

The Eatwell Guide

The UK healthy eating model

Information for Teachers

Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy 1046kJ 250kcal	Fat 3.0g	Saturated 1.3g	Sugars 34g	Salt 0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

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

Choose foods lower in fat, salt and sugars

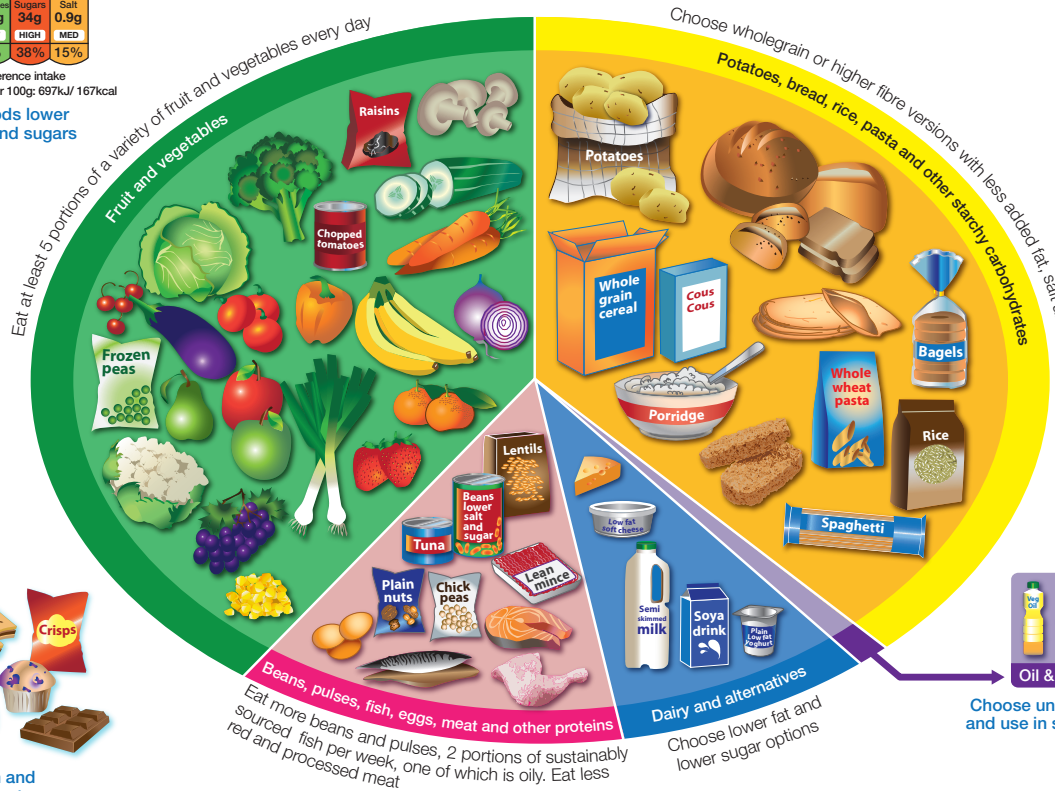
Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



6-8 a day

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.




Eat less often and in small amounts

Per day  2000kcal  2500kcal = ALL FOOD + ALL DRINKS

Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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FSS has worked in collaboration with BNF and PHE to provide this guide for schools in Scotland

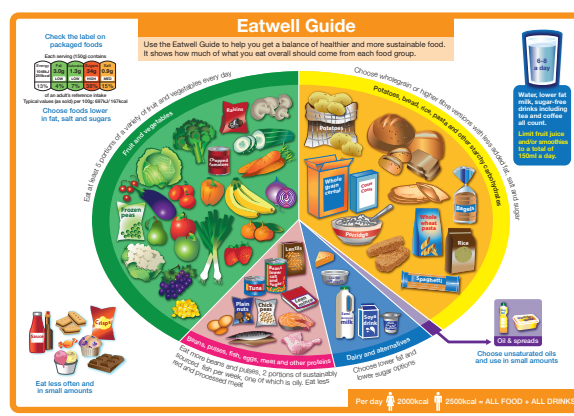
Introduction

Food Standards Scotland (FSS) is the public food body for Scotland, providing evidence-based diet and nutrition advice to consumers, partners and Ministers to help the people of Scotland make healthier food choices. In light of new evidence about our diet and health, particularly revised recommendations on sugars and fibre, a review of the *eatwell plate* was undertaken.

As a result of the review, a new healthy eating guide for the UK has been developed by Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland to replace the *eatwell plate* – the **Eatwell Guide**.

This booklet provides an update about the new healthy eating guide, its key messaging, the changes made, explores whole school approaches, suggests classroom activities and provides links to further information and free classroom materials.

The Eatwell Guide now replaces the eatwell plate



Key Changes

The Eatwell Guide replaces the eatwell plate. The main message remains in that the primary components of the diet should be fruit and vegetables and starchy carbohydrates, however there have also been a number of important changes in light of new evidence:

1. The segment sizes have changed to reflect current government advice to increase fibre intake and decrease free sugar intake.
2. The purple segment now only contains unsaturated oils and spreads which, when eaten in small amounts, provide the types of fat that are essential.
3. The name of the protein food group has changed to place a greater emphasis on plant sources of protein such as beans and pulses. However this category also includes fish, eggs, lean cuts of meat and meat alternatives such as mycoprotein.
4. Foods high in fat and/or sugars have been removed from the purple section and have now been placed outside of the main image to clearly indicate that these are not needed in a healthy balanced diet, and, if included, should only be done so infrequently and in small amounts.
5. Guidance on healthy hydration has been added. Limit fruit juice and/or smoothies to a total of 150ml a day. A maximum of 150ml of fruit juice still counts as one portion of the recommended 5-a-day fruit and vegetables.
6. The knife and fork have been removed to clarify that this is the recommended proportions eaten over a day or more, not necessarily in one mealtime.
7. A front-of-pack nutrition label has been used to encourage users of the guide to look at food labels.
8. Energy requirements have been added but these are applicable to adults only. Specific energy requirements for children can be found on page 7 of the **Eatwell Guide Booklet**.

Key Messaging

- The Eatwell Guide shows the proportions in which different groups of foods are needed in order to have a well-balanced and healthy diet.
- The proportions shown are representative of food eaten over a day or more, not necessarily at each mealtime.
- Choose a variety of different foods from each food group to help get the wide range of nutrients that the body needs to stay healthy.
- The Eatwell Guide applies to most people regardless of weight, dietary restriction/preferences or ethnic origin.
- The Eatwell Guide doesn't apply to children under two years because they have different nutritional needs.
- Children aged two to five years should gradually move to eating the same foods as the rest of their family, in the proportions shown on the Eatwell Guide. However it's important to note that the calories quoted on the Guide apply to adults only and children's energy requirements can be found in the **Eatwell Guide Booklet**.
- Anyone with special dietary requirements or medical needs should check with a registered dietitian on how to adapt the Eatwell Guide to meet their individual needs.
- The Eatwell Guide divides foods into groups, depending broadly on their nutritional role, and shows the proportions of each of the groups needed for a healthy, varied diet.

What does the Eatwell Guide tell us to do?

- Eat at least 5 portions of a variety of fruit and vegetables every day.
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates, choosing higher fibre or wholegrain versions where possible.
- Have some dairy or dairy alternatives (such as soya drinks), choosing lower fat and lower sugar options.
- Eat some beans, pulses, fish (2 portions a week, one oily), eggs, meat and other proteins such as tofu and mycoprotein.
- Choose unsaturated oils and spreads and eat in small amounts.
- Drink 6-8 cups/glasses of fluid a day. This can include water, lower fat milk and sugar-free drinks including tea and coffee. However limit fruit juice and/or smoothies to a total of 150ml a day.
- If foods high in fat, salt and/or sugar are part of the diet, they should be consumed less often and in small amounts.
- For further detailed information about the Eatwell Guide go to: **foodstandards.gov.scot/the-eatwell-guide**

The Eatwell Guide: suggestions for sharing in your school

Whole School Approach

- Ensure that the Eatwell Guide is an integral learning tool for Better Eating, Better Learning – A New Context for School Food, which provides guidance for improvements in school food and food education.
- Make sure that all staff involved with food-related activities and learning in school are fully briefed on the Eatwell Guide, ensuring consistent messages are delivered. Include curriculum and catering staff as well as breakfast and after school clubs.
- It's a good idea to keep parents and carers updated. Involve pupils in sharing with them and use your website and/or social media to tell them about the Eatwell Guide. Perhaps have an information table at a parents' evening.
- Feature the Eatwell Guide in your next newsletter or at a parent/carer event.
- Plan an assembly with pupils to feature the Eatwell Guide; ask the school catering manager to be involved so that a joined-up message is given.
- Ensure the Parent Council/key stakeholders are made aware of the Eatwell Guide; invite key stakeholders to an assembly or lesson to see how it's being implemented in schools.
- Provide information in the school entrance/foyer raising awareness among the wider school community and visitors. Display the Eatwell Guide poster in the school dining room or somewhere prominent in the school; signpost the pupils to think about healthier eating choices.
- Involve pupils in the Pupil Council: they could contribute to providing information for the school website or noticeboard to update the school community.

Teaching and School Resources

- Review the incorporation of the Eatwell Guide messages into the Curriculum for Excellence, principally in all levels of the Significant Aspects of Learning in Food and Health, especially Developing Healthy Choices and Nutritional Needs.
- Use the poster provided in this pack to support your teaching.
- Download the Eatwell Guide booklet available from the FSS website to support your teaching: **foodstandards.gov.scot/the-eatwell-guide**
- Request an Eatwell Guide floor mat (limited availability) or use the Eatwell Guide interactive tool based on the floor mat resource and designed for use in the classroom: email: **Resources@fss.scot** or go to **foodstandards.gov.scot**
- British Nutrition Foundation and Public Health England have developed a set of school resources to introduce the Eatwell Guide. These include presentations, worksheets, illustrations and a range of activity ideas such as food group sorting, meal planning, recipe modification and food diaries. Download these free classroom resources from **foodafactoflife.org.uk**

Classroom Activities

Activities linked to the Eatwell Guide should be progressive and always take account of prior learning, linking to appropriate Experiences and Outcomes within the Curriculum for Excellence.

Some suggested classroom activities (dependent upon stage) are given below – this isn't a definitive list and teachers are free to develop their own ideas to avoid repetition of activities.

- Look at the relative sizes of the food groups. Which groups should we eat the most of? Why?
- In which group can you find potatoes? Why are they in this group? What other foods would you find in this group?
- Ask pupils to name the foods they see in each group. What other foods can they suggest? Where would they fit?
- Foods high in fat, salt and sugars are at the edge of this guide. Why is this?
- Look at the fruit and vegetables group in more detail. How many portions should we eat each day? Ask pupils if they achieved the target over the last few days? Discuss the importance of variety.
- Fibre is important in the diet. Which food groups (and types of food) contribute towards fibre intake?
- Examine each food group; repeat the main messages and ask pupils what this means in practice on a daily basis. Devise a diet for a day (or more).
- Encourage pupils to keep a drinks diary for one or more days. Count the type and number of drinks that they have consumed. Does this meet the recommendations?
- Ask pupils to list the food and drinks they had yesterday. How does this match the Eatwell Guide? How could the list be improved?
- Healthy eating advice advises us to 'eat less sugar'. Ask pupils how this can be achieved.
- Look at the front-of-pack labels. What information is this providing? What other nutrition information can be found on food packaging (use packaging examples)? How can this be used to improve dietary choices?
- Discuss eating foods which contain a number of different food groups, e.g. pizza, and ask pupils how they would apportion the components of a pizza into the different food groups on the Eatwell Guide.

Useful Websites

- Better Eating Better Learning
gov.scot/Publications/2014/03/1606
- British Nutrition Foundation
nutrition.org.uk
- Eat Better Feel Better
eatbetterfeelbetter.co.uk
- Education Scotland
educationscotland.gov.uk
- Food a Fact of Life
foodafactoflife.org.uk
- Food Standards Scotland
foodstandards.gov.scot
- Public Health England
gov.uk/government/organisations/public-health-england

Acknowledgement

This explanatory guide for schools has been prepared by Food Standards Scotland with help and support from Public Health England and the British Nutrition Foundation. The Eatwell Guide and its messaging are Crown copyright.

Contact Us

Further information for teachers on the Eatwell Guide and other educational resources can be found by contacting us at **Resources@fss.scot**

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