

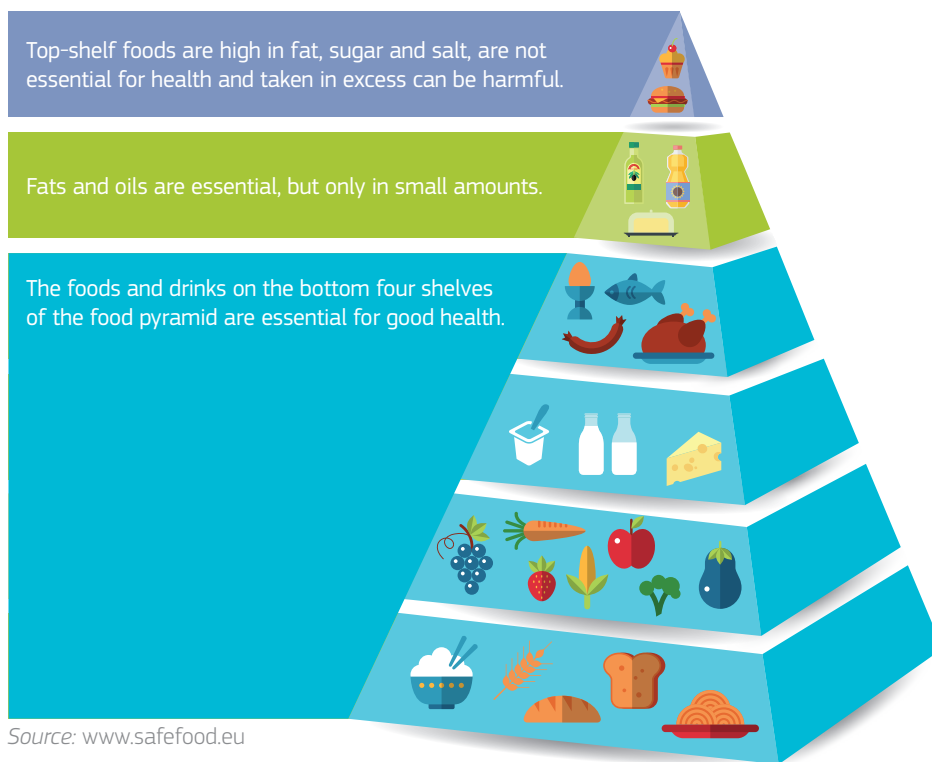


THE FOOD IN YOUR LIFE

The EU supports its farmers in producing high-quality food for us. Our food needs to be of high quality to supply the important nutrients that our bodies need to be healthy.

1. What do you know about healthy eating? This is a food pyramid and it shows the different types of foods and the quantities of each group that we need to be healthy.

UNDERSTANDING THE FOOD PYRAMID



Take a **critical look** at the pyramid. Are you surprised by any of the food and drinks found at the top of the pyramid?

The second 'shelf' from the bottom shows fruit and vegetables. Did you know that it's recommended to eat at least five portions of different coloured fruit and vegetables a day in order to stay healthy? The EU helps to fund schemes in schools that provide children with fresh fruit and vegetables to encourage them to develop good eating habits.



For more information, visit
http://ec.europa.eu/agriculture/sfs/index_en.htm



2. Let's look at food choices for families like yours around the world.



Here is a picture of the Le Moines family from France.

Can you give two examples of the food the Le Moines bought from the four food groups below?

MILK AND DAIRY PRODUCTS PROVIDE: CALCIUM, PROTEIN AND VITAMIN A	FRUIT AND VEGETABLES PROVIDE: VITAMIN A AND C
1.	1.
2.	2.
MEAT, FISH AND ALTERNATIVES PROVIDE: PROTEIN, IRON AND B VITAMINS	GRAINS PROVIDE: CARBOHYDRATE, IRON AND B VITAMINS
1.	1.
2.	2.

Do you think the Le Moines family's food choices for the week are balanced, healthy choices?

3. Make a list of what you ate yesterday and then divide the foods you ate into the four food categories above. Discuss your food choices with a partner. Were they nutrient rich? Could you have made some better choices?
4. Divide the class into seven small groups. Each group suggests a healthy meal plan for a different day of the week for the Le Moines family using the foods they purchased. Include meal plans for breakfast, lunch and dinner for the whole family. Discuss choices with the other groups.

