

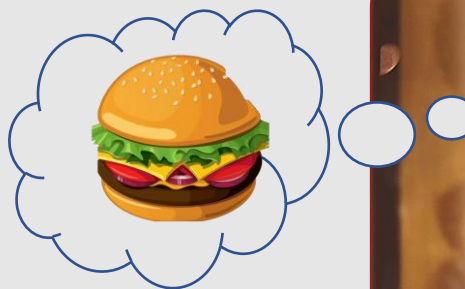
Do Now

Lesson 7: How can we eat healthily on a budget?



Ben has been carefully sticking to his food budget. He's got the Maccy's app and has been collecting points – his burger was free today. His local chicken shop has a great deal on tonight – and the 50p multi-pack of crisps was a steal too. He can't help but feel tired and bloated for some reason though.

Discuss: What advice would you give to Ben?



CLUE: Food groups, physical health and appearance.



How do we know if we are eating healthily?
Explain in a paragraph.



Learning outcomes:

Describe what we mean by a healthy diet and explain how we can maintain a healthy diet whilst living on a budget.

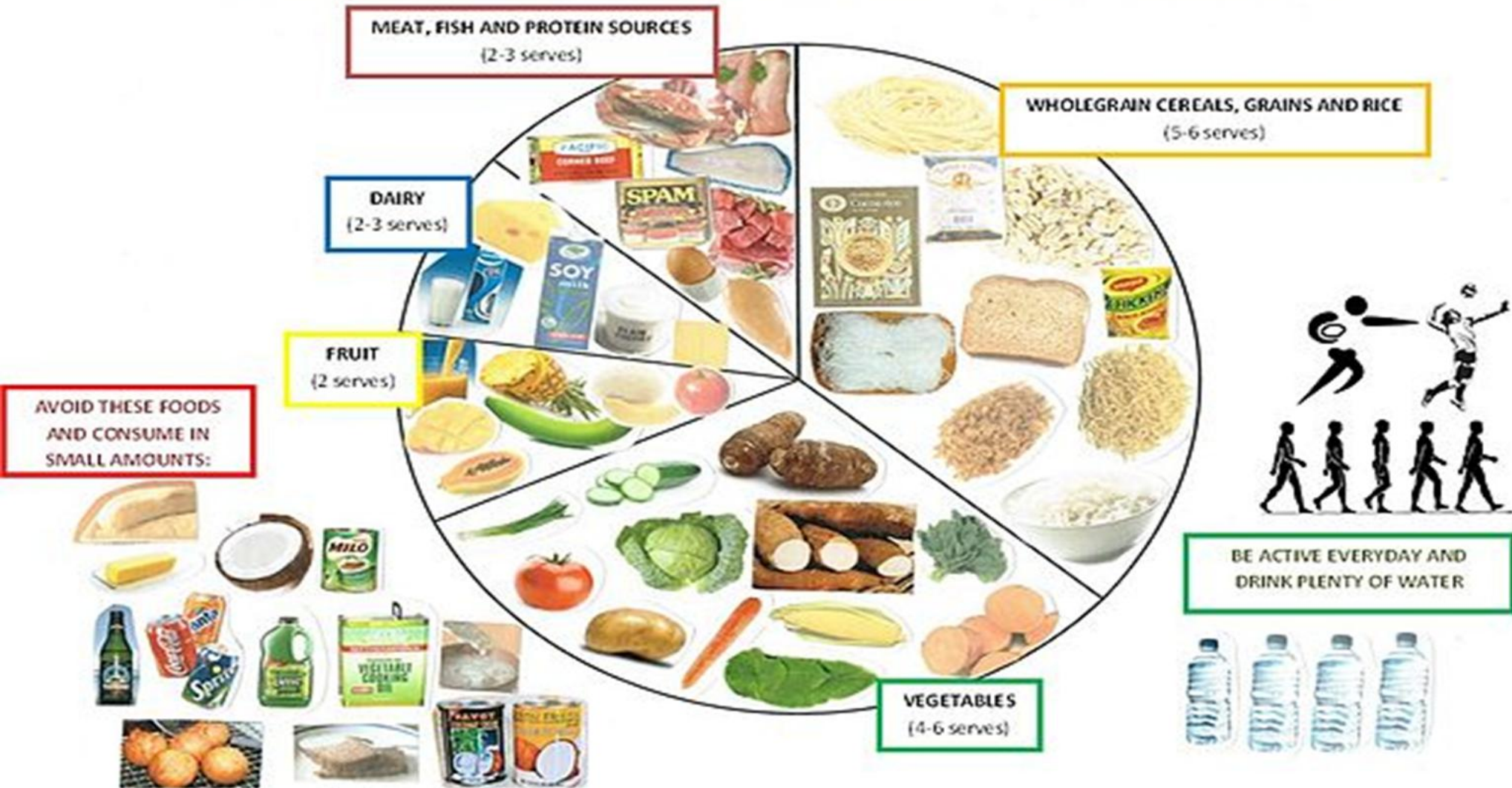
Budgeting:

Planning ahead with money, setting money aside for different things, based on your income and expenditure (how much you make vs how much you spend).

Healthy diet:

Having a balance of different foods and nutrients in the diet for good health and wellbeing.

FOOD GUIDE FOR HEALTHY EATING



Before we delve into how we can eat healthily on a budget, let's first remind ourselves of exactly what we mean by a balanced diet. What did you eat for the whole day yesterday? How does it match up to the 'Eatwell Plate'?

Now we've had a recap on what exactly a healthy diet is, we need to know how we can manage to maintain one whilst on a budget. Watch the clip and answers the questions in your booklet. We'll go through the answers together shortly.

[How to Eat for £10 a Week](#) | [Emergency Extreme Budget Food Shopping Haul](#) | [Aldi Budget Food Shop - YouTube](#)



Where did Nicola do her £10 shop?

Why did Nicola just buy basic bread?

What forms the basis on many of Nicolas meals?

What kind of fruit and veg did Nicola buy?

What is a cheap, easy lunch Nicola mentions?

How much did Nicola's weekly food shop come to?

What does Nicola say she needs to add with her final pound to make this list healthier for her family?



1) Where did Nicola do her £10 shop?

Aldi

2) Why did Nicola just buy basic bread?

Seeded and granary is more expensive

3) What forms the basis on many of Nicolas meals?

Jacket potatoes

4) What kind of fruit and veg did Nicola buy?

Frozen veg (just as healthy as fresh!) mini bananas

5) What is a cheap, easy lunch Nicola mentions?

Peanut butter and banana on toast

6) How much did Nicola's weekly food shop come to?

£8.78

7) What does Nicola say she needs to add with her pound to make this list healthier for her family?

More fruit.



Need Support? You're Not Alone

If anything in today's lesson has affected you, or you want to talk to someone, there is help available.



Mental Health & Low Mood

YoungMinds – <https://www.youngminds.org.uk>
Kooth – <https://www.kooth.com>
Mind – <https://www.mind.org.uk>

Talk to Someone

Your Tutor or Head of Year – We're here to help.
Wellbeing Team and School Nurse
Report a Concern on Satchel
Safeguarding Team with the Purple lanyards

Healthy Lifestyle

NHS Every Mind Matters – <https://www.nhs.uk/every-mind-matters>
Change4Life – <https://www.nhs.uk/change4life>

Apps That Can Help

Calm – For mindfulness and sleep.
Headspace – Meditation and stress relief.
Clear Fear – Manage anxiety (designed for young people).
MeeTwo – Anonymously talk to other teens, moderated by experts.

Eating Concerns

Beat Eating Disorders –
<https://www.beateatingdisorders.org.uk>
NHS Live Well – Eating Disorders –
<https://www.nhs.uk/mental-health/conditions/eating-disorders/>