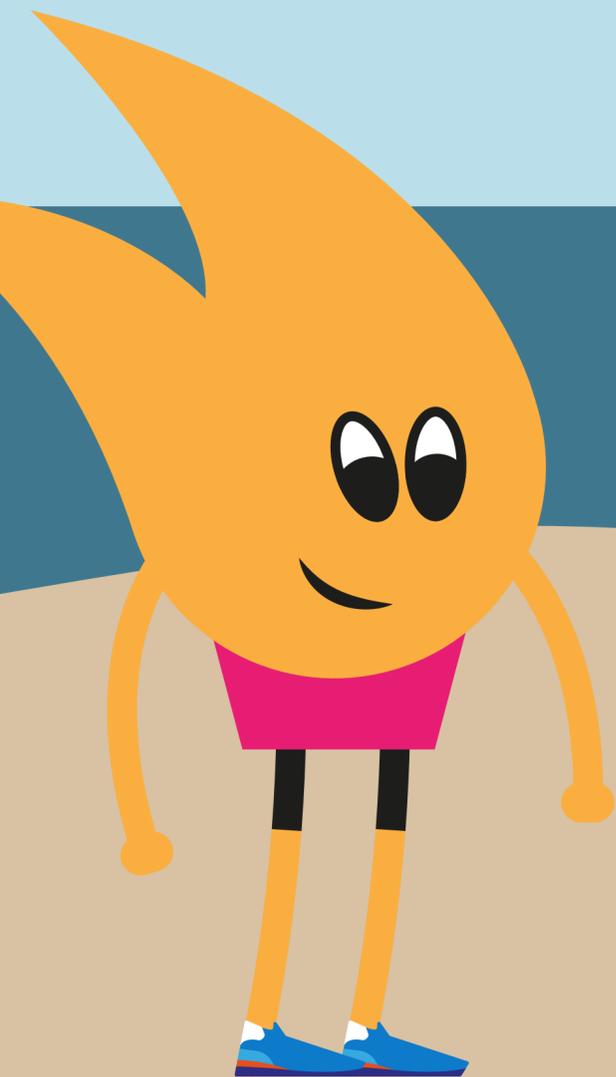


Mission: Nutrition

We are eating the rainbow and making good food choices!

We will find out all about vitamins, good fats and bad fats.





VITAMINS and **MINERALS** are essential nutrients that your body needs to work properly.

We should get all the nutrients we need by eating a varied and balanced diet.

Nutrients are the goodness in our foods.

There are 5 food groups

Fruit and vegetables

Bread, grains and cereal



Meat, fish, eggs, and beans

Milk and dairy foods

Sugary and fatty foods

We need to eat food from all the food groups but less from the sugary and fatty group.

Why are vitamins important?

Different foods contain different vitamins.
We need a variety of food to get a variety of vitamins.

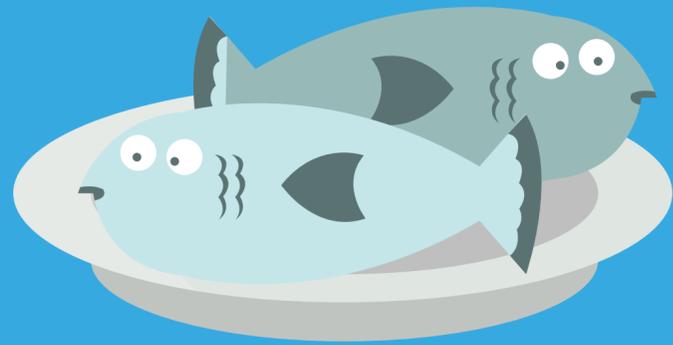
Different vitamins have different names.
It is often just a letter, such as...

VITAMIN A

Eggs
Fish

Hands up if you like eggs!

Hands up if you like to eat fish!



VITAMIN B

Wholegrain bread
Chicken
Brown rice
Bananas



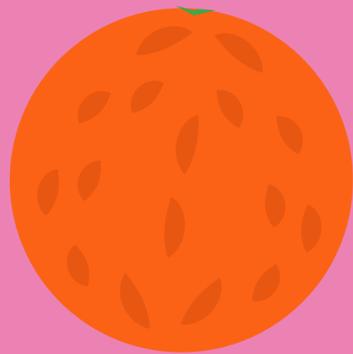
**Think about swapping sweet
snacks for a banana.**

VITAMIN C

Fruits

**Orange, grapefruit, kiwi fruit,
strawberries, raspberries**

Who eats 5 portions of fruit and
vegetables each day?



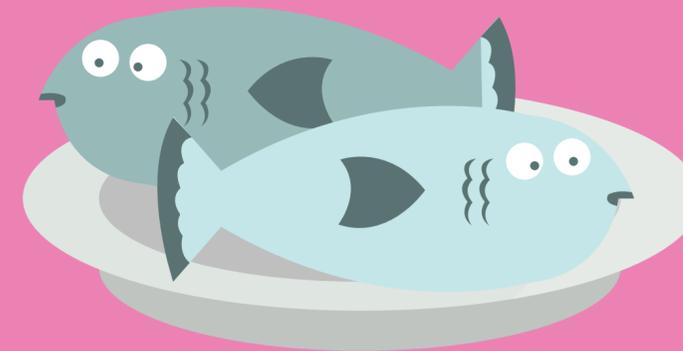
VITAMIN D

Oily fish

**Salmon, sardines,
herring and mackerel**

Milk

Cheese



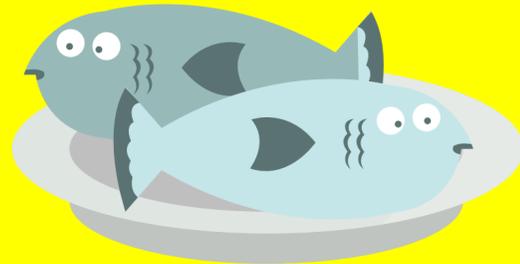
**Vitamins are good for our bones, eyes, teeth,
skin, hair, overall health.**

Let's talk about fats in food

Some foods, including most fruits and vegetables, have almost no fat.

Other foods do contain fat.

There are “good” fats called unsaturated fats found in:



Fish



Nuts



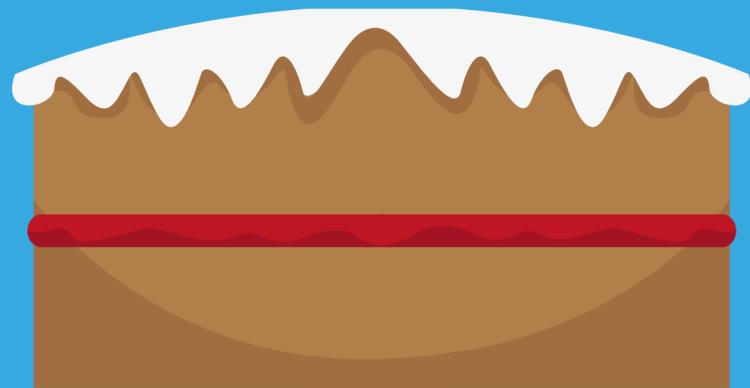
Olive Oil

Try to have these in your diet.

There are also harmful 'bad' fats called...

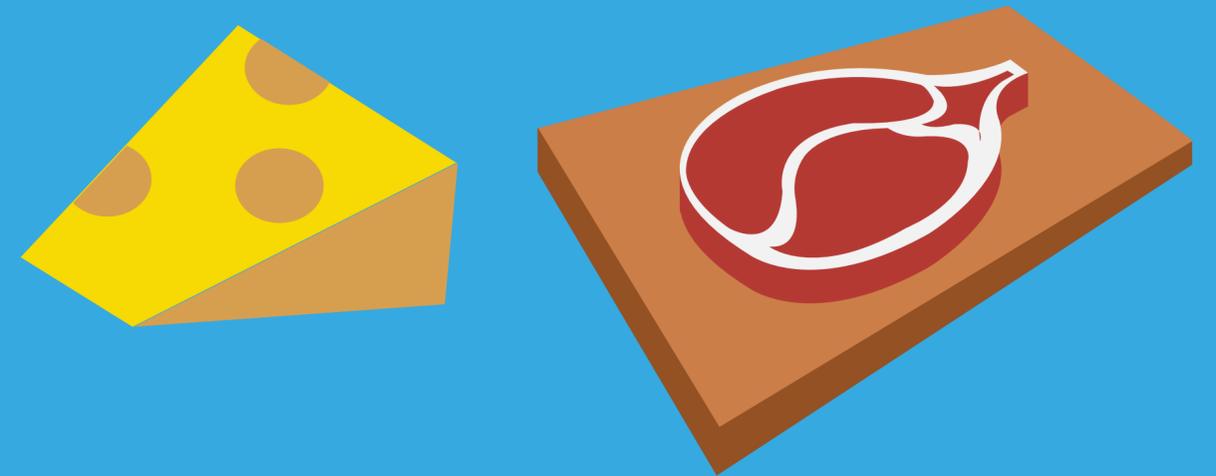
Trans Fats

are bad fats and these should be avoided when possible.



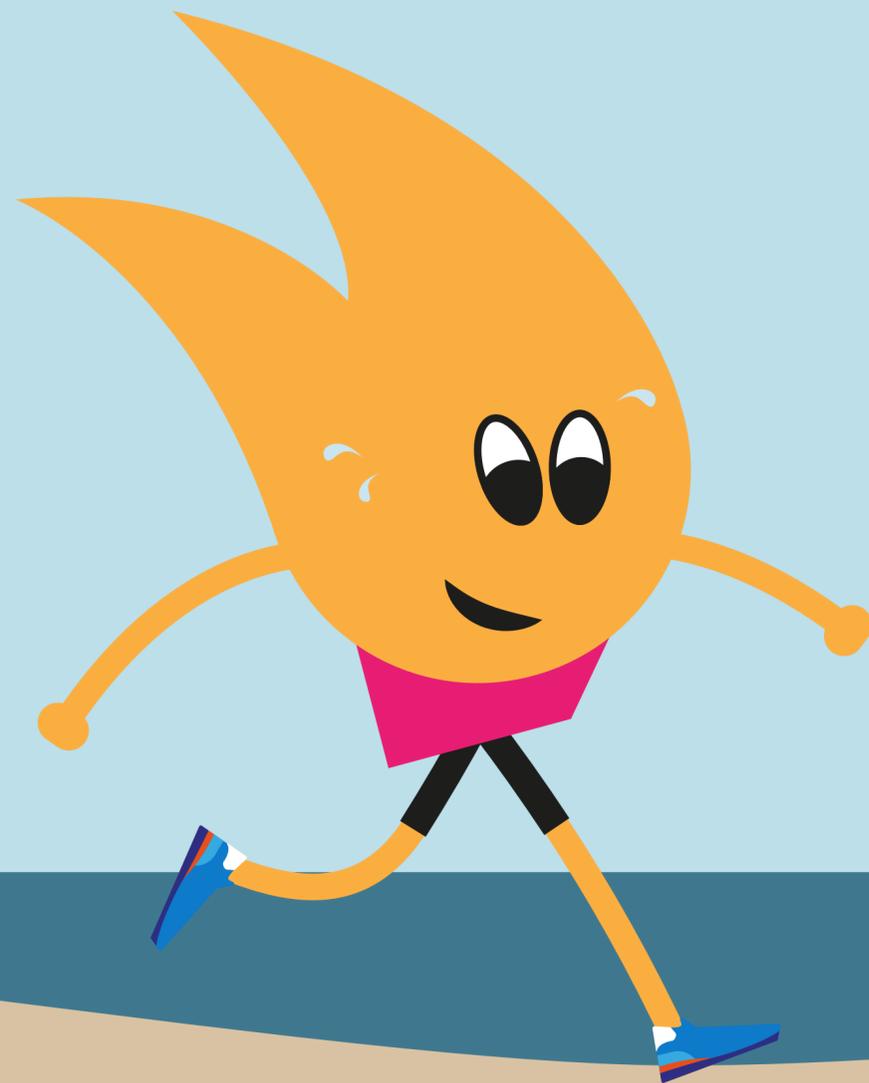
Saturated Fats

are not good fats either but are not as bad as Trans Fats.



You could replace these with fish, beans, nuts, and healthy oils.

**Come along at break time or lunch and play
the Food Fit games in the playground.**



What is our Challenge?

We are eating the rainbow and making good food choices.

We challenge you to eat the rainbow.

Keep a note of the fruit and vegetables you are eating and see how many different colours you eat this week.

Record in your MISSION TRACKER

And don't forget to run your
Daily Mile!

