

CRUNCH TIME

Balanced Diet



INGREDIENTS:

None

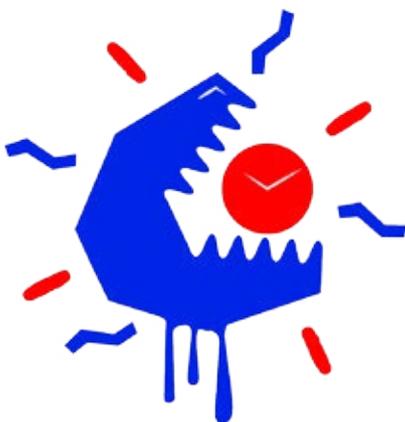
EQUIPMENT:

- 1 Bench-top sized see-saw
- 1 Large plain box
- 1 Small plain box
- 2 Medium plain boxes
- 2 Large boxes labelled FRUIT & VEG with pics of fruit and veg
- 1 Medium box labelled GRAIN with pics of bread, rice, pasta
- 1 Medium box labelled DAIRY & PROTEIN with pics of dairy, meat, fish, eggs and nuts
- 1 Small box labelled FATS, OILS & SWEETS with pics of biscuits, cakes, softdrink, burger and hot chips
- 1 Small box labelled FRUIT & VEG with pics of fruit and veg
- 1 Medium box labelled FATS, OILS & SWEETS with pics of biscuits, cakes, softdrink, burger and hot chips
- 1 Large box labelled DAIRY with pics of milk, cheese and yoghurt



METHOD:

1. We all know with a see-saw, if there is too much weight on one side and not enough on the other, it won't be balanced (Large box on one side of the see-saw and small box on other side to demonstrate see-saw not in balance).
2. But if there is the same weight on each side it is balanced.
(2 medium sized boxes on each side of see-saw to demonstrate in balance)
3. The same applies with the food that we eat. It is very important to have a balanced diet.
4. To have a balanced diet you need to eat a balance of food from the main food groups every day.
5. Fruit and Veg is the food group we should eat most often that's why they are the biggest boxes. Fruit and vegetables give us fibre and important vitamins and minerals. We should eat 2 serves of fruit and 5 serves of vegetables every day. Vitamins and minerals keep us healthy (Put the FRUIT & VEG boxes on either side of the see-saw, so that it is balanced)
6. Grain includes cereal, rice and pasta. These provide us with Carbohydrates which gives us energy (Put GRAIN box on see-saw, next to one of the FRUIT & VEG boxes)
7. Dairy is the best source of calcium which we need to make our bones strong. Dairy includes milk, cheese and yoghurt. Protein helps us grow and builds up our muscles. (Put DAIRY & PROTEIN box on see-saw next to the other FRUIT & VEG box)
8. Fats, oils and sweets provide hardly any nutrition for the body. That's why they should be a "sometimes food". (Put FATS, OILS & SWEETS box in the middle of the see-saw, so that the see-saw remains balanced)
9. If we don't have a balanced diet, it means we are not having enough food from one of the main food groups and too much from another. (Replace a large box of FRUIT & VEG and replace it with the small box. Replace the other large box of FRUIT & VEG and replace it with large box of DAIRY. Replace the small box of FATS, OILS & SWEETS with medium box so that the see-saw tips up at one end)
10. As you can see this diet is not balanced. There is too much Dairy, Fats Oils and Sweets and not enough Fruit and Vegetables
11. To give our bodies nutrition, a food must contain protein, carbohydrates, fibre, vitamins or minerals. A lot of food from the Fats, Oils and Sweets food group do not contain these things
12. Food is fuel for our body and we need fuel for energy, to help our body grow and repair itself. So remember the see-saw and keep your diet balanced



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It's important to remember that when in the kitchen make sure a grown up know what's cooking and if you're working with anything hot or sharp make sure you ask for help