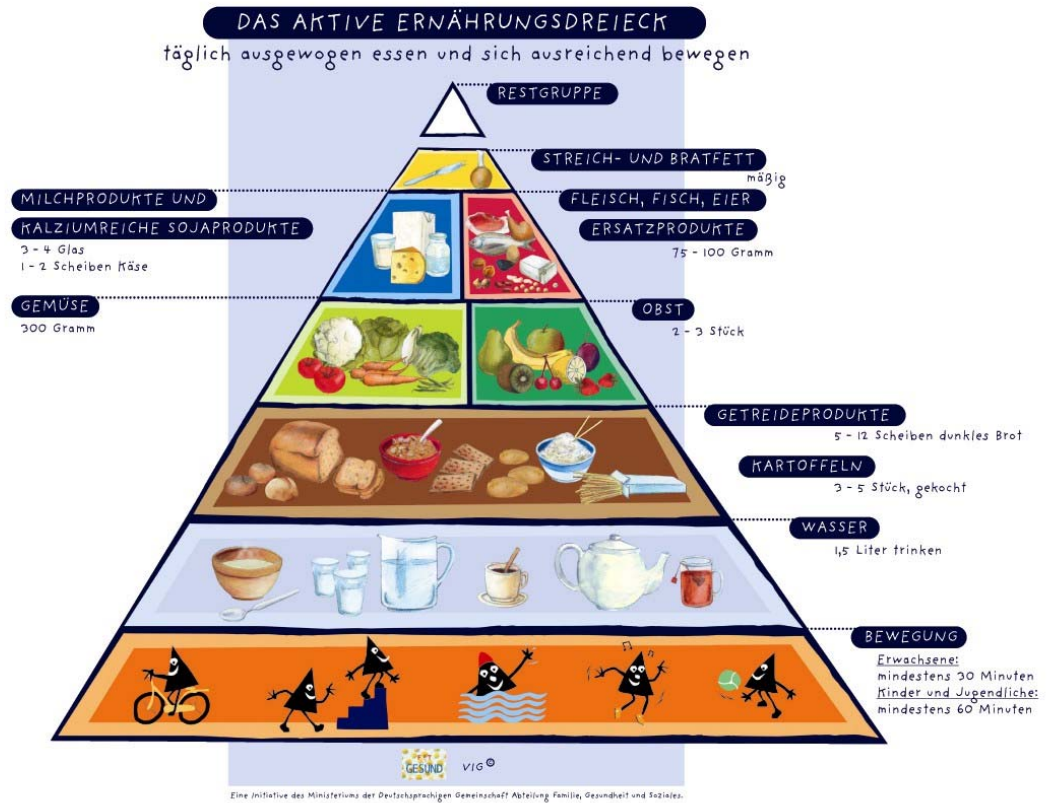


Worksheets:

The Active Food Pyramid – The Belgian Nutrition Model



Information: Different food groups



a) Water

Water and liquids are essential for our body. Water is an essential component in a healthy diet.

This group includes: **water, coffee, tea, bouillon, soup**



b) Cereal products and potatoes

Cereal products and potatoes form our main food. This group includes **potatoes and all kinds of cereal products such as bread (wheat bread, rye bread, bread made from wheat and rye ...), rusk, breakfast cereal, rice, pasta, ...** whole meal products have priority.



c) Vegetables

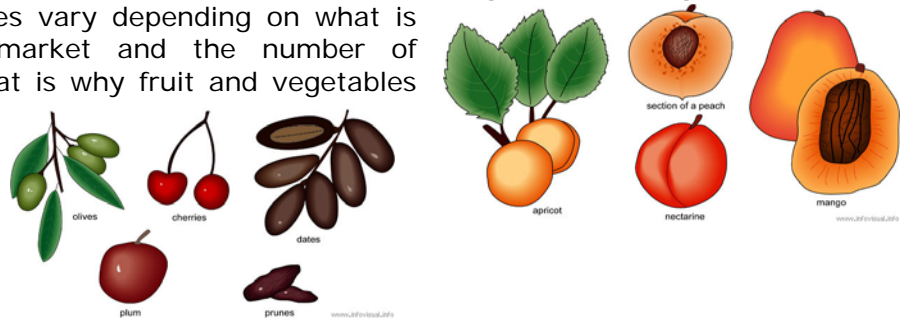
Vegetables are edible plant parts. This group includes: **tomatoes, lettuce, carrots, cauliflower, celery, fennel** and many others.



d) Fruit

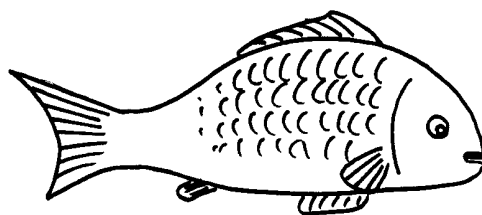
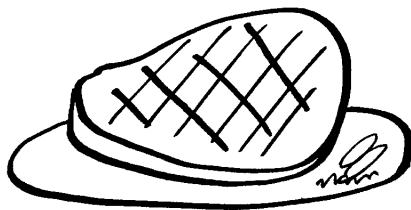
This food group includes: **apples, pears, bananas, tangerines, mangoes**

Fruits and vegetables vary depending on what is available on the market and the number of nutrients varies. That is why fruit and vegetables should be eaten every day.



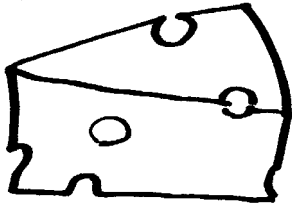
e) Meat, fish and eggs, (and substitutes)

Meat, fish, eggs and substitutes provide protein, vitamins and minerals. Our body needs meat, fish, eggs and substitutes to grow, to develop and regenerate our body. Substitute products for meat, fish and eggs include **soy bean products, fruit of a leguminous plant and nuts.**



f) Milk products

Milk products are very important. This product is responsible for the strength of our bones. Above all, this group includes: milk, yoghurt and milk products.



g) Grease and cooking fat

Grease and cooking fat provide energy. This group includes: **margarine, lipids with low fat contents, butter and oil**. Oil and margarine help heart and vascular diseases.

NB: Although this food group should only be consumed in moderation, it nevertheless belongs to one of the essential food groups to eat a balanced diet.



h) The discretionary group


The other food group is at the top of the active food pyramid. Here we find all food that is really not important for a balanced diet.

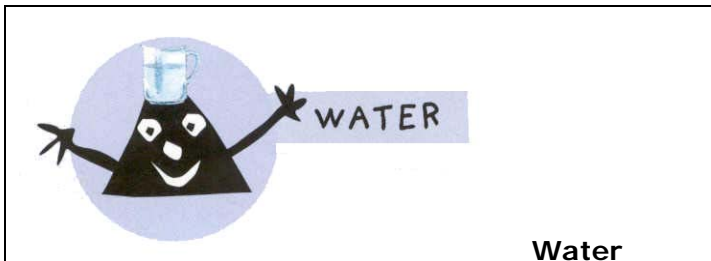
While these foods are not essential, they can't be ignored either. This group includes: **sweets, beverages with a high-sugar content, rich alcoholic beverages, mayonnaise, ...** The top of the food pyramid is an 'extra'.

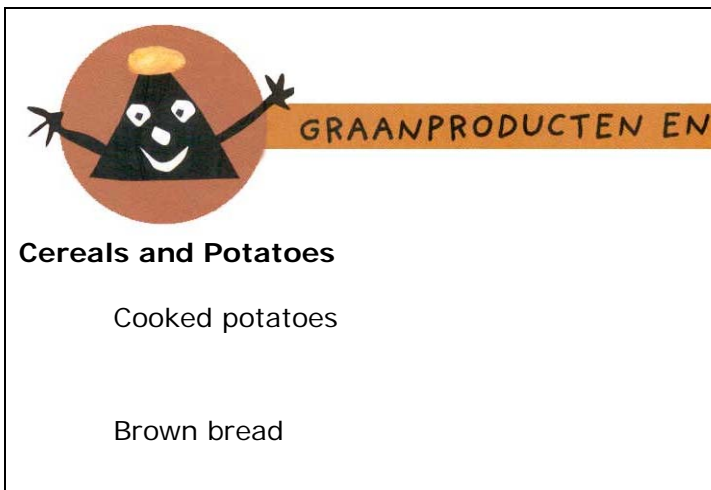



Recommended Daily Allowances for Belgium.

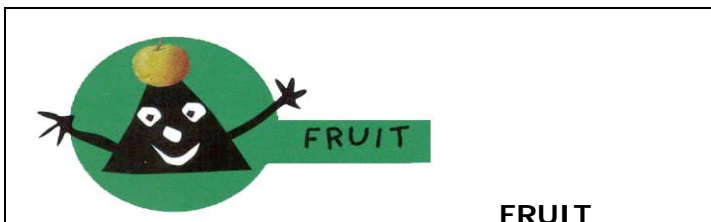
What?	How much per day?
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	<p>Physical activity (Soccer, tennis, walking, walking, walking upstairs...)</p>	<p>Under 18 years: 60 minutes Over 18 years: 30 minutes</p>
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 <p>Water</p>	<p>- 1.5 litre</p>
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 <p>GRAANPRODUCTEN EN AARDAPPELEN</p> <p>Cereals and Potatoes</p> <p>Cooked potatoes</p> <p>Brown bread</p>	<p>- 6 to 12 years: 3 to 4 pieces - 12 to 59 years: 3.5 to 5 pieces - over 60 years: 3 to 4 pieces</p> <p>- 6 to 12 years: 5 to 9 slices - 12 to 59 years: 7 to 12 slices - over 60 years: 5 to 9 slices</p>
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 <p>GROENTEN</p> <p>Vegetables</p>	<p>- 6 to 12 years: 250 g to 300 g - over 12 years: 300 g</p>
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 <p>FRUIT</p> <p>FRUIT</p>	<p>- 6 to 12 years: 2 to 3 pieces - 12 to 18 years: 3 pieces - over 18 years: 2 to 3 pieces</p>
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MELKPRODUCTEN

Milk products

Milk products, soya products rich in calcium

- 6 to 12 years: 3 glasses
- 12 to 18 years: 3 to 4 glasses
- 18 to 59 years: 3 glasses
- over 60 years: 4 glasses

Cheese

- 6 to 12 years: 1 to 2 slices
- 12 to 18 years: 2 slices
- over 18 years: 1 to 2 slices

Meat, fish and eggs (and substitutes)



VLEES, VIS, EIEREN EN VERVANGPRODUCTEN

Uncooked
(Egg: 1 x per week)

- 6 to 12 years: 75 to 100 g
- over 12 years: 100 g

Grease and cooking fat



SMEER- EN BEREIDINGSVET

- in general: thin grease, 10 g



RESTGROEP

- in general: not necessary, in moderation

Discretionary group

DAILY MENU PLAN: WHAT DO YOU EAT AND DRINK?

Date ... / ... /

Task: Track everything that you eat and drink today in the table!

Time	Eat/drink	Quantity
Breakfast		
Snacks		
Lunch		
Snacks		
Dinner		

FOOD GROUP TABLE

Learn to categorize the food you eat!

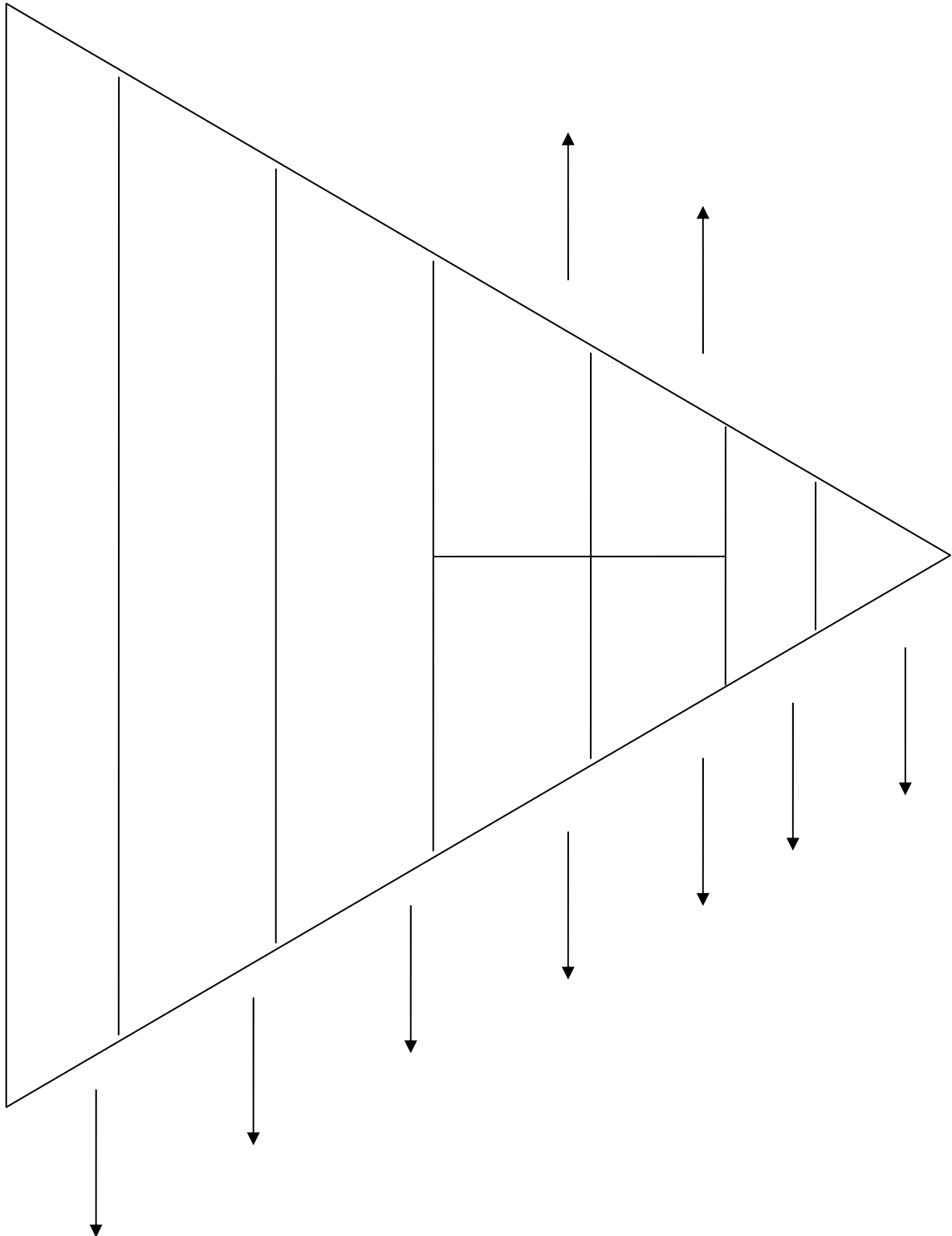
Task: Give examples for each of the food groups below!

<u>WATER</u>	<u>CEREAL PRODUCTS – POTATOES</u>
<u>VEGETABLES</u>	<u>FRUIT</u>
<u>MEAT – FISH - EGGS</u>	<u>MILK PRODUCTS</u>
<u>GREASE AND COOKING FAT</u>	<u>DISCRETIONARY FOODS</u>

THE ACTIVE FOOD PYRAMID

Become familiar with the various categories of the food pyramid!

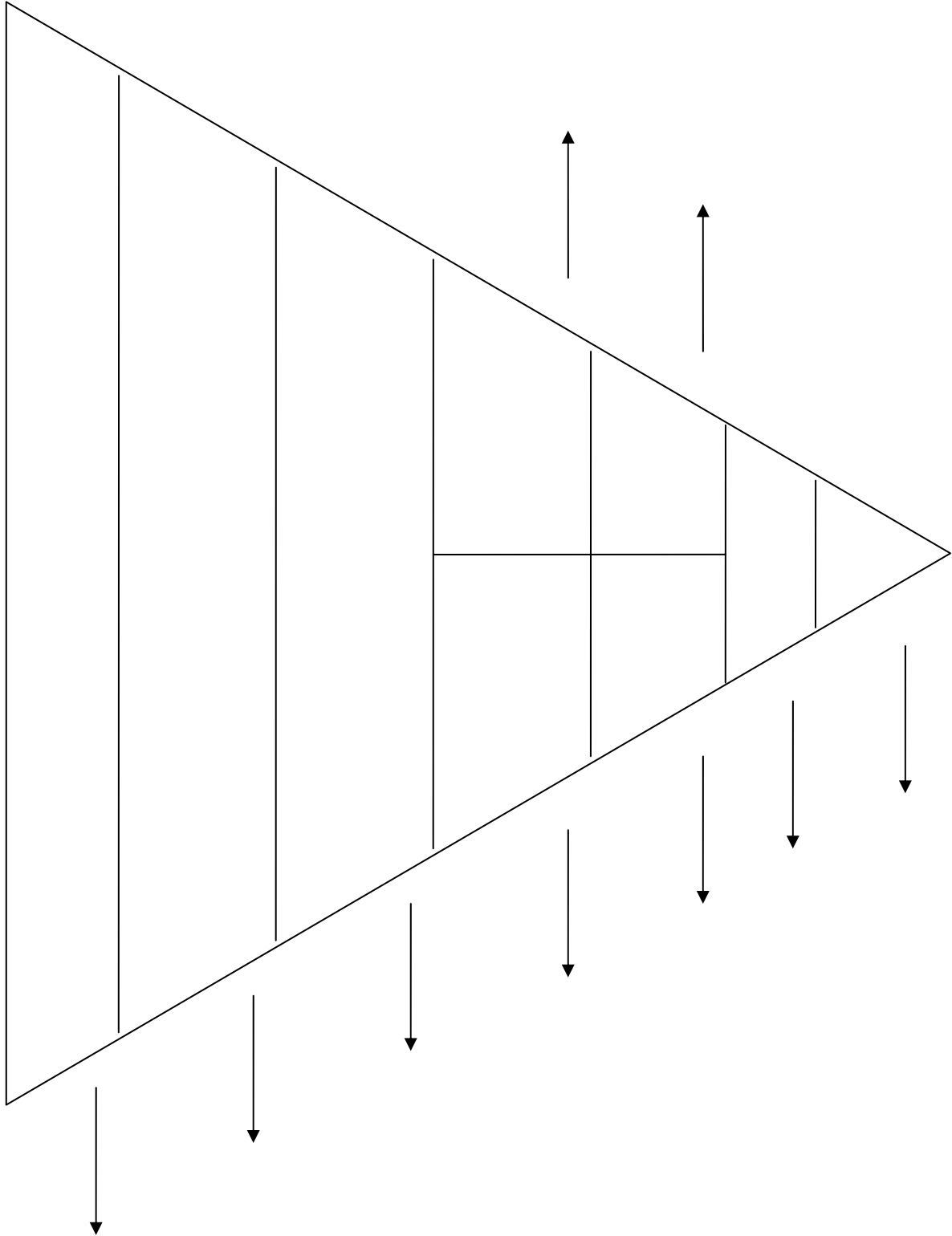
Please note: Write the following terms on the arrows of the pyramid: discretionary foods, water, vegetables, meat – fish – eggs, physical activity, fruit, cereal products – potatoes, milk products, grease and cooking fat.



THE ACTIVE FOOD PYRAMID

Become familiar with the various categories of the food pyramid!

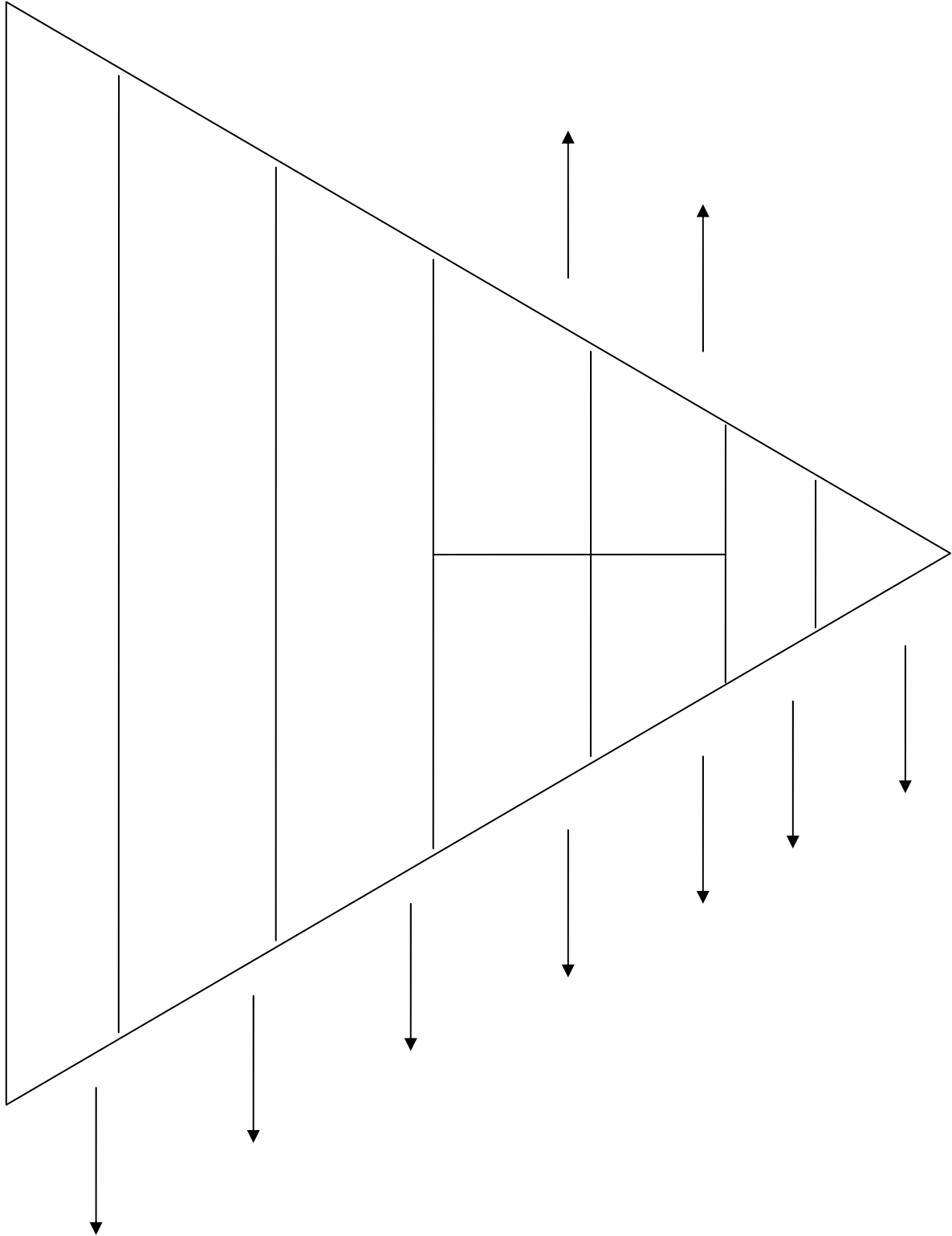
Exercise: Record two examples of your daily meals for each part of the Active Food Pyramid!



THE ACTIVE FOOD PYRAMID

Become familiar with the various categories of the food pyramid!

Exercise: Complete the Food Pyramid with the food that you have eaten each day. Do this for each day for which you have recorded your meals.



HOW HEALTHY ARE YOU? YOU AND YOUR FOOD PYRAMID

Give yourself nutrition tips on the basis of your Food Pyramid!

Exercise: Choose the best completed Food Pyramid amongst you. Answer the following questions:

1) Every day you should eat something from each food group, with the exception of the discretionary food group? Does this apply to you?

.....

2) Study your Food Pyramid carefully and rate it yourself based on a scale from 1 to 10.

A rating of 1 means your Food Pyramid is poorly filled in and a rating of 10 means it is perfectly filled in.

..... / 10

3) From which food group must you eat more of or less of per day?

More:	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
Less:	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>

HEALTHY FOOD

Learn how to prepare a healthy meal!

Group work: You will be divided into 6 groups. Each group is to prepare a healthy menu together:



Group 1: a healthy breakfast.



Group 2: a healthy breakfast.



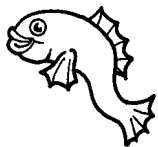
Group 3: a healthy warm meal.



Group 4: a healthy warm meal.



Group 5: a healthy cold meal.



Group 6: a healthy cold meal.

I am working in the..... Group with:

→

→

→

→

Material

- ✓ Flyer with food ads
- ✓ Scissors
- ✓ Glue
- ✓ An A3-sheet of paper
- ✓ Scrap paper
- ✓ Felt tipped pen

What should I do?

- ✓ Join your group.
- ✓ Think together about the meals that you want to plan together: *What foods do you need?* Write everything on scrap paper.
- ✓ Take the ad flyer and look for foods! Don't forget to add beverages!
- ✓ Make sure that the pictures are big enough.
- ✓ Cut out the food and glue it on the A3-sheet.
- ✓ When you think that you have everything, then ask your teacher to come over to check everything.
- ✓ Now you are ready to paste in everything.
- ✓ Write your names on the A3-sheet.
- ✓ Clean everything up.

Group ... : a healthy meal:

