

# Big Issue - Healthy Eating

On a very basic level, we all need food to keep us alive. Without food we can't survive. But food has become much more than just something that keeps us going; food is something we can share and enjoy with our friends and family, and it is a way of connecting with the world around us.

But there are some big issues around the way we produce food. Your group will be looking at healthy eating.

## Healthy Eating

Staying focused on healthy foods can sometimes feel like a real challenge when you're constantly being shown pictures of people (who look healthy!) eating all sorts of sweet, salty, crispy and crunchy delights. But what do you think it means to be healthy and what does healthy eating mean? We think there are lots of things that can affect how healthy we are, including how active we are and what we eat.



Think back to a time when you were hungry; how did it make you feel? Being hungry can make us feel pretty awful; we might feel weak, tired, grumpy or have a hard time concentrating. Why do you think this is? Well, when we're hungry our bodies are low on fuel, and for people, food is fuel. To keep our bodies and minds strong and active we need to eat a range of foods that will give us nutrients like proteins, carbohydrates, vitamins and minerals. Eating lots of different types of foods gives our bodies all the things we need.

The foods with the most amounts of nutrient are fresh foods or foods that haven't been processed much or at all. What sorts of foods are these? Yes, fruits and vegetables, nuts and seeds, dairy and meat and eggs. Processed foods generally contain fewer nutrients but lots of the things we should be eating less of, like sugar, fats and salt. So eating healthy is better for our bodies, but is it also better for our environment?

## Big Questions

- Do you think healthy food could be better for our environment?
- What are some examples of foods that have a low environmental impact?