HEALTHY EATING

ESLDO – Unit 2

Healthy Eating

Eat Well. Live Well.

Eat a variety of foods each day:

1. Have plenty of fruits and Vegetables

2. Eat protein foods

3. Choose whole grain foods

4. Make water your drink choice

What is Healthy Eating?

Healthy eating is more than the foods you eat. It is also about where, when, why and how you eat:

- Be mindful of your eating habits: take time to eat, notice when you are hungry and when you are full

- Cook more often: plan what you eat, involve others in planning and preparing food

- Enjoy your food: culture and food traditions can be part of healthy eating

- Eat meals with others

Weekly Meal Planner

	Breakfast	Lunch	Dinner	Snacks
Sunday	Poached Egg & Avocado on Toast	Healthy Vegetarian Fried Rice	Vegetarian Chilli Con Carne	
Monday	Banana Peanut Butter Smoothie	Vegetarian Chilli Con Carne	Tuna Soba Noodle Bowl	Coconut Caramel Bliss Balls
Tuesday	Mango Lassi Breakfast Smoothie	Tuna Soba Noodle Bowl	Easy Hawaiian Salmon Poke Bowl	Healthy No Bake Slice
Wednesday	Mixed Berry Smoothie	Easy Hawaiian Salmon Poke Bowl	Tuna & Anchovies Spaghetti	Chocolate Peanut Butter Oatmeal
Thursday	Blueberry Protein Smoothie	Tuna & Anchovies Spaghetti	Baked Lemon Salmon	Pick Me Up Mocha Bliss Balls
Friday	Chia Pudding	Baked Lemon Salmon	Dinner with Friends! TGIF!!!	Reece's Bliss Balls
Saturday	Shakshuka	Roast Beef Sandwich	Udon Noodle with Onsen Tamago	

THE STUDENT COOK

Healthy Habits:

<u>Make it a habit to eat a variety of healthy foods each day.</u>

- Eat plenty of vegetables and fruits, whole grain foods and protein foods. Choose protein foods that come from plants more often: choose foods with healthy fats instead of saturated fat

- Limit highly processed foods. If you choose these foods, eat them less often and in small amounts: prepare meals and snacks using ingredients that have little to no added sodium, sugars or saturated fat, choose healthier menu options when eating out

- Make water your drink of choice: replace sugary drinks with water

- Use food labels

- Be aware that food marketing can influence your choices