

HEALTHY LIVING AND ATTITUDES

Year 8 Assembly

# A Brilliant Balanced Breakfast





**What is breakfast and  
why do we need it?**

# WHY DO WE NEED BREAKFAST?

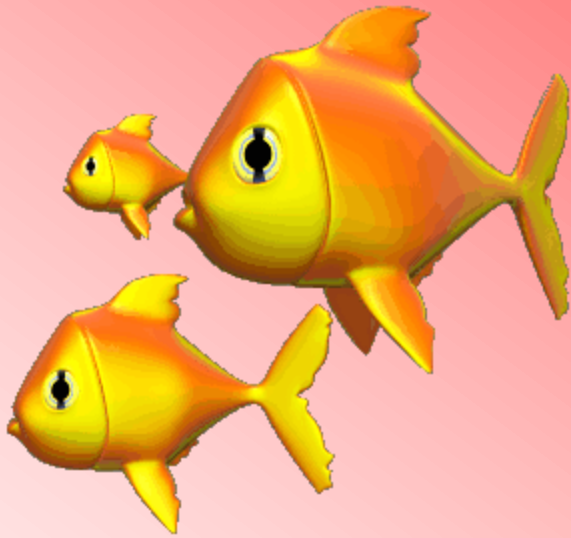


Breakfast does magic for our bodies, it gives our bodies fuel and energy to start the day.



# Carbohydrates

Carbohydrates give you energy. You find them in sugary and starchy foods like potatoes, rice, cereals, pasta, bread and some fruit and vegetables.



# PROTEINS

Proteins help your body grow and repair itself.

You find them in meats, poultry, fish, dairy products, eggs and beans.



# FATS

Fats provide energy and help in building up your body.

You find them in dairy products, red meats, some poultry and fish.

# OTHER FOOD GROUPS

## FIBRE

It helps you digest your food. You find fibre in lots of food like cereals, fruit, bread and vegetables.

## Minerals

Iron is good for the blood. Calcium is good for your bones. Minerals are in lots of foods, but are especially in fresh fruit and vegetables.

## Vitamins

Vitamins are good for keeping your body healthy. They are good for your skin, bones and teeth. They are mostly found in dairy products (milk, eggs and butter), fresh fruit and vegetables.



# WHAT IS A BALANCED DIET?



# A Balanced Diet

You must have carbohydrate, protein, fat, vitamins, minerals and fibre in the correct proportions. If there is not enough protein, you will not be able to grow properly and you will not be able to repair yourself i.e. wounds will not heal properly. If you do not have enough energy containing foods you will feel very tired because you will not have enough energy. If you have too much energy containing foods you will become overweight.

# IS THIS A BALANCED BREAKFAST?



# A Brilliant Balanced Breakfast

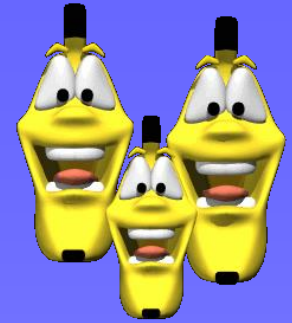
Once you've made and eaten your brilliant, balanced breakfast, you will be full of energy to tackle the day!!!



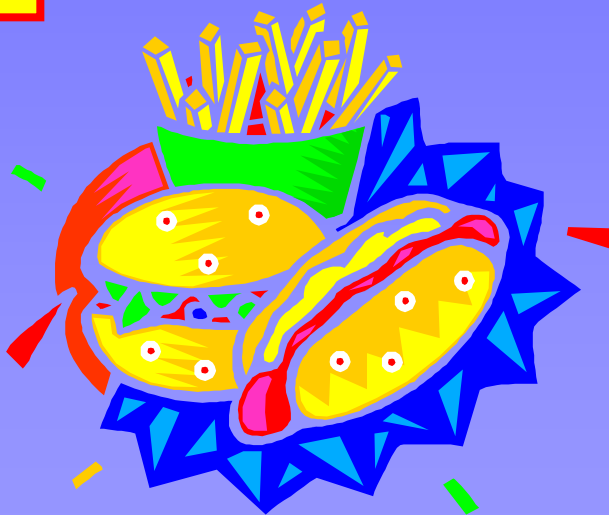
# Healthy Lunchbox



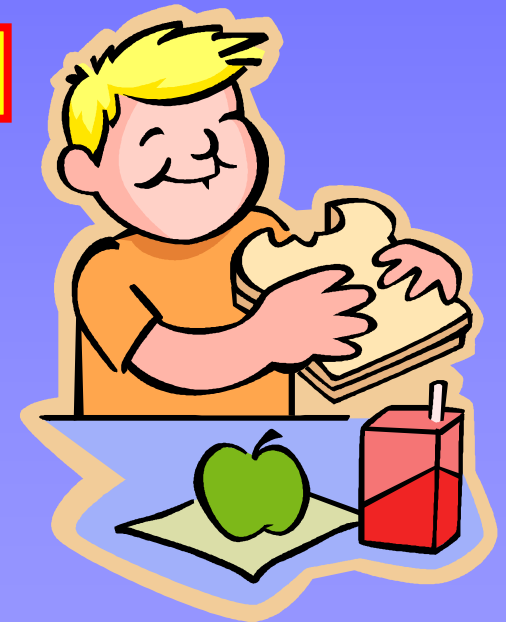
Which lunch would you choose?

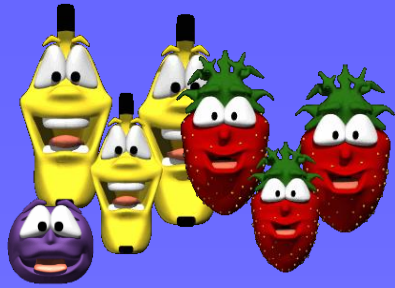


Option 1



Option 2





What do you think of this lunch box?



**Not a very healthy choice !**

