

Do Now

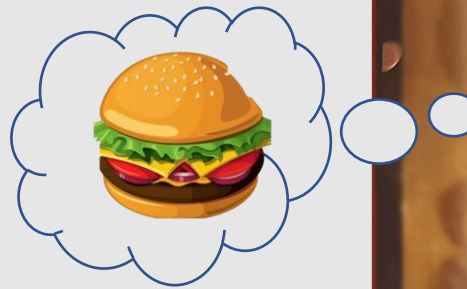
Lesson 7: How can we eat healthily on a budget?



BELONG CARE ASPIRE SUCCEED

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.

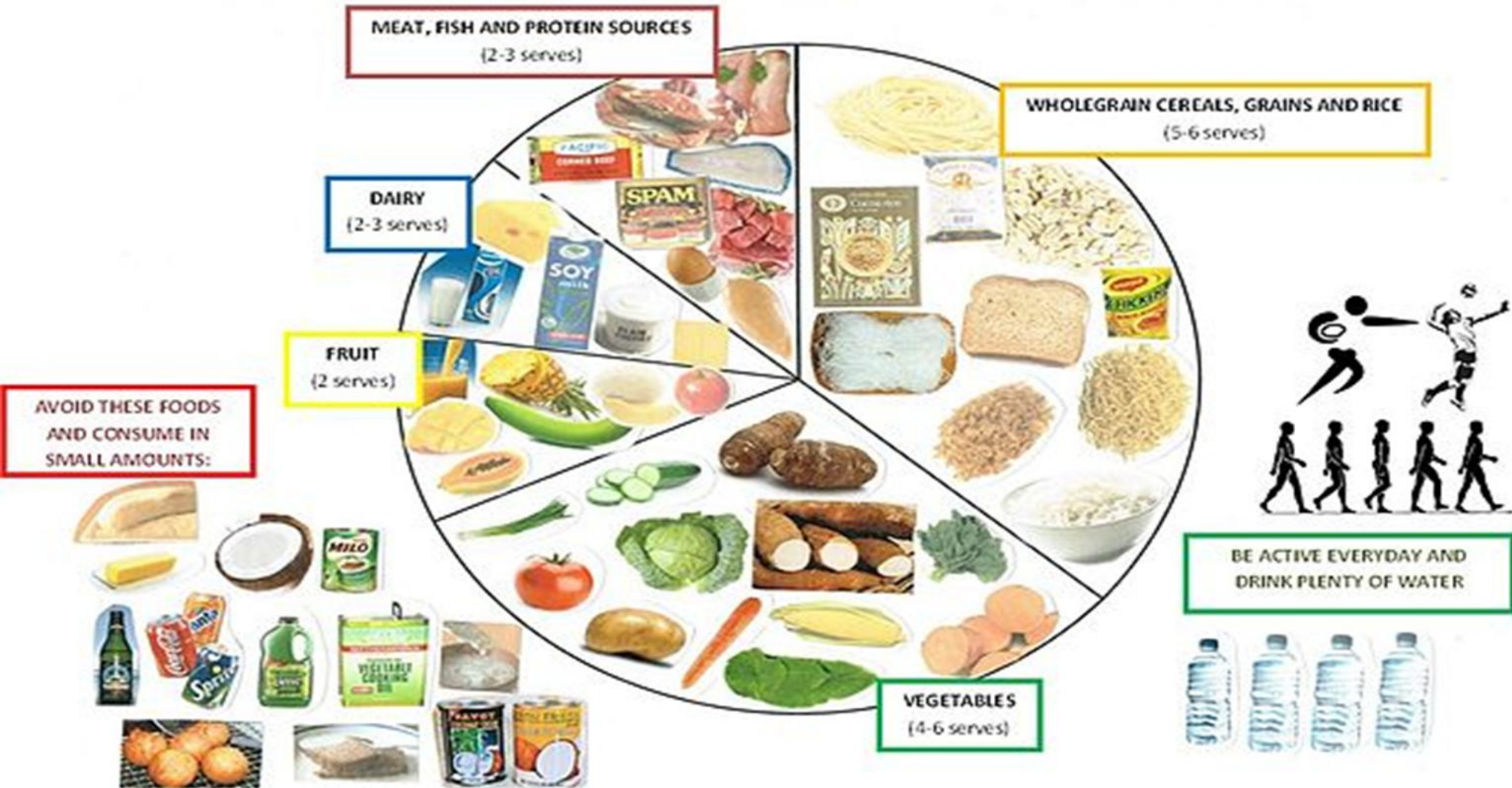
Budgeting:

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'?

We will now find out more about exactly what a healthy diet constitutes according to the NHS, by reading about the different food groups and how we should manage our intake in consideration of their benefits.

THORNDEN THREE GUIDED READING



What do we mean when we talk about a ‘balanced diet’?

Eating a healthy, balanced diet is an important part of maintaining good health, and can help you feel your best. This means eating a wide variety of foods in the right proportions, and consuming the right amount of food and drink to achieve and maintain a healthy body weight. To have a healthy, balanced diet, people should try to:

1. Eat at least 5 portions of a variety of fruit and vegetables every day
2. Base meals on higher fibre starchy foods like potatoes, bread, rice or pasta
3. Have some dairy or dairy alternatives (such as soya drinks)
4. Eat some beans, pulses, fish, eggs, meat and other protein
5. Choose unsaturated oils and spreads, and eat them in small amounts
6. Drink plenty of fluids (at least 6 to 8 glasses a day)

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THORNDEN THREE GUIDED READING



If you're having foods and drinks that are high in fat, salt and sugar, have these less often and in small amounts and try to choose a variety of different foods from the 5 main food groups to get a wide range of nutrients. Most people in the UK eat and drink too many calories, too much saturated fat, sugar and salt, and not enough fruit, vegetables, oily fish or [fibre](#). It's not just the UK though, this is a common problem in most western countries.

Fruit and vegetables are a good source of vitamins and minerals and fibre, and should make up just over a third of the food you eat each day. It's recommended that you eat at least 5 portions of a variety of fruit and vegetables every day. They can be fresh, frozen, canned, dried or juiced. There's evidence that people who eat at least 5 portions of fruit and vegetables a day have a lower risk of heart disease, stroke and some cancers.

Eating 5 portions is not as hard as it sounds. A portion is:

80g of fresh, canned or frozen fruit and vegetables or 30g of dried fruit or 150ml of fruit juice or smoothie but do not have more than one glass a day as they are high in sugar or one banana, pear, apple or a slice of pineapple or melon

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Starchy foods should make up just over a third of everything you eat. This means your meals should be based on these foods. Choose wholegrain or wholemeal varieties of starchy foods, such as brown rice, wholewheat pasta, and brown, wholemeal or higher fibre white bread. They contain more fibre, and usually more vitamins and minerals, than white varieties. Potatoes with the skins on are a great source of fibre and vitamins. For example, when having boiled potatoes or a jacket potato, eat the skin too.

Milk and dairy foods, such as cheese and yoghurt, are good sources of protein. They also contain calcium, which helps keep your bones healthy. Go for lower fat and lower sugar products where possible and choose semi-skimmed, 1% fat or skimmed milk, as well as lower fat hard cheeses or cottage cheese, and lower fat, lower sugar yoghurt. Dairy alternatives, such as soya drinks, are also included in this food group but when buying alternatives, it's best to choose unsweetened, calcium-fortified versions.

Beans, pulses, fish, eggs, meat are all good sources of protein, which is essential for the body to grow and repair itself. They're also good sources of a range of vitamins and minerals. Meat is a good source of protein, vitamins and minerals, including iron, zinc and B vitamins. It's also one of the main sources of vitamin B12. Choose lean cuts of meat and skinless poultry whenever possible to cut down on fat and try to eat less red and processed meat like bacon, ham and sausages.

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THORNDEN THREE GUIDED READING



Eggs and fish are also good sources of protein, and contain many vitamins and minerals. Oily fish is particularly rich in omega-3 fatty acids. Aim to eat at least 2 portions of fish a week, including 1 portion of oily fish. You can choose from fresh, frozen or canned, but remember that canned and smoked fish can often be high in salt.

Pulses, including beans, peas and lentils, are naturally very low in fat and high in fibre, protein, vitamins and minerals. Nuts are high in fibre, and unsalted nuts make a good snack. But they do still contain high levels of fat, so eat them in moderation.

Some fat in the diet is essential, but on average people in the UK eat too much saturated fat. It's important to get most of your fat from unsaturated oils and spreads. Swapping to unsaturated fats can help [lower cholesterol](#). Remember that all types of fat are high in energy and should be eaten in small amounts.

Too much saturated fat can increase the amount of cholesterol in the blood, which increases your risk of developing [heart disease](#). Regularly consuming foods and drinks high in sugar increases your risk of [obesity](#) and [tooth decay](#). Eating too much salt can raise your blood pressure, which increases your risk of getting heart disease or having a stroke.

Belong - Care - Aspire - Succeed

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/>