Monkey Wellbeing

DVD Resources –
Children's Resources

Healthy-Eating

monkeywellbeing.com
SORT FOODS

- To be able to sort and classify foods into food groups (SCI)

FOOD GROUP SORT
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**FOOD GROUP SORT**

- Milk and milk products
- Cheese
- Lobster
- Peas
- Butter
- Yogurt
- Zucchini
- Blue cheese
- Sushi
- Tomatoes
- Yogurt
- Breakfast bowl
- Mushrooms
SORT FOODS

To be able to sort and classify foods into food groups (SCI)
HEALTHY PLATE

NAME THE 5 FOOD GROUPS
The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.

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

HEALTHY PLATE
+ To be able to name the five food groups (SCI)
+ To know how each food group helps us stay healthy (SCI)

Department of Health in association with the Welsh Government, the Scottish Government and the Food Standards Agency in Northern Ireland
**Healthy Pizza Recipe**

**Ingredients**
- Wraps / tortillas
- Tomato puree
- Oregano
- Cheese
- Your favourite topping
  - ham, chorizo, prawns, peppers, sweetcorn, mushrooms

**Instructions**
1. Spread tomato puree onto the tortilla and lightly sprinkle with oregano.
2. Add your favourite topping.
3. Sprinkle with grated cheese.
4. Pop in the oven at 180 degrees / gas mark 4 for 10 minutes until cheese melted and browning.
5. Serve with salad and a glass of water.

Monkey’s favourite is topped with prawns, sweetcorn and tiny florets of cooked broccoli.

Deeeeeeelicious!
MAKE YOUR OWN HEALTHY PLATE

- To be able to design a healthy dinner for a friend (SCI)
- To understand that eating the correct foods helps keep myself healthy (PSHE)
- Children can talk about ways to keep healthy and safe (ELG)

Make your own Healthy Plate

Draw in your favourite healthy meal!