

# WHY EATING GOOD FOOD IS GOOD FOR YOUR MOOD!



## What is a healthy balanced diet?

Did you know that eating well can make a difference to our mental wellbeing?

Your mental wellbeing is about how you're feeling right now, and how well you can cope with daily life.

Our wellbeing can change from moment to moment, day to day, or month to month. If we don't have the right fuel in our bodies our mood can be affected.

A healthy diet can give us energy, improve our mood and help us to think clearly. By eating regularly throughout the day we can help stop ourselves feeling tired, frustrated and cranky.

## The Eatwell Guide

We can understand what makes up a healthy balanced diet by looking at the Eatwell Guide.

The Eatwell Guide shows how much of what we eat overall during a day (or through the week) should come from each food group to get a healthy, balanced diet.



## Fruit and vegetables

These contain a lot of the minerals, vitamins and fibre we need to keep us physically and mentally healthy. We should aim to eat 5-a-day!

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## Potatoes, bread, rice, pasta and other starchy carbohydrates

These are a good source of energy and the main source of a range of nutrients in our diet.

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## Dairy and alternatives

These are good sources of protein and some vitamins, and they're also an important source of calcium, which helps keep our bones healthy.

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## Beans, pulses, fish, eggs, meat and other proteins

These are good sources of protein, vitamins and minerals. They can help keep you fuller for longer. Proteins also help your brain to regulate your thoughts and feelings.

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## Water

If we don't drink enough we can feel confused. Drinking water throughout the day keeps us well hydrated. We should drink 6-8 cups each day.

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## Eating a rainbow

Eating a variety of different coloured fruits and vegetables every day means you'll get a good range of nutrients.



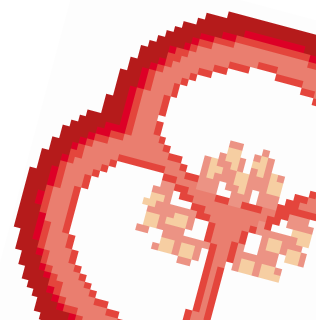
## Notes

Some of the information within this factsheet was gathered from the [NHS](#) and [MIND](#) websites.

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## Now...

Why not try our '[Let's think more about Food & Mood](#)' activities?



# LET'S THINK MORE ABOUT FOOD & MOOD

Now that you know about eating a balanced, healthy diet, why not try some of these activities to help you think more about healthy eating and mental wellbeing? Parents will need to help younger children.

## Make a paper fortune teller!

Fortune tellers are a fun, hands on way to encourage further understanding of good food.

We've included one for you to fill in, and also a completed one for inspiration!

Here's how to make your own:

**Step 1:** Pick four words for the outside of the fortune teller, and write these on each corner, where it says "outside of fortune teller".

**Step 2:** Choose eight different foods and write them where it says "food".

**Step 3:** Research a fact about each of the foods you have chosen, and write them in where it says, "did you know".

**Step 4:** Cut out the square, turn over so the writing is face down and fold along the lines. Follow these instructions from the second stage if you need them!



## What do you know about the Eatwell Guide?

Take 4 pieces of paper, write **Fruit & Vegetables** on one, then **Potatoes, Bread, Rice, Pasta & Other Starchy Carbohydrates** on the next, **Dairy & Alternatives** on another and **Beans, Pulses, Fish, Eggs, Meat & Other Proteins** on the last piece.

Have a go at drawing the food that fits into that group on the different named sheets.

Can you find any food that fits into those groups and place them on the 4 sheets of paper?



## Get creative in the kitchen

Can you think of any healthy recipes you could make using any of the food items you've found? We have given you two for inspiration!

## Where can I learn more?

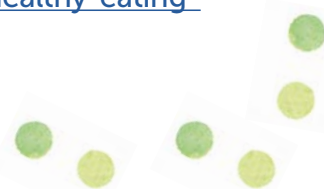
If you want to learn more about mental well being and healthy eating take a look at some of the websites listed here:

**MIND** - <https://www.mind.org.uk/information-support/tips-for-everyday-living/food-and-mood/about-food-and-mood/>

**BDA** - <https://www.bda.uk.com/resource/food-facts-food-and-mood.html>

**Change 4 Life** - <https://www.nhs.uk/change4life>

**Food a Fact of Life:** <https://www.foodafactoflife.org.uk/whole-school/bnf-healthy-eating-week-2020/be-mind-kind/>



# MAKE A FORTUNE TELLER COMPLETED

The fortune teller template is a square divided into eight triangular sections by a central point and four lines extending to the corners. Each section contains a food item and a fact. The sections are:

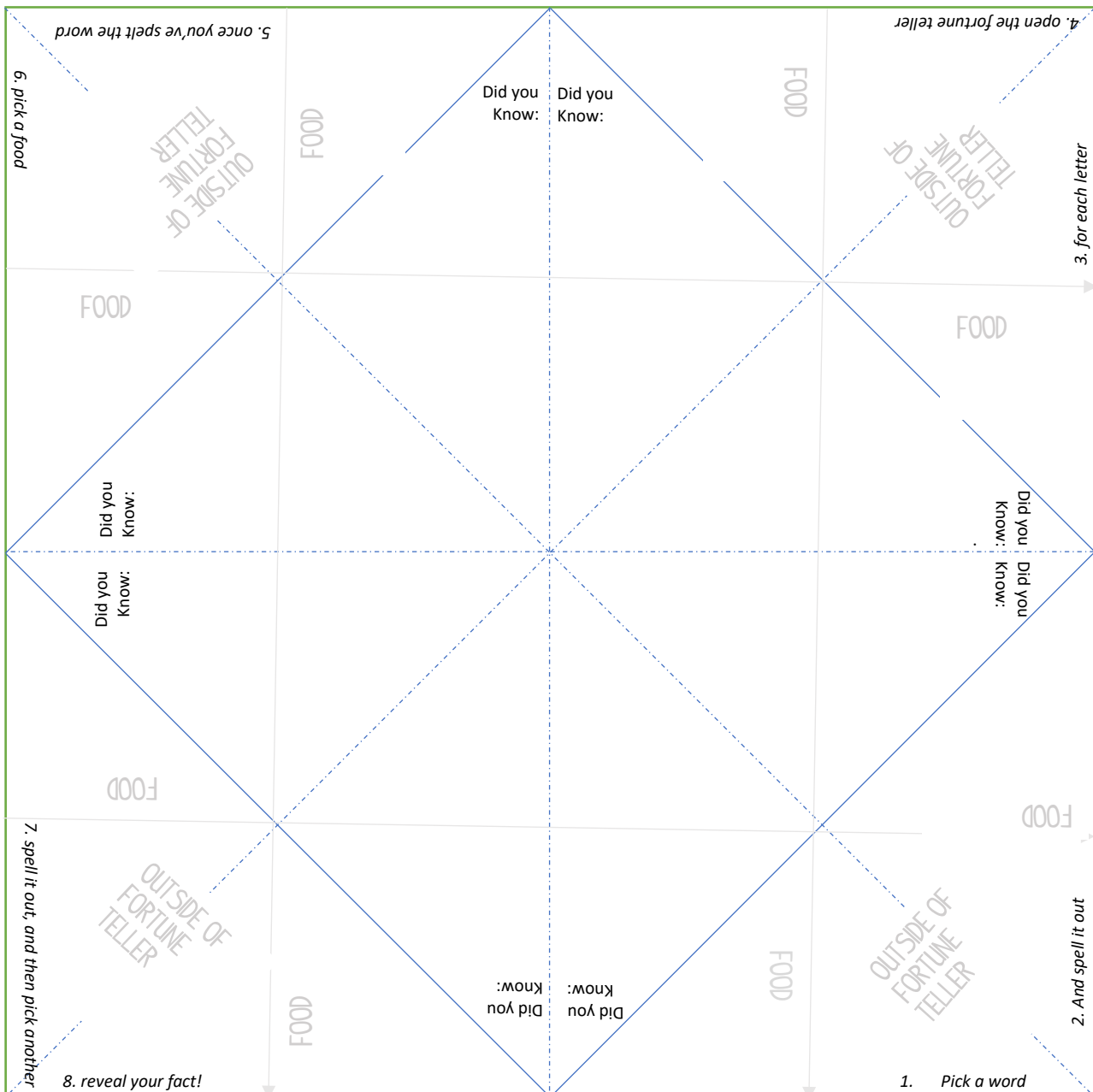
- APPLE**: Did you Know: Fruit is better than juice! In fact, a raw unpeeled apple has almost 10 times more fibre than a cup of apple juice.
- NUTS**: Did you Know: Your body needs good fats (in things like nuts and olive oil) to give your muscles quick energy. But if you eat too much, it gets stored in your body.
- SALMON**: Did you Know: Fish, chicken and other lean meats (and meat alternatives) are filled with protein to help keep muscles strong.
- SWEETS**: Did you Know: Sugary foods break down quickly in the body, making you hungry quickly. The energy they give is soon used up, making you feel tired and slow.
- WATER**: Did you Know: A 330ml can of pop contains 10 to 12 teaspoons of sugar. Better to drink water or milk if you are thirsty!
- BREAD**: Did you Know: Eating fibre makes you feel fuller and it is healthy for your heart. High fibre foods also have vitamins and minerals to keep your heart strong.
- MILK**: Did you Know: Lower-fat milk and dairy (and alternative) products are crammed with calcium to help you build strong bones that help you to play safely.
- BROCCOLI**: Did you Know: Leafy green vegetables like broccoli are full of vitamins to keep you full of energy, and help you play and run for longer.

Instructions for use:

- Pick a word
- And spell it out
- for each letter
- open the fortune teller
- once you've spelt the word
- pick a food
- spell it out, and then pick another
- reveal your fact!

Cut out the square, and fold along the lines. Follow the below instructions from the second stage if you need them!

# MAKE A FORTUNE TELLER TO COMPLETE



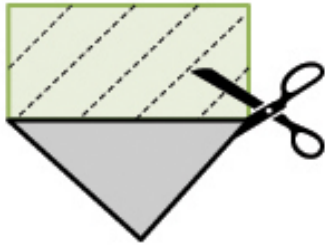
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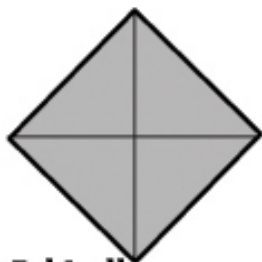
Cut along the top line



You are left with  
a square of paper



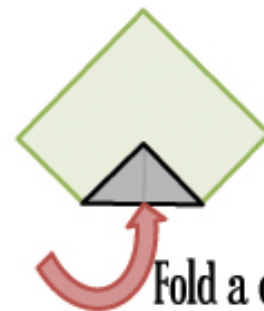
Fold a corner to  
the centre



Fold all corners  
to the centre



Turn over



Fold a corner  
to the centre



Fold all corners  
to the centre



Turn over



Insert fingers  
and play!