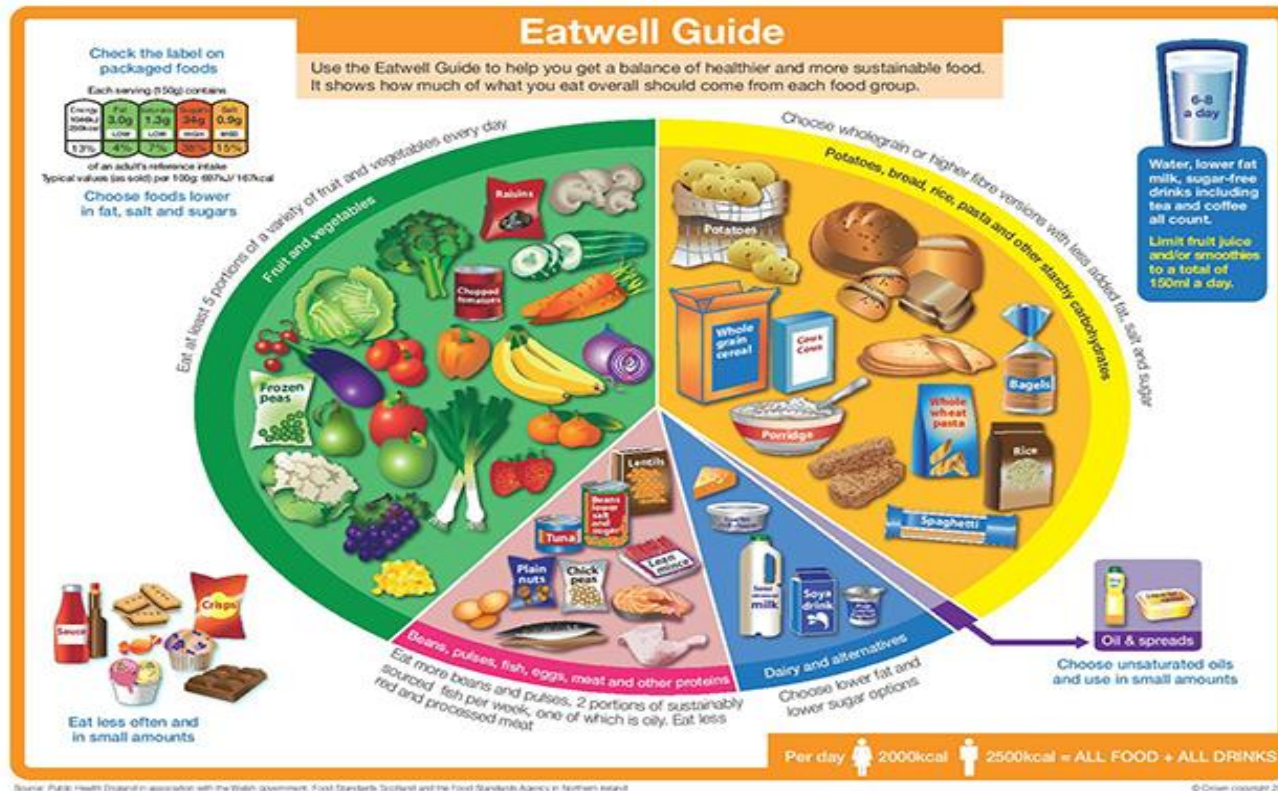


Healthier you

It may be hard to make healthy swaps when having to stay at home due to self-isolation

Here's some things that may help you

The Eat-Well Guide is made up of 5 different coloured sections, can you name each section?



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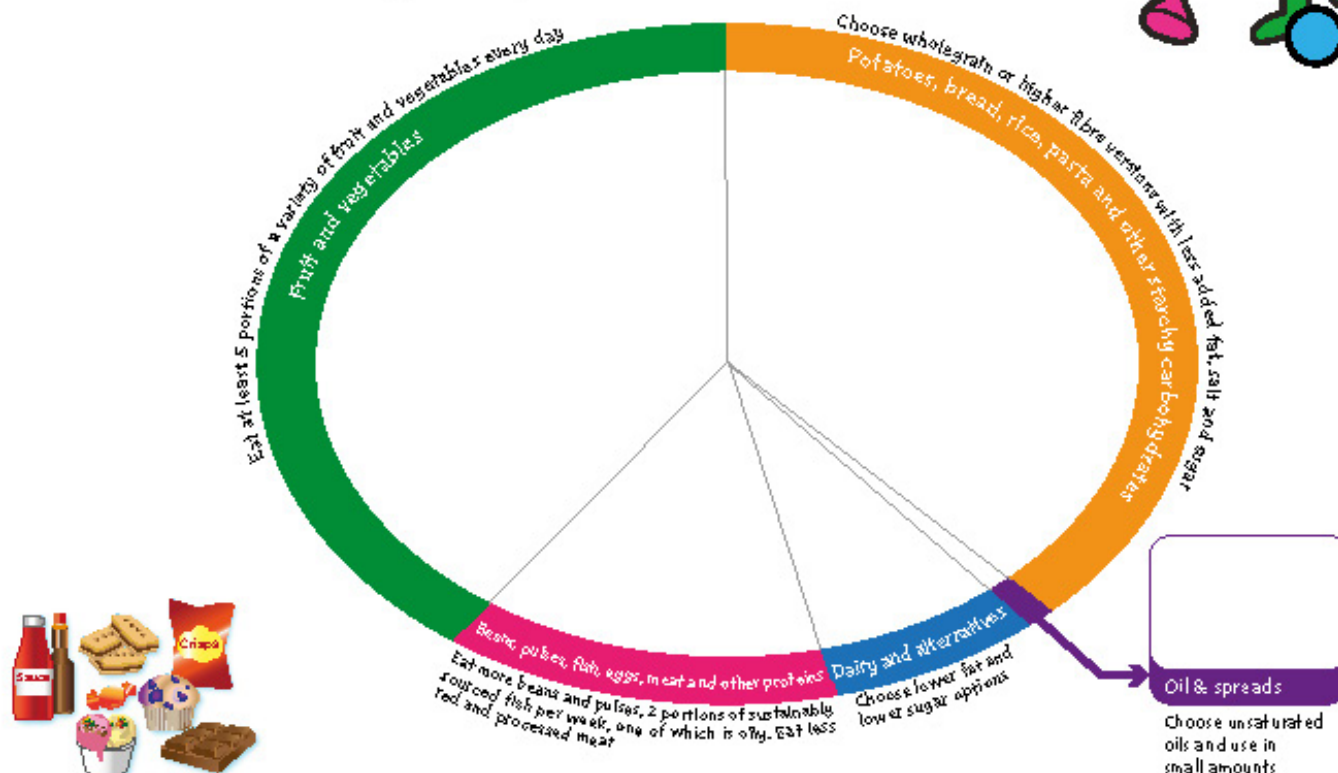
1.
2.
3.
4.
5.

Can you draw a healthy meal from the 5 different sections?

Don't worry, if you can't type in the spaces below or print the pages to write in them, using any piece of paper to take notes will be perfect.

Eatwell Guide

Fill in this Eatwell Guide with the healthy food that you like to eat.



Eat less often and in small amounts





Staying Hydrated is VERY important! Especially during warm weather

How many glasses of water should we drink per day? Tick or circle your answer

1-2 glasses

6-8 glasses

8-10 glasses



How many do you drink?

What will help you drink more?

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How important is Hydration?

- Water has a wide range of benefits for the body
- Helps lubricate the joints in the body
- Makes your skin and feel good
- Helps remove waste products
- Controlling your body temperature
- Helps function of your digestive system

How dehydrated are you?

A quick way to test how well you're hydrated is to check the colour of your urine.



At home can you drink 6-8 glasses on water / juices per day?

Activity –

Can you find 5 different foods that can Hydrate your body.

(for example - Cucumber, watermelon, lettuce, jelly, soups, strawberry, peach, orange).



What healthy swaps can you make?

Please remember the most important thing is to ensure you are staying at home, staying hydrated and having healthy foods

Also avoiding public places, following Government advice that we should stay at home as much as possible.

