

The Potato Story

When deciding if they have chosen a balanced meal, remind the children that being balanced means eating the right amount of the different food groups.

Explain that different foods affect our bodies in different ways, eg fruit and vegetables keep us healthy and potatoes give us energy.

Refer back to the 'Balance of Good Health' food plate – to have a balanced meal, they should have a lot of fruit and vegetables, lots of bread, cereals and potatoes, a moderate amount of meat, fish, pulses, etc, a moderate amount of milk and dairy, and fats and sugars should be eaten sparingly and enjoyed as treats.

So, for example, even if a child had a chocolate biscuit or a bag of crisps, it can still be part of a balanced meal as long as there are the other food groups represented.

Or, if they had chips, ask if they were fried or baked. Chips cooked in the oven have less fat than fried chips.

It is also important to remind the children that it is the way food is prepared, and how much of it you eat that determines how 'good' they are for you – remind them again about the big bowl of strawberries (great!) with loads of sugar on (not so great!).

