

SPAR 

**BETTER
CHOICES**

kids

**MY FUN
FOODIE BOOK**



MY HEALTHY PLATE:

This healthy plate gives you an idea of how much of each food group you should put on your plate.



FOOD GROUPS

Below is some information about the food groups and what they do to help the body.

FRUIT AND VEGETABLES

This group includes fresh, frozen and dried fruit & vegetables. Choose tinned fruit in fruit juice, not syrup. Fruit and vegetables give you lots of vitamins and minerals which are important for your health.

GRAINS

This group includes starch foods such as: potatoes, sweet potatoes, wholewheat pasta, brown rice, wholewheat breads, oats, cereals and barley. These foods give us fibre and energy to get through the day.

FATS AND OILS

Some fats are better for us than others. Choose healthy fats like avocado, olives, and small amounts of oils. Use natural butter in small amounts. Only eat other fatty foods like margarine, fried food, and mayonnaise in small amounts. Our bodies need essential fats for energy and development

PROTEIN AND DAIRY

This group includes meat, fish and eggs as well as vegetable proteins, nuts, legumes and dairy. These foods give us protein and some other vitamins and minerals. Protein and dairy helps the body grow and repair itself.

WORD SEARCH



WHAT TO DO:

1. Search for the foods that are in the list above
2. When you have found each word, circle it!

TRY AND EAT THE RAINBOW!



WHAT TO DO:

Enjoy colouring in these foods. Try a new healthy food out every month!

HEALTHY MEAL CROSS WORD

ACROSS:

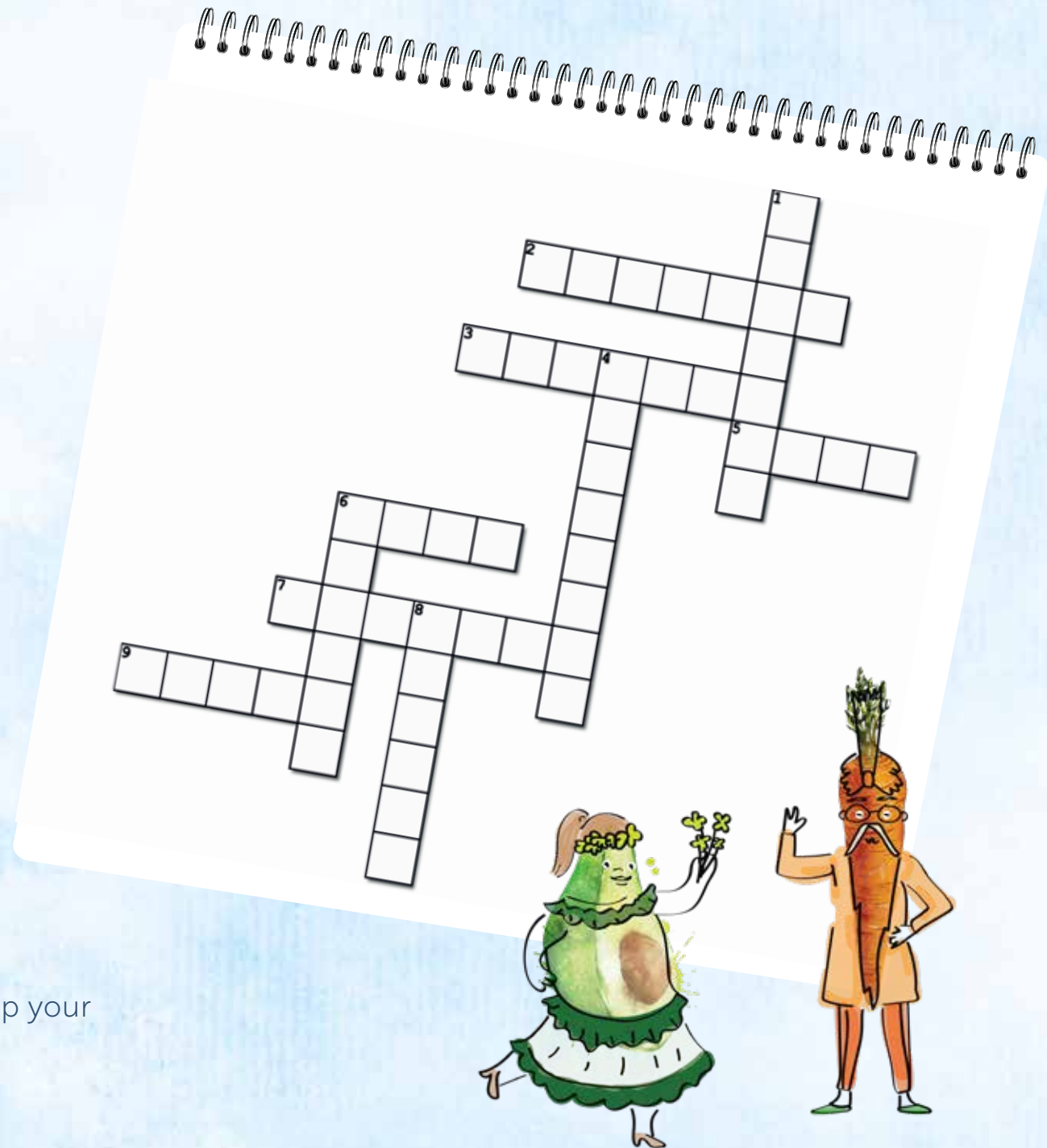
2. I'm a funny shape and come in red, green and yellow.
3. I'm green and soft inside. I can be sliced or mashed
5. I'm fishy and you can buy me in a tin
6. I'm yellow and sometimes called maize
7. I'm green and leafy
9. I grow into fruit, vegetables or grains

DOWN:

1. I'm orange and very crunchy
4. I'm long and green and you slice me thinly
6. I'm yellow and soft. Cut me in cubes and put me on top.
8. I'm red and come in circles or ovals

WHAT TO DO:

1. Read the clues and fill in the words to make up your tasty and healthy salad



MAKE THIS OPEN SANDWICH FOR A HEALTHY LUNCH CHOICE

PREPARATION TIME:

5 Minutes

INGREDIENTS:

- 2 Slices whole wheat bread
- 1 Ripe avocado
- 1 Slice smoked salmon
- 1 Teaspoon (fresh cut) chives
- Pepper and salt to taste

METHOD:

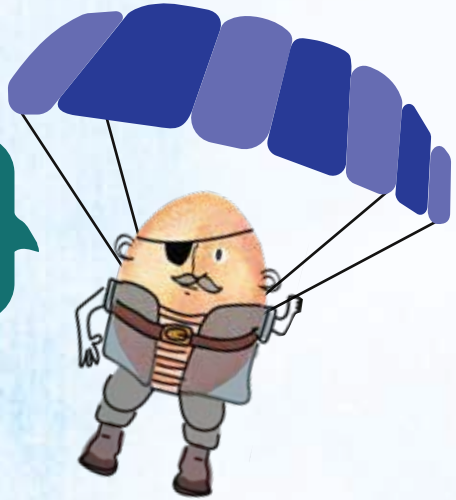
1. Mash up the avocado and add in the mashed garlic and chopped chives
2. Spread the avocado on each slice of toasted bread and add some pepper and/or salt to taste
3. Finally, cut the slice of salmon in tow and place one piece on top of each slice of toast.

DID YOU KNOW?

Salmon is high in protein which helps muscles and bones grow normally; Salmon is also high in Omega-3 fatty acids which helps the heart function normally
Avocado is a source of the vitamin Folic Acid, which helps the immune system function normally



Eating healthy foods every day keeps your mind and body healthy and strong



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