

Each serving (150g) contains

Energy 1040kJ 250kcal	3.0g	1.3g	34g	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

Nutrition and allergy information on food labels helps us to make informed food and drink choices.

Digestion involves different parts of the body, each having an important role.

Energy we  
**USE**

Energy we  
**CONSUME**

A wide range of factors should be considered when making food choices, such as sustainability, nutrition, availability, and cost.

Energy balance is the relationship between diet and activity. It is important to know why, when, and how to make dietary changes, if needed.

Different types of activity result in different improvements in physical capacity. There are recommendations for physical activity across life stages. Staying well hydrated is key when being active.



**14-16  
Years**



It is important to include a variety of different activity in everyday living, supporting physical, social and mental wellbeing.

Current healthy eating guidelines should be followed, but some people have different requirements, e.g. children, older adults.

Maintaining a healthy weight throughout life is important. There are health implications of a poor diet, due to malnutrition.

Digestion involves different organs in the body. Dietary fibre is important for digestive health.

Being active is important for health, making the body fitter and stronger.

The nutrients provided by the diet are released through the process of digestion.

# Healthy eating

As they progress, pupils need to be able to understand and apply the principles of nutrition, health and sustainability.

This includes an understanding of the different needs of people and the different contributions of foods in terms of nutrients.

It also includes an understanding of the benefits of physical activity.

**11-14  
Years**



There are health implications of a poor diet through dietary excess or deficiency. Some people also experience reactions to food which can be controlled through managing their diet.

Food and drinks provide energy and nutrients in different amounts, they have important functions in the body and people require different amounts.

When choosing food and drinks, current healthy eating guidelines should be followed.

To be active and healthy, food is needed to provide energy for the body.

A variety of food is needed in the diet because different food contains different substances that are needed for health. These are nutrients, water and fibre.

**7-11  
Years**



Being active is important for health.

People choose different types of food for different reasons.

People around the world choose and combine different foods to make meals and snacks. The total amount and range of food and drinks consumed is called the diet.

A healthy diet is made from a variety of different food and drinks, as depicted in the Eatwell Guide.



**5-7  
Years**



**3-5  
Years**

A variety of food and drinks are needed for health, as depicted by the Eatwell Guide.

Food and water are basic requirements for life.

Being active is important for health.

Different types and amounts of food are needed for health.

