

The Potato Story

The children may think that some foods are not healthy at all, so it is important to remind them that it is the way food is prepared, and how much of it you eat that often determines how 'good' they are for you.

Jack has chosen a balanced meal because he has got food for growth (lamb chops), food for health (peas, apple and fruit juice) and food for energy (potatoes - oven chips). He has chosen oven chips which are generally lower in fat than fried chips.

Louise has also got a balanced meal – she has chosen chicken (food for growth) and vegetables and fruit (foods for health). She has, however, got fried chips, which have a high content of fat. These foods still have a place in a balanced meal but they should not be eaten every day.

Miquita has chosen a balanced meal – a pasta salad combines pasta (like the potato, a starch and very good for energy) with vegetables. She has also chosen fruit and water, which are an essential part of a healthy diet.

Emil has not got a balanced meal. Sausage rolls have a high fat content because of the pastry and the sausage itself. He has chosen foods that if eaten not very often and in very small portions, do have a place in a balanced diet – but not all together in a meal like this. Also, Emil hasn't chosen any fruit or vegetables which are essential for a healthy diet.