

# 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.



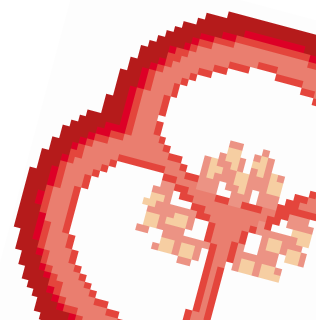
## Notes

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

**1. Pick a word**

**2. And spell it out**

**3. for each letter**

**4. open the fortune teller**

**5. once you've spelt the word**

**6. pick a food**

**7. spell it out, and then pick another**

**8. reveal your fact!**

**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.

**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.

**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.

**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.  
Did you Know: Lower-fat milk and dairy (and alternative) products are crammed with calcium to build strong bones that help you to play safely.

**MILK**  
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!

**WATER**  
Did you Know: Fish, chicken and other lean meats (and meat alternatives) are filled with protein to help keep muscles strong.

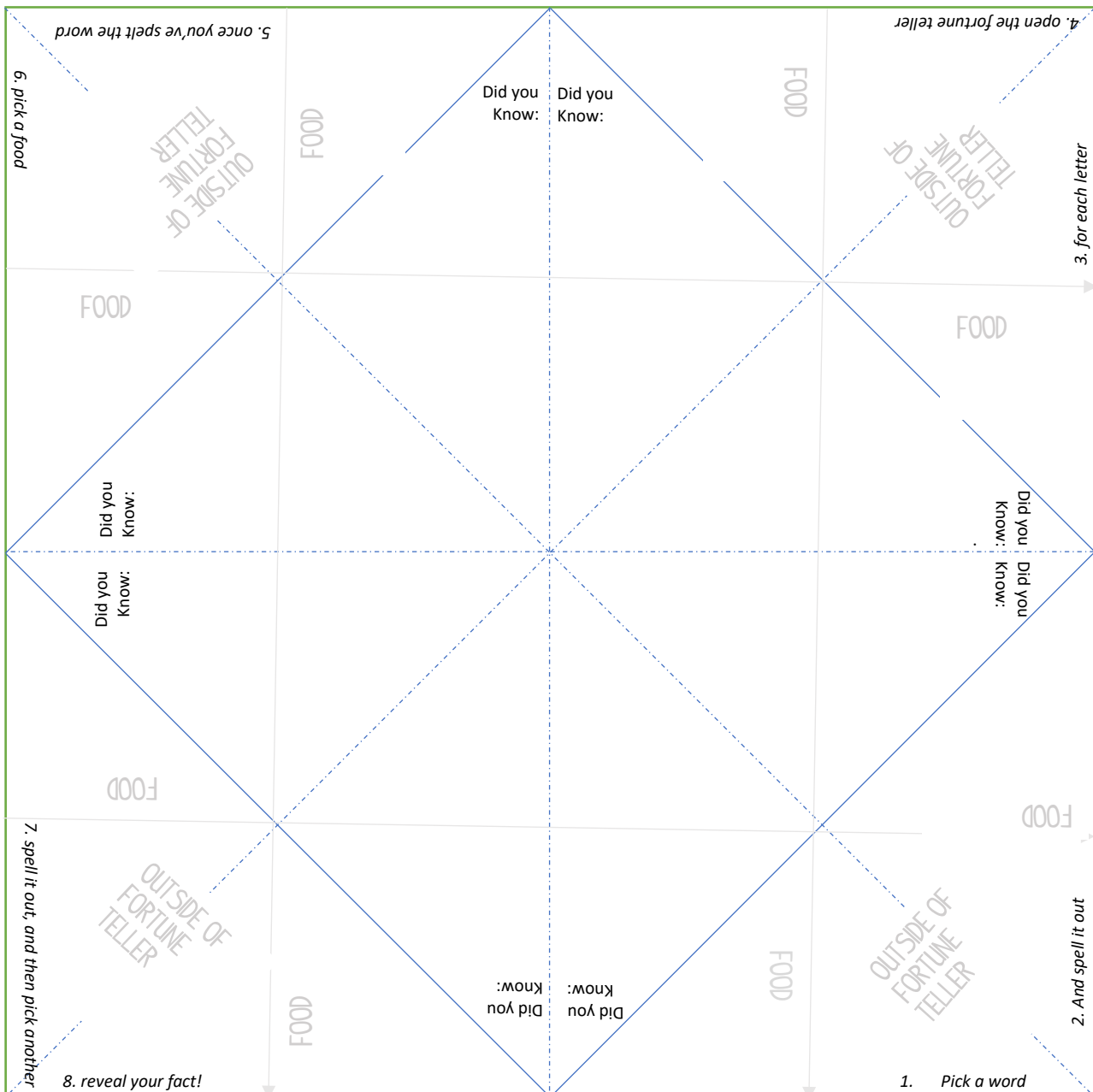
**SALMON**  
Did you Know: Energy

**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.

**FOOD THAT MAKES ME...**

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



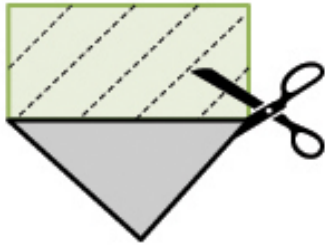
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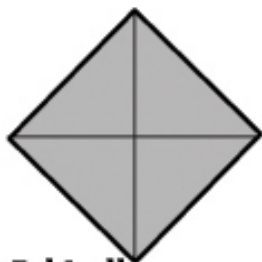
Cut along the top line



You are left with  
a square of paper



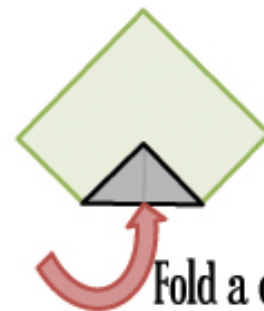
Fold a corner to  
the centre



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!





**GET TOGETHERS**

Bringing people together through food

# Swedish-style carrot fritters - Raggmunk

These carrot and potato fritters are a cross between pancakes and a rösti. They are traditionally served in Sweden as a side to meat and fish dishes.

**Organisation and skill:** ★★ ★

**Cost:** £ £ £

**Portion-wise:** Makes 6-8 fritters

**Store-wise :** These are best made and served straight away

## Equipment

- Grater
- Plate
- Mixing bowl
- Whisk or fork
- Tablespoon
- Non-stick frying pan
- Fish slice or spatula

## Ingredients

- 25g plain flour
- 3 tablespoons milk
- 1 medium free-range egg
- A large pinch dried thyme
- 175g potato – washed
- 175g carrot – washed
- Salt and pepper
- 1 tablespoon oil

### Allergy aware

This recipe contains:

- Cereals containing gluten (flour)
- Milk
- Egg

# How to make it

- 1 Grate the potato and carrot onto a plate using the largest holes on the grater. Blot with kitchen paper if very wet.
- 2 In a large bowl, whisk the flour with the milk and egg to make a batter. Add the thyme, a pinch of salt and pepper and the caraway seeds if using. Tip in the grated carrot and potato and stir to mix everything together.
- 3 Heat the oil in the frying pan and put 3 large spoonfuls, spaced well-apart, into the pan. Fry over a medium heat until crispy on the underside. Turn the fritters over and fry on the other side, pressing down to make sure they get fully cooked. Keep them warm then repeat with the rest of the mixture.

## Serving suggestions:

In Sweden, Raggmunk is served alongside fried pork and lingonberries so try them served with bacon for a special breakfast treat.

## Eat well

- These fritters will be popular across the generations as they have natural sweetness from the carrots and are easy to eat. Young children can eat them as a finger food.
- Adding carrots to a potato cake recipe improves the nutrition of the dish by contributing beta-carotene which our body converts to Vitamin A. Vitamin A helps us fight infections such as colds. It is also linked to growth and good vision in dim light.

## Shopping

- This recipe is a good store-cupboard option – most of the ingredients will be in the fridge or cupboards.

## Cooking together

- This recipe is suitable for a cross-generational cooking activity, offering different tasks suited to different levels of experience – grating, cracking eggs, mixing, frying.
- A responsible adult should manage the cooking of these fritters.
- The Raggmunk could be made as an option for Pancake Day.

## Sustainability – good for you, good for the planet

- If you have grown your own carrots and don't have many to share, this recipe makes them go a long way.
- Organically grown carrots don't need peeling so you have less food waste.
- If carrots require peeling, put the trimmings on the compost heap.
- If you are concerned about animal welfare and the environment, buy free-range eggs as a minimum standard and consider choosing organic for the highest levels of welfare.

 @SAFoodforLife #FFLGetTogethers  
[www.foodforlife.org.uk/gettogethers](http://www.foodforlife.org.uk/gettogethers)





**GET TOGETHERS**  
Bringing people together through food

# Vegetable noodle jar

Make your own version of a Pot Noodle in a heat-proof, sealable jar. The ingredients are flexible to suit what you've got in the fridge and cupboard.

**Organisation and skill:** ★★ ★

**Cost:** £ £ £

**Portion-wise:** Makes 1 serving

**Store-wise :** Make this fresh when you want a hot, tasty and healthy snack

## Equipment

- Sharp knife
- Chopping board
- Teaspoon
- Grater
- Kettle
- 1 wide-necked jar with sealable lid, e.g. a 500ml Kilner jar
- Fork

## Ingredients

- 1 nest of thin, quick-cook noodles
- 1 teaspoon vegetable stock powder or 1/4 of a veg stock cube
- Pinch brown sugar
- 1/2 small carrot – cut into matchstick sized strips
- 1 spring onion – trimmed and finely sliced
- 4 sugar snap peas or mange-tout – sliced very thinly
- Small portion of greens or tender stem broccoli – shredded
- 1 strip red pepper – finely sliced
- 1/2 teaspoon fresh ginger – grated
- 1 small clove garlic – crushed or grated
- 1/4 red or green chilli – very finely chopped
- Few leaves of fresh coriander – torn with the hands
- Boiling water
- 2 teaspoons soy sauce
- 1 teaspoon lemon or lime juice

## How to make it

- 1** Put all the prepared ingredients, except the water, soy sauce and lemon/lime juice into the jar.
- 2** Pour boiling water into the jar to barely cover everything. Make sure the noodles are submerged. Close the lid and leave to stand for 10 minutes, stirring after 5 minutes.
- 3** Add the soy sauce and squeeze of lemon or lime. Stir well and eat straight away.

*If you don't have a Kilner jar, place everything in a small basin or heat-proof mixing jug, place a small plate or saucer on top and leave to stand until the noodles are soft.*

## Allergy aware

**This recipe contains:**  
**Celery (may be in stock)**  
**Egg (noodles)**  
**Cereals containing gluten (wheat noodles)**

## Serving suggestions:

Serve this as a tasty 'in-from-school' instant snack or for a work-day lunch. Alter the ingredients to suit individual tastes

## Eat well

- The vegetables in this recipe are barely cooked so bursting with vitamins and minerals.
- Choose a reduced-salt stock as soy sauce is quite salty too.

## Shopping

- Use up odd vegetables that are in your fridge – try to include a rainbow of colours.
- Visit your local market to select seasonal vegetables for this recipe.

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Explore vegetables and seasonings from different cultures for this recipe.

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## Cooking together

- If you want to make this with young children, get an adult to prepare the vegetables and let them pick and mix to create their own combination.
- A steady hand is needed to pour boiling water into the jar.
- Explore vegetables and seasonings from different cultures for this recipe.

## Sustainability – good for you, good for the planet

- If you grow your own vegetables, you could make this on the allotment (just need access to boiling water). The freshly picked vegetables will be at their best and a small harvest can go a long way.
- Organic vegetables will be more economical when they are in season and produced locally.

