

Checklist



Session time:
60 minutes

You will need

● Training card 12a

● Visual card 12a



● Summary sheet 12a

● Food cards – pack one & two

● Food card glossary

● The eatwell plate mat

● Food myths buster

● The eatwell plate explained



Session 12a

Healthy eating part one

The aim of the session is to understand:

- ✓ How healthy eating can help your heart.
- ✓ The eatwell plate and the five main food groups.
- ✓ Practical tips to maintain a healthy diet.

The information you need to get across is:

20 minutes

How can healthy eating help your heart?

Eating healthily, as part of a healthy lifestyle, helps to reduce your risk of getting coronary heart disease. It will help you to control your weight, your body shape, your blood pressure, your blood sugar and your cholesterol.

What is the eatwell plate?

The **eatwell plate** shows the types and proportions of different foods people need for a healthy and well-balanced diet.

The eatwell plate is made up of five main food groups:

1. **Bread, rice, potatoes, pasta and other starchy foods.**
2. **Milk and dairy foods.**
3. **Meat, fish, eggs, beans and other non-dairy sources of protein.**
4. **Fruit and vegetables.**
5. **Foods and drinks high in fat and/or sugar.**



Source: Food Standards Agency

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These food groups are divided up to show you how much of what you eat each day should come from each group.

Choose a variety of foods from the first four groups every day, to help ensure you get the wide range of nutrients your body needs to remain healthy and function properly.

Foods in the fifth group – foods and drinks high in fat and/or sugar – are not essential to a healthy diet.

What foods are in each group?

1. Bread, rice, potatoes, pasta and other starchy foods

- breads (including chapati, naan etc)
- rice
- potatoes (including sweet potato, yam and plantain)
- pasta (including noodles)
- breakfast cereals
- cereals (eg, oats, cornmeal, couscous), and grains (eg, maize, millet).

Aim to base all meals on a good-sized serving from this group, choosing wholegrain when you can.

2. Milk and dairy foods

- milk
- cheese
- yoghurt and fromage frais

NB. Does not include eggs (which are protein foods – group 3), or butter and cream (which are high fat foods – group 5).

Aim to have two to three portions a day, as a drink or in meals/snacks, choosing low-fat versions.

3. Meat, fish, eggs, beans and other non-dairy sources of protein

- meat, meat products (eg, sausages, meatballs, burgers), poultry, offal
- fish, fish products (eg, fish fingers, fish cakes)
- eggs
- pulses (eg, tinned baked beans in tomato sauce, red kidney beans, black-eyed beans, lentils, chickpeas)
- nuts, peanut and other nut butters
- soya, tofu and Quorn™.

Aim to have two to three portions a day from this group, choosing low fat wherever you can, and include a good mix of fish and non-meat options even if you are not vegetarian.

4. Fruit and vegetables

There is evidence that people who eat more than five portions of fruit and vegetables a day have a lower risk for heart disease. The reason why still needs to be researched. But we know fruits and vegetables contain fibre and a variety of vitamins and minerals, which make them an important part of a healthy balanced diet¹⁹. Eating more of them also means there is less room in your diet for other foods that are high in saturated fat, salt and sugar.

Fresh, frozen, chilled, canned and dried fruit and vegetables, salads and 100% juice all count. Try to eat canned vegetables that are low in salt, and fruit canned in natural juices rather than in syrup. There is no evidence that taking vitamin tablets or supplements has the same benefits as eating fruit and vegetables.

Aim to eat at least five portions of a variety of fruit and vegetables a day.

One portion (equivalent to 80g) =

- Vegetables – 3 heaped tablespoons
- Salad – 1 dessert bowlful
- Grapefruit or avocado – ½ fruit
- Apples, bananas, pears, oranges and other similar size fruits – 1 fruit
- Plums and similar size fruit – 2 fruits
- Grapes, cherries and berries – 1 cup or handful
- Fresh fruit salad – 3 heaped tablespoons
- Dried fruit – 1 heaped tablespoon
- Fruit juice – 1 glass (150ml)

As a rough guide you can use 'a handful' to measure a portion (but not for dried fruit).

5. Foods and drinks high in fat and/or sugar

- butter, margarine, other spreading fats and low-fat spreads
- cooking oils, ghee, lard, dripping
- rich sauces and gravies
- oil-based salad dressings, mayonnaise
- cream, ice-cream
- savoury snack foods (eg, crisps, Bombay mix)
- cakes, pastries (sweet and savoury), biscuits
- sugar, chocolate, sugar confectionery, jellies, preserves
- non-diet soft drinks.

Keep sugary and fatty foods for every now and then, rather than every day (and choose monounsaturated or polyunsaturated oils and spreading fats instead of butter, lard and ghee).

Are there any practical tips to help you maintain a healthy diet?

- Eat regular meals. Three per day and snack on healthy foods if you're hungry between meals (eg, fruit and vegetables).
- Eat plenty of fruit, vegetables, and starchy foods such as bread, rice, potatoes and pasta. Aim to eat at least five portions of a variety of fruit and vegetables a day.
- Choose healthier fats. Cut down on saturated fats and foods containing trans fats, and reduce the total amount of fat you eat. For example, cut down on fatty meats, full-fat dairy products, pastries, crisps and biscuits.
- Eat two portions of fish a week, one of which should be oily fish. (If you've had a heart attack, aim to eat two-to-three portions of oily fish a week.)
- Reduce the amount of salt you eat. Cut down on processed foods that contain lots of salt. Don't add salt at the table. And cook without adding any salt.
- Drink regularly too. Water is the best choice, but fruit juice, low-fat milk and tea and coffee will all help you to keep your fluid intake up.

Pre-session preparation

1. Print out *Summary sheet 12a*, the *Food myths buster*, *The eatwell plate explained* sheet and *Food card glossary* [\[USB\]](#)
2. You will also need the *Food cards* and *The eatwell plate mat*.
3. Think about your audience and how much time you have so you can decide which food cards to use. Make sure you have some cards from each food group. To find out more about these foods print out the *Food card glossary* [\[USB\]](#)
4. Visit bhf.org/healthyheartskit for activity discussion points and more information on the *Food cards* and the eatwell plate.

Activities

Key activity: Identifying food groups using *The eatwell plate mat*
(pairs/small groups and whole group)



Shuffle the food cards you've chosen from the two packs and divide them equally between the pairs/small groups picture side up. Ask them to do the following:

- 1. Look at the cards and discuss which section of *The eatwell plate mat* each card belongs to.**
- 2. Use the *Food card glossary* to explain any unfamiliar foods.**
- 3. Place their cards on the correct sections of *The eatwell plate mat*.**

Ask the whole group to:

4. Say if they agree with the position of each card. Discuss any uncertainties and move cards around until they are all in the correct sections.

5. Discuss each food group, and individual foods in each group.

Use the *Food myths buster*, *The eatwell plate explained* sheet and the *Food card glossary* to answer any questions that arise.

See chart on next page.

Breads, rice, potatoes, pasta and other starchy foods

- bara brith
- bran flakes
- butteries
- cassava
- champ (mashed potato, butter and spring onions)
- chapati
- chips
- coconut rice
- cornmeal
- couscous
- currant bun
- fried dumplings
- naan
- pasta
- plantain
- porridge oats
- potatoes
- potato (tattie) scones
- rice
- wholegrain bread
- yam

Milk and dairy foods

- Cheddar cheese
- cream cheese
- full fat milk
- lassi (sweetened)
- paneer
- skimmed milk
- soya milk (with added calcium)
- yoghurt (low fat)

Meat, fish, eggs, beans and other non-dairy sources of protein

- baked beans
- chicken curry with sauce
- chicken wings (BBQ sauce)
- chickpeas
- cured meats
- eggs
- fish fingers
- grilled chicken breast
- haggis
- lean lamb

- lentils
- liver / kidney
- Lorne sausage (square sliced sausage)
- mackerel
- mutton curry
- pilchards (canned in tomato sauce)
- prawns
- Quorn™
- salted fish
- tofu
- unsalted nuts
- white fish

Fruit and vegetables

- ackee
- aubergine / garden eggs
- avocado
- banana
- breadfruit
- dried apricots
- frozen vegetables
- mango
- okra
- peppers (sweet and chilli)
- pumpkin / squash
- raisins
- salad (green)
- sweet potato
- tinned fruit in juice
- unsweetened orange juice

Foods and drinks high in fat and/or sugar

- banoffie pie
- Bombay mix
- brown sugar
- butter
- carrot halwa
- chocolate
- coconut drop
- coconut milk
- coleslaw
- condensed milk
- cream (single)
- crisps
- fizzy drink (containing sugar)
- ghee

- ginger cake
- ice-cream
- low-fat spread
- mayonnaise
- olive oil
- pakora
- palm oil
- peanut butter
- rapeseed oil
- spread (with plant stanols/sterols)
- sugared juice drink
- sunflower oil
- vegetable samosa

Miscellaneous

- alcoholic drinks
- beef patty
- biryani (lamb)
- cereal bar
- gherkins
- herbs and spices
- jerk chicken with rice and peas
- jerk seasoning
- ketchup
- leek and potato soup
- milk drink (nutritionally enhanced)
- pizza (vegetarian)
- rice with kidney beans
- salt
- shish kebab
- soy sauce
- stock cube (vegetable)
- Ulster fry / fry-up (includes potato bread, soda bread, fried egg, bacon, sausage, black/white pudding)

Put any food cards which do not fit into the five food groups of the eatwell plate to one side (these will be covered in Session 12b).

Additional activity: How would you cook these foods? Discussion (small group and whole group)

Select some of the cards on the eatwell plate as examples, and ask them to discuss the following questions:

1. How would you normally cook or prepare this food?

- Do you tend to add salt when cooking or at the table before tasting it first?
- In your household do you tend to fry and roast potatoes or do you boil, mash or bake them?

2. What impact do you think that has on the fat, saturated fat, sugar and salt content?

Foods in the bread, rice, potatoes, pasta and other starch foods group often get a bad reputation for being fattening, but that's only really true if you add lots of fat to them while you're cooking or preparing them. Bake, boil or steam starchy foods, rather than frying them. And avoid adding fat once they are cooked – for example, don't add butter to mashed potatoes or chapatis, or creamy sauces to pasta or rice.

3. Can you think of ways to change how you cook them to reduce the amount of salt, fat and/or sugar you use?

- Try baking, boiling, steaming, poaching or microwaving instead of frying, so that you don't need to add fat.
- Measure oil with a teaspoon or use a spray oil, rather than pouring it straight from the bottle.
- Make sure you have a non-stick pan for dry-frying, or a non-stick roasting tray for roasting without adding fat.

At the end of the session

Hand out *Summary sheet 12a* and the *Food myths buster* 