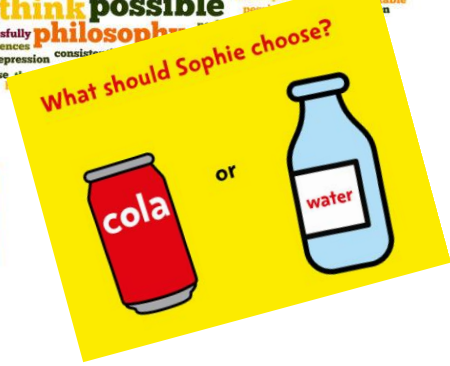
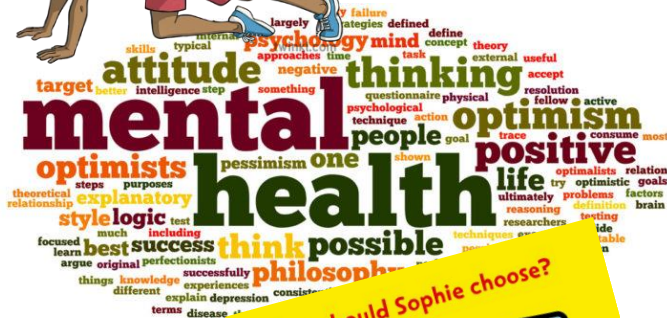


# 5-a-day campaign



The 5-a-day campaign is based on advice from the World Health Organization (WHO), which recommends eating a minimum of 400g of fruit and vegetables a day to lower the risk of serious health problems, such as heart disease, stroke and some types of cancer.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.  
Limit fruit juice and/or smoothies to a total of 150ml a day.



The Eatwell Guide shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet. You do not need to achieve this balance with every meal, but try to get the balance right over a day or even a week.

Year: 5 - Spring 1, 2 & Summer 1

Subject: DT

Topic: Cookery: Healthy Eating

Line of inquiry:  
What makes a 'healthy' individual?

- What will we be discovering and achieving in our lessons?
- To explore what is meant by the term 'healthy'
  - To question the links between important factors which contribute to you staying 'healthy'
  - To identify recommendations made by the Government / WHO
  - To comprehend the Governments recommendations
  - To describe the importance of the 5-a-day campaign (WHO)
  - To compare and seek alternatives
  - To critique a range of people's diets
  - To understand the importance of balance
  - To construct the 'perfect' diet



Key vocabulary:

Eatwell Guide	carbohydrates
Government	proteins
food groups	fats
healthy eating	dairy
5-a-day campaign	high fibre
balanced diet	water (hydration)
consumption	muscle repair
alternatives	vitamins & minerals
lifestyle	vegetables
recovery	fruit
energy	exercise
warmth	salt
	sugar

