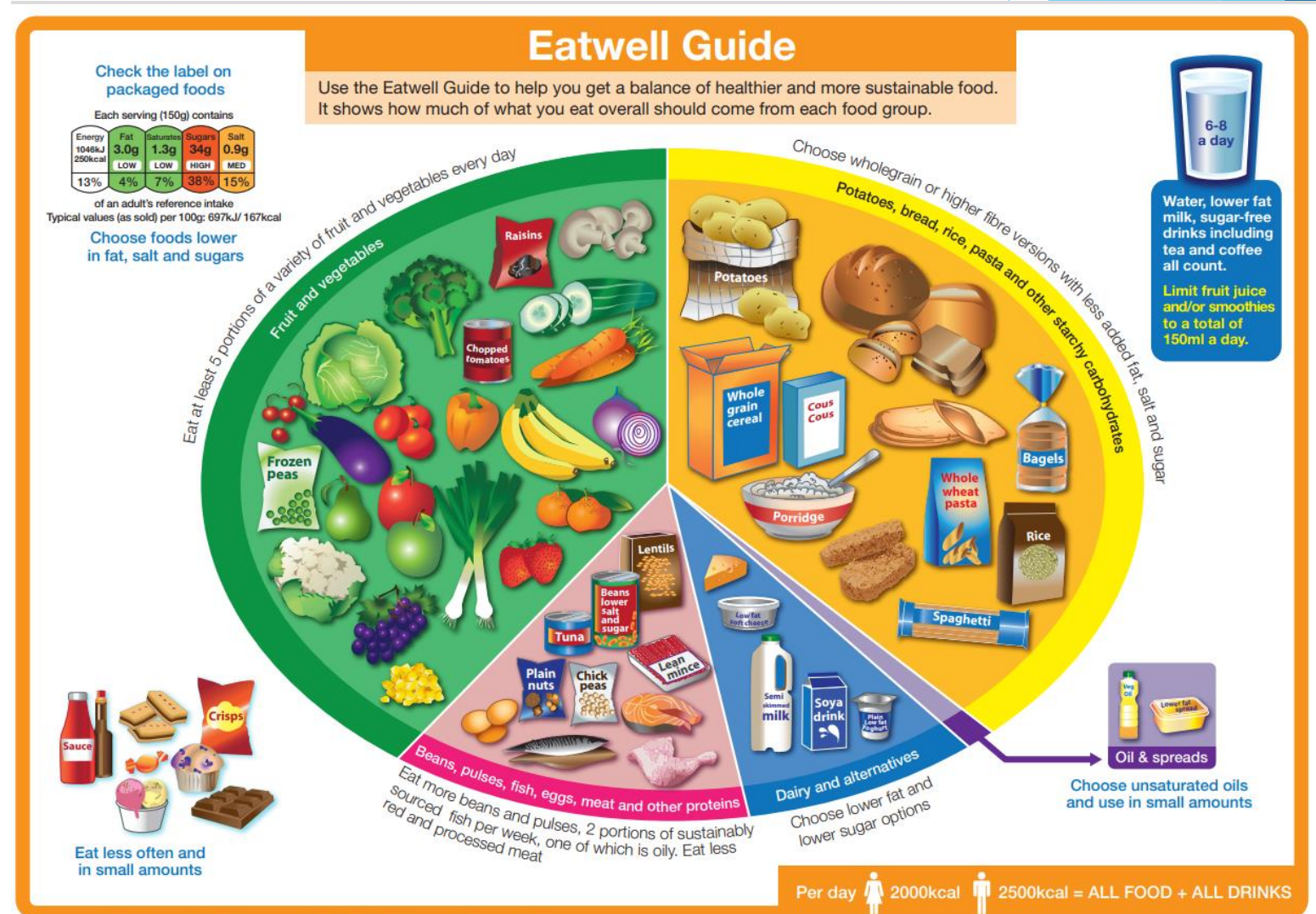
Sources: (PHE, Gov.uk, NHS).

# The Eatwell Guide

There are five different food groups:

- ▶ Fruit and Vegetables
- ▶ Carbohydrates
- ▶ Proteins
- ▶ Dairy and Dairy alternatives
- ▶ Oils and Spreads

Source: (PHE)



# The Eatwell Guide- Fruit and Vegetables

## Fruit and Vegetables



- ▶ Most of us still are not eating enough fruit and vegetables. They should make up just over a third of the food we eat each day.
- ▶ Aim to eat at least 5 portions of a variety of different coloured fruit and vegetables each day - 'Eating a rainbow'. Different colours contain different nutrients.
- ▶ Choose from fresh, frozen, tinned, dried, or juiced (in natural juice).
- ▶ Fruit and vegetables are a good source of vitamins, minerals and fibre. Fibre can help digestion and prevent constipation.
- ▶ Remember that fruit juices and smoothies should be limited to no more than a combined total of 150ml a day as they contain free sugars because the fruit has been puréed or juiced, so it can damage your teeth.
- ▶ Fruit and vegetables can help to reduce your risk of heart disease, stroke and some cancers.
- ▶ They can help control your weight as they are low in calories. Eating plenty can help you feel fuller.
- ▶ Beans and pulses count as one of your 5 a day, but only 1 portion counts per day.

Sources: (NHS, BNF).

# The Eatwell Guide- **Fruit and Vegetables**

## How much is a portion?

The amount that children should eat depends on their size and age. A rough guide for a portion of fruit and vegetables is the amount that they can fit into the palm of their hand.

- ▶ Dried fruit such as raisins, sultanas etc:  $\frac{1}{2}$  -1 tablespoon
- ▶ Apricots, dates, prunes etc: 1-3
- ▶ Consume at mealtime only as they can stick to your teeth



# The Eatwell Guide- Carbohydrates

## Carbohydrates



- ▶ Base meals on potatoes, bread, rice, pasta, plantain and yams, or other starchy carbohydrates.
- ▶ Starchy foods should make up just over a third of food we eat.
- ▶ Starchy foods are a good source of energy and the main source of a range of nutrients in our diet.
- ▶ Some people think starchy foods are high in calories, but gram for gram they contain fewer than half the calories of fat.
- ▶ Choose higher fibre or wholegrain varieties, such as wholewheat pasta and brown rice, or simply leave the skin on potatoes. Fibre can help keep your bowels healthy by helping digestion and preventing constipation. It can help you feel fuller for longer.
- ▶ Just watch out for the added fats when you cook or serve them, because this will increase the calorie content.

Sources: (NHS, BNF).

# The Eatwell Guide- Protein

## Protein



- ▶ Protein helps our body to grow & develop, particularly children, teenagers and pregnant women. It also helps us to repair and maintain our bones, muscles, cartilage and skin.
- ▶ This group includes beans, pulses, fish, eggs, nuts, meat & meat alternatives.
- ▶ These foods are good sources of protein, vitamins and minerals. Pulses, such as beans, peas and lentils, are good alternatives to meat because they're low in fat and they're a good source of fibre and protein, too.
- ▶ Aim to eat 2 portions of fish each week- one of which should be oily (like salmon, sardines and mackerel). Tuna is not an oily fish. Oily fish are a rich source of long-chain Omega-3 fatty acids, which can help to keep your heart healthy.
- ▶ Choose lean cuts of meat and mince, eat less red and processed meat like sausage, bacon and ham which have been linked to bowel cancer.

Sources: (NHS, BNF).

# The Eatwell Guide- Dairy & Dairy Alternatives



- ▶ Try to go for lower-fat and lower-sugar products where possible.
- ▶ Skimmed or 1% fat milk is not recommended as a main drink for children under 5 because it doesn't contain enough fat. Can be used in cooking from the age of 1.
- ▶ Dairy alternatives like soya and oat milk, yoghurts and cheeses also count as part of this food group.
- ▶ Choose unsweetened dairy alternatives fortified with calcium and other vitamins and minerals where possible.
- ▶ Milk, cheese, natural plain yoghurt and plain fromage frais are good sources of protein and some vitamins and they're also an important source of calcium, which helps keep our bones & teeth healthy. Butter and cream are not included due to high saturated fat content.
- ▶ A diet high in saturated fat can also lead to raised levels of cholesterol in the blood and this can put you at increased risk of having a heart attack or stroke.

Sources: (NHS, BNF).

# The Eatwell Guide- Oil & Spreads



- ▶ Choose unsaturated oils and spreads and eat in small amounts.
- ▶ A small amount of fat is an essential part of a healthy balanced diet. Dietary fat is a source of essential fatty acids, which the body cannot make itself.
- ▶ Fat helps the body to absorb essential fat-soluble vitamins (A, D, E & K) which it cannot do on its own.
- ▶ Any fat that's not used by your body's cells or turned into energy is converted into body fat.
- ▶ Unsaturated fats include vegetable, rapeseed, olive and sunflower oils, which are generally liquid at room temperature and can include spreads made from the above ingredients.
- ▶ Remember all types of fat are high in calories and should be eaten in small amounts.

Sources: (NHS, BNF).

# The Eatwell Guide- Hydration



- ▶ Drink plenty of fluids- The Eatwell Guide recommends that people should aim to drink 6 to 8 cups or glasses every day.
- ▶ Most people should aim to drink enough fluids throughout the day so that their urine is a clear pale-yellow colour.
- ▶ Water, lower-fat milks, sugar-free drinks, tea and coffee (no added sugar) all count.
- ▶ Fruit juice and smoothies also count towards your fluid consumption, but they contain free sugars that can damage your teeth, so limit these drinks to a combined total of 150ml a day.
- ▶ You can add flavour to water by adding fruit, vegetables, or herbs, such as raspberries, blueberries, strawberries, kiwi, lime, melon, orange, lemons, cucumber, or mint.
- ▶ We often think we are hungry, but it could be we are thirsty instead?
- ▶ Common signs & symptoms of dehydration: headaches, dark urine, muscle cramps & fatigue, dry skin, bad breath, feeling thirsty but to mention a few.

**NHS**

# Hydration

Helping others stay hydrated and healthy

**60% WATER**

- IMPROVES BRAIN FUNCTION
- MAINTAINS A HEALTHY HEART
- LUBRICATES JOINTS
- REMOVES TOXINS
- AIDS WITH DIGESTION
- PREVENTS URINARY TRACT INFECTIONS
- INCREASES WOUND HEALING
- BOOSTS GENERAL HEALTH

**EVERY DROP COUNTS**

### The endless benefits of hydration

Water makes up around 60% of your entire body and is vital for staying healthy.

## Healthy pee is 1 to 3 ... 4 to 8 Must hydrate\*

Use this urine colour chart to check for signs of dehydration



Signs that you are not drinking enough:

- Dry mouth
- Thirst
- Headache
- Loose skin
- Dark or strong smelling urine
- Constipation

You should aim to drink **6-8** mugs of fluid per day

\* Some medicines may affect urine colour. If you are unsure, please ask your pharmacist.



# Suggested Daily Portions of Each Food Group (Adults and children over 4):

Researchers suggest that a healthy balance for children over 4 years should be:

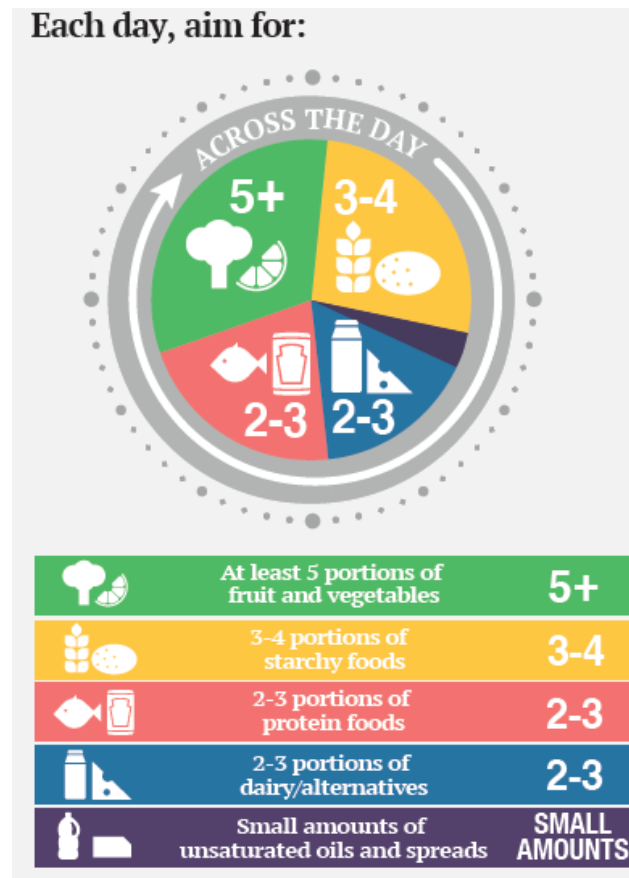
- ▶ At least 5 portions of fruit and vegetables
- ▶ 4 portions of starchy foods
- ▶ 3 portions of dairy or plant-based alternatives
- ▶ 2 portions of protein foods

Link for more information on portion sizes:

<https://www.nutrition.org.uk/creating-a-healthy-diet/portion-sizes/>

Source: (BNF)

For adults:



# Foods High in Sugar, Fat and Salt



- ▶ Eat foods high in fat, salt and sugar less often and in small amounts.
- ▶ These foods include chocolate, cakes, biscuits, crisps, sweets, sauces, sugary soft drinks, butter, ghee and ice cream.
- ▶ You can make these foods healthier by making them yourself and cutting down the sugar, fat and salt you add. Examples include pizza, burgers, potato wedges, Chinese or Indian takeaways.
- ▶ They're not needed in our diet, so are recommended to be eaten less often and in smaller amounts. They have very little and in some cases no nutritional value.

**Too much saturated fat can...**

Raise blood cholesterol levels and increase risk of heart disease and stroke.

**Too much sugar can...**

Increase the risk of tooth decay and weight gain.

**Too much salt can...**

Raise blood pressure and increase risk of developing heart disease or having a stroke.

Sources: (NHS, BNF).

# Food Labels- Traffic Light Labelling

This image of a traffic light label can be found on some food packaging. The colour coding shows us that **red is high** in a nutrient, **amber means medium** and **green is low** in a particular nutrient.

- ▶ Voluntary, but many food manufacturers and supermarkets use traffic light labelling.
- ▶ They can help you make healthier choices.
- ▶ Try to go for more greens and ambers and less reds.

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	<b>3.0g</b> LOW	<b>1.3g</b> LOW	<b>34g</b> HIGH	<b>0.9g</b> MED
13%	4%	7%	38%	15%

of an adult's reference intake  
Typical values (as sold) per 100g: 697kJ/ 167kcal

## Sugars

High: more than 22.5g of total sugars per 100g

Low: 5g of total sugars or less per 100g

## Salt

High: more than 1.5g of salt per 100g (or 0.6g sodium)

Low: 0.3g of salt or less per 100g (or 0.1g sodium)

## Total Fats

High: more than 17.5g of fat per 100g

Low: 3g of fat or less per 100g

## Saturated fat

High: more than 5g of saturated fat per 100g

Low: 1.5g of saturated fat or less per 100g

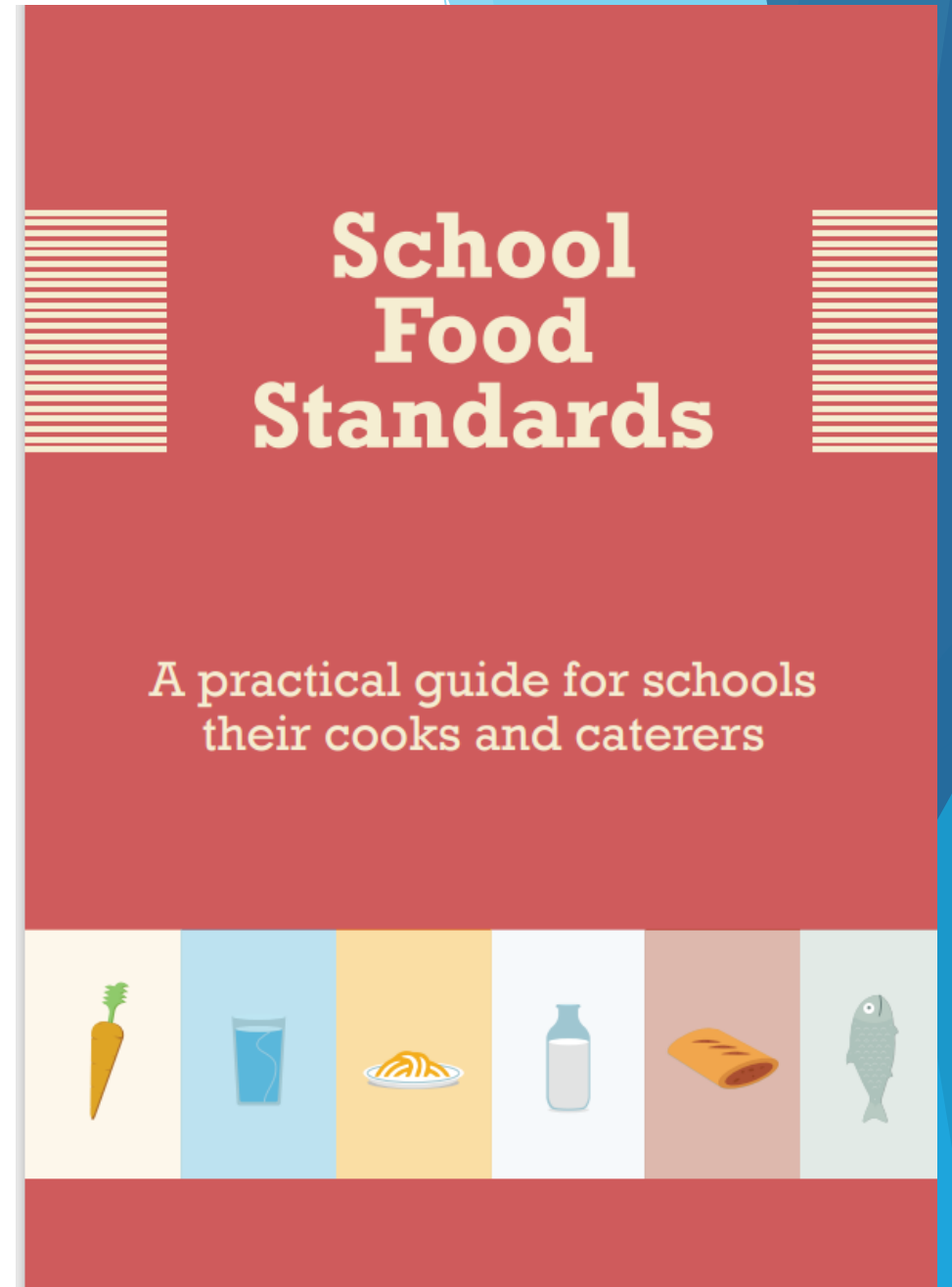
# School Food Standards

A practical guide for schools, their cooks and caterers came into force in 2015:

[School-Food-Standards-Guidance-FINAL-V1a-140616.pdf](#)

Healthy Telford Blog – ‘School Food Standards, let us help get your school up to date’, supporting the standards:

<https://healthytelford.com/2024/06/05/school-food-standards-let-us-help-get-your-school-up-to-date/>



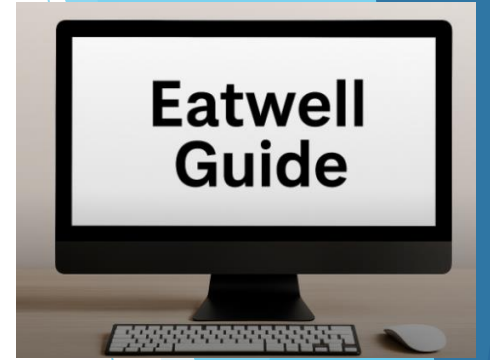
# Eatwell Guide Video Clip:



British Nutrition Foundation. <https://www.youtube.com/watch?v=7MIE4G8ntss>

# Links to Online Eatwell Guide Resources:

- ▶ **Food A Fact Of Life:** <https://www.foodafactoflife.org>
- ▶ **Food Standards:** <https://www.gov.uk/government/publications/school-food-standards-resources-for-schools>
- ▶ **GOV.UK- The Eatwell Guide:**  
[https://assets.publishing.service.gov.uk/media/5bbb790de5274a22415d7fee/Eatwell\\_guide\\_colour\\_edition.pdf](https://assets.publishing.service.gov.uk/media/5bbb790de5274a22415d7fee/Eatwell_guide_colour_edition.pdf)
- ▶ **Healthy Telford: The varied Eatwell plates:** <https://healthytelford.com/2024/07/23/the-varied-eatwell-plates/>
- ▶ **NHS Better Health:** <https://www.nhs.uk/healthier-families/food-facts/School>
- ▶ **Phunky Foods:** <https://www.phunkyfoods.co.uk>
- ▶ **School Zone from Better Health:** <https://www.gov.uk/government/publications/school-food-standards-resources-for-schools>
- ▶ **Vegpower:**  
<https://vegpower.org.uk>



# Eatwell Guide Teaching Plan Example:

Eatwell Guide Session – KS2 (1 hour Session)		
<b>Aim Of Session</b>	Children to understand the different food groups, why each one is important and the effects on their health, good or not so good	
<b>Objectives</b>	<ul style="list-style-type: none"> <li>Identify the 5 different food groups and the group outside of the Eatwell Guide</li> <li>Discuss why each food group is important</li> <li>Explore the different foods in each food group and portion sizes</li> <li>Briefly explain the food packaging labelling &amp; fluids included on the Eatwell Guide</li> </ul>	
Time	Activity	Resources
2 mins	Introduction- what we are going to talk about (Eatwell Guide)	-Eatwell Guide pdf <a href="https://assets.publishing.service.gov.uk/media/5bbb790de5274a22415d7fee/Eatwell_guide_colour_edition.pdf">https://assets.publishing.service.gov.uk/media/5bbb790de5274a22415d7fee/Eatwell_guide_colour_edition.pdf</a>
25 minutes	<p>Using the Eatwell Guide pdf, look at each food group, identify why each food group is important to our bodies and the different foods and portion sizes. The Eatwell Guide Webinar PowerPoint can be used to support.</p> <ul style="list-style-type: none"> <li>Fruit &amp; Vegetables – vitamins, minerals and fibre (5 a day-3 vegetable and 2 fruit at least and a variety).</li> <li>Carbohydrates – energy (high fibre)</li> <li>Protein – growth, maintenance and repair</li> <li>Dairy and Alternatives – bones and teeth</li> <li>Oils and spreads – helps us absorb the fat soluble vitamins A, D, E and K</li> <li>Water/drinks (use the healthy pee colour chart)</li> <li>Foods to eat less often</li> <li>Package labelling (Traffic Light system).</li> </ul> <p>Use the interactive Food Standards Scotland Eatwell Guide link to complete activity. Class/group activity depending on iPad/computer availability.</p>	<p>-Eatwell Guide pdf <a href="https://assets.publishing.service.gov.uk/media/5bbb790de5274a22415d7fee/Eatwell_guide_colour_edition.pdf">https://assets.publishing.service.gov.uk/media/5bbb790de5274a22415d7fee/Eatwell_guide_colour_edition.pdf</a></p> <p>-Healthy pee colour chart <a href="https://www.nss.nhs.scot/media/2459/6_healthy-pee-colour-chart_march22-002.pdf">https://www.nss.nhs.scot/media/2459/6_healthy-pee-colour-chart_march22-002.pdf</a></p> <p>-Food Standards Scotland Eatwell Guide website (link: <a href="https://fss-eatwellguide.scot/#">https://fss-eatwellguide.scot/#</a>)</p>
15 minutes	Complete the Eatwell template using your food diary (previously completed) by either writing or drawing the foods into each food group	-Food diary template -Eatwell Guide templates (available in Eatwell Guide PowerPoint Webinar)
10 minutes	Self-assessment, did you eat a balanced diet yesterday? (explore this further after the session)	-Pencils

8 minutes	<p><b>Conclusion</b></p> <p>Effects on the body if we don't eat a balanced diet</p> <ul style="list-style-type: none"> <li>Learning development issues</li> <li>Growth problems</li> <li>Illness especially as a child's immune system is underdeveloped compared with an adult</li> <li>Constipation, not enough fibre</li> <li>Tooth decay- importance of brushing and regular visits to the dentist</li> <li>Diet related diseases</li> <li>Poor diet and increased risk of an unhealthy weight</li> </ul>	<p>-Bad teeth pictures <a href="https://help-for-early-years-providers.education.gov.uk/health-and-wellbeing/oral-health">https://help-for-early-years-providers.education.gov.uk/health-and-wellbeing/oral-health</a></p>
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# Eatwell Guide Teaching Resources:




Please complete prior to session

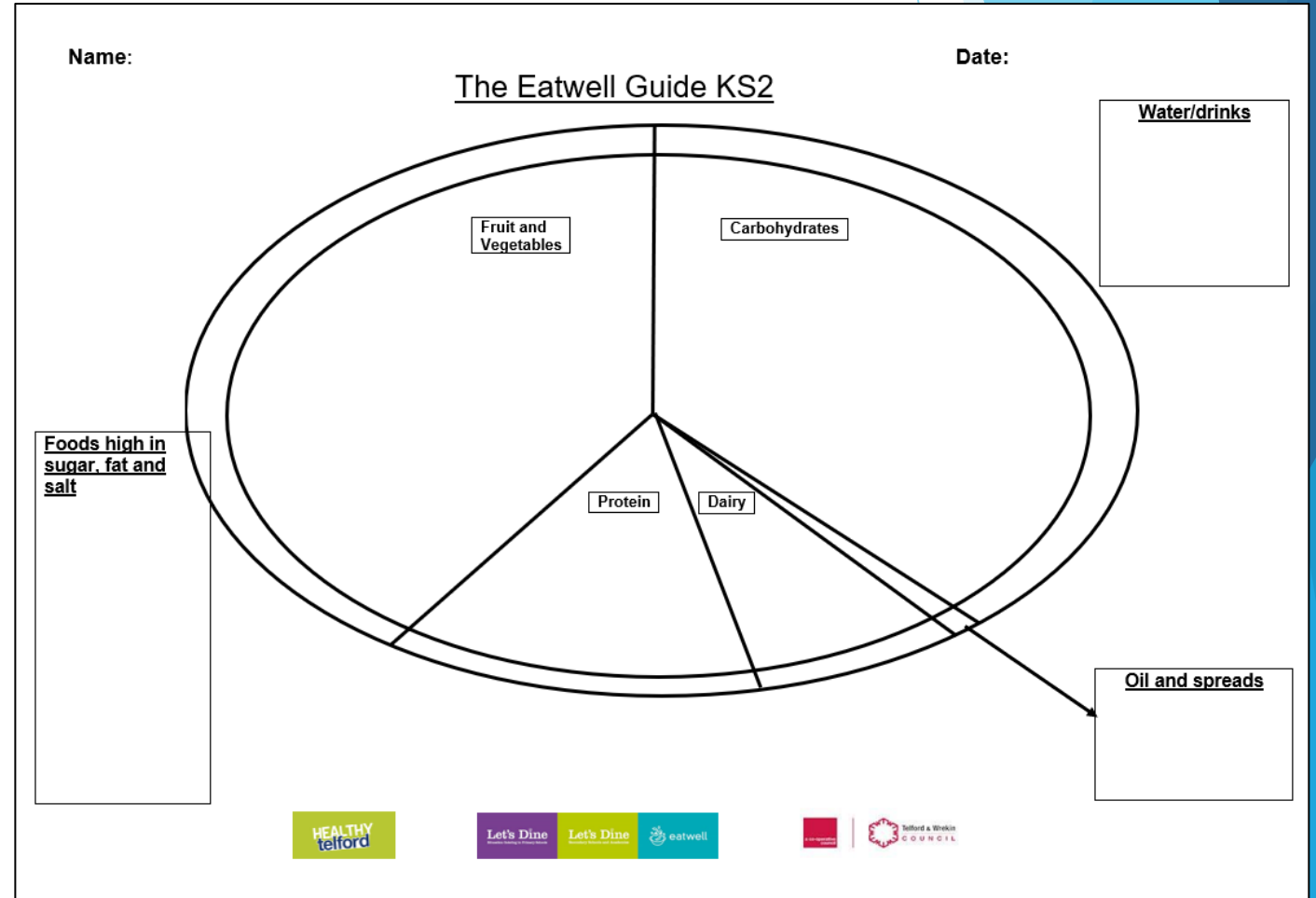
**Eatwell Guide Session- KS2**

**My Food Diary**

Name..... Class..... Date.....

<b>Breakfast</b> List each item	
<b>Snack</b> List each item	
<b>Lunch</b> List each item	
<b>Snack</b> List each item	
<b>Dinner/Tea</b> List each item	
<b>After Dinner/Tea Snacks</b> List each item	
<b>Drinks</b> Throughout the day	



# Sources

**British Nutrition Foundation. 2022. The Eatwell Guide.**

<https://www.nutrition.org.uk/media/ayth4ma4/eatwel-1.pdf>

**British Nutrition Foundation. 2025 Get portion wise.**

<https://www.nutrition.org.uk/creating-a-healthy-diet/portion-sizes/>

**Food Standards Agency (FSA). 2025. Check the label.**

<https://www.food.gov.uk/safety-hygiene/check-the-label>

**Gov.uk 2024: Guidance: The Eatwell Guide.**

<https://www.gov.uk/government/publications/the-eatwell-guide>

**NHS. 2022: The Eatwell Guide.**

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

**NHS. 2022. Food Labels.**

<https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/how-to-read-food-labels/>

**Public Health England (PHE). 2015: From Plate to Guide: What, why and how for the Eatwell Model:**

[https://assets.publishing.service.gov.uk/media/5a7f73f7e5274a2e8ab4c461/eatwell\\_model\\_guide\\_report.pdf](https://assets.publishing.service.gov.uk/media/5a7f73f7e5274a2e8ab4c461/eatwell_model_guide_report.pdf)

# Thank you

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