



I EAT HEALTHY IF... I HAVE 5 MEALS A DAY!

FOR YOU: in this paper you will find interesting ideas and tips for making your meals healthier and funnier, with all the variety of foods you can add in turn during the day!

Talk about it with your teacher and classmates: what's your favorite meal? What's theirs? Do you usually skip one of the meals?

At the bottom of these pages you will find a delicious surprise to try at home.

FOR YOUR FAMILY: it's important to vary foods during the five daily meals. You can try together, using the games proposed, to experience new menus and easy recipes. Wellness and cheer are guaranteed!

DID YOU KNOW THAT... Having more meals during the day helps you to better use the energy from foods! It's recommended to children like you to have five meals: three main meals and two little ones.



MEAL



MINI-MEAL



MEAL



MINI-MEAL



MEAL



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WHICH ARE THE FIVE MEALS SUGGESTED?

As we all know, in the morning our stomach is empty and, before the day starts, we need to stock energy: all we need is a nice breakfast!

Breakfast is one of the main meals. Do you know which foods can't be missed at breakfast? Milk or yogurt, a fruit or fresh juice, and something among cereals, bread, biscuits or cake.



After the first hours of activity at school, it's important to have a **snack** to keep our attention high and store energy. If you can, eat a fruit!

Lunch should be complete and contain all the nutrients. You can choose pasta, rice or other cereals with legumes, fish, eggs or meat. Never miss vegetables!



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The **afternoon snack** should be nutritious, but don't eat too much since dinner is close. In the afternoon, you could also make sport or some outdoor activity. Choose yogurt with fresh fruits, so your snack will be satiating and healthy.



It's better not exceeding at **dinner**, or your digestion will slow down and make you feel bad! If you can, choose a vegetable soup with a second course.

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To create a complete daily menu, you need to:

- Eat five portions of fruit and vegetables of five different colors everyday;
- Drink a lot of water and consume foods that contain a lot of it;
- Always have a complete breakfast;
- Eat foods that contain both complex carbohydrates and simple sugars;
- Remember the importance of fiber; choose foods that contain it for, every single meal.

SOME MORE RULES FOR A SPECIAL MENU

To get your menu as delicious as possible, it's important that you eat different food items every day. What does "varying" mean? It means that if you eat pasta at lunch, you may choose rice for dinner, or a cereal, or a vegetable soup. If you eat fish for lunch, you may choose legumes for dinner, or cheese. You could also use fantasy with vegetables! Check with mum or dad which ones you have already eaten during the day and add the missing ones. There are various recipes you can include vegetables in: pies, flans, meatballs...

**REMEMBER TO WORK OUT, PLAY OUTDOOR, CYCLE
WALK, OR RUN WITH YOUR FRIENDS
AT LEAST 30 MINUTES A DAY!**

DO IT WITH YOUR TEACHER AND CLASSMATE!

The eat right game

This game is recommended for 9-12 years old children.

Objective: To check for an adequate menu

How to do it:

Children draw a representative plate of what they had for breakfast, morning snack, lunch, afternoon snack, and dinner the day before. In the drawing, they should try to recreate the proportions among the portion of each food they have eaten.

Then, the teacher shows in the classroom the poster of a daily menu, describing how a balanced one should be. This way, children can compare their menu with the one in the poster, so they can understand what was right and wrong in their meals.

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DO IT WITH YOUR FAMILY!

Create you daily menu

Imagine you are the owner of a restaurant, you must let your customers know what will be the menu of the day. Get a white sheet of paper and a marker and, with your mum or dad, think about what you could put in your menu. Write the menu for breakfast, snack, lunch, afternoon snack and for dinner. Follow all the rules you learned and make a list for the foods you don't have at home. Choose one day when you might go with mum or dad to the market to buy the missing items. When you're done, expose it in the kitchen, so every component of your family will know what they will eat during the day. Your menu will be healthy and delicious!

Today I play with... frisbee!

Frisbee is a round-shaped object used outdoor, which can be launched for long distances. It's usually used by families, but it's a real sport! You can launch it in different ways, but a rotation is necessary. What are you waiting for? Ask mum and dad to go to the park and play with you with a frisbee!

An idea for your snacks

Usually, we eat snacks rich of simple sugars and fats. Can you tell which could be a healthy, good and easy to make snack? Take a pear, wash it, cut it in half and remove the core making thus a little hole in the fruit. Take a little piece of dark chocolate and make it melt in the microwave. Pour the melted chocolate in the whole on the pear. Put an almond or a hazelnut on top of the chocolate ... And here's your "chocolate-pear dessert"! Prepare it also for your brothers or sisters!

My comments/What I think:

How to distribute daily food intake?

During the day you should eat in **3 main meals**, such as **breakfast**, **lunch** and **dinner**, and **2 snacks**, one in the morning and one in the afternoon.

Remember: drinking water between meals is always a good idea!

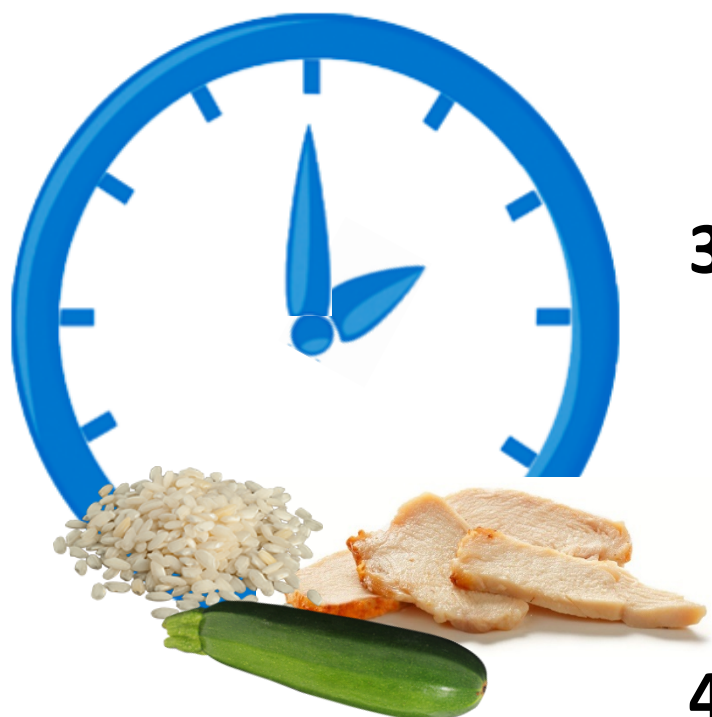
The biggest meal of the day depends on the cultural traditions of each country. For instance, in the Mediterranean diet, it's the lunch. On the contrary, in other cultures and traditions, the main meal is breakfast. Food habits of a country are determined by several factors: climate, natural resources, lifestyle, social conventions and economic factors.

Below here you can find some suggestions on how to organise the day with regard to food. The time of the meals could slightly vary on the basis of your school hours.



1. When you wake up, you should have breakfast, so that you can obtain the fuel to start the day with the right spirit!

2. Mid morning you could eat a fruit as a snack!



3. In the middle of the day it's time for lunch: is it the biggest meal of your day?

4. In the afternoon you can eat a second healthy snack. A correct choice could be a fruit or a yogurt!



5. Dinner is in the evening, a light meal is recommended!



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The importance of breakfast

When you wake up, you need some foods to start the day with energy. Breakfast is one of the most important meals because it provides you the fuel for your activities!

How could you combine foods to obtain tasty and nutritious breakfast meals? An ideal breakfast should provide palatable, tasty and healthy foods. Do you remember which foods can't be missed at breakfast?

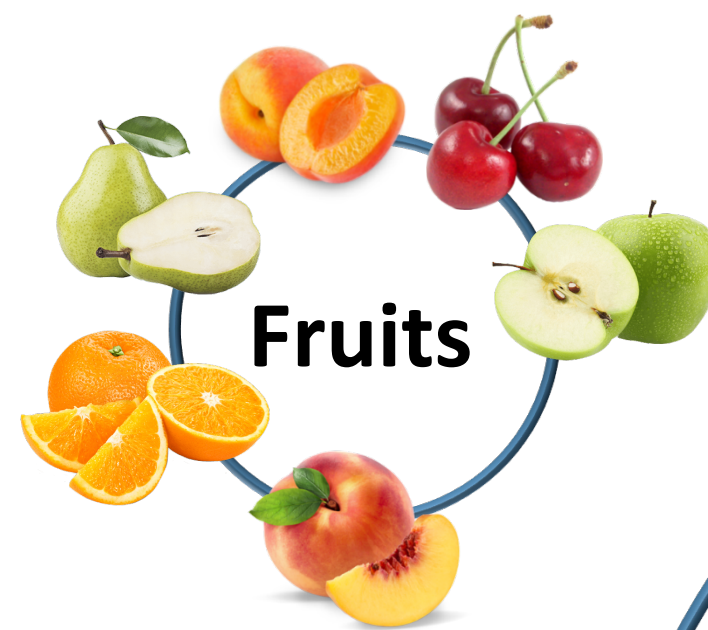
Your choice should include a portion of dairies (milk or low-fat cheese), cereals (preferably whole grain) and fruits (fresh or dry fruits, or juice).



How should your plate be composed ?

You can follow simple rules to create a balanced and healthy plate for your main meal, such as the lunch!

Vegetables and cereals, better if varied, should occupy more than a quarter of your plate. You should limit the amount of refined products (e.g. white bread).

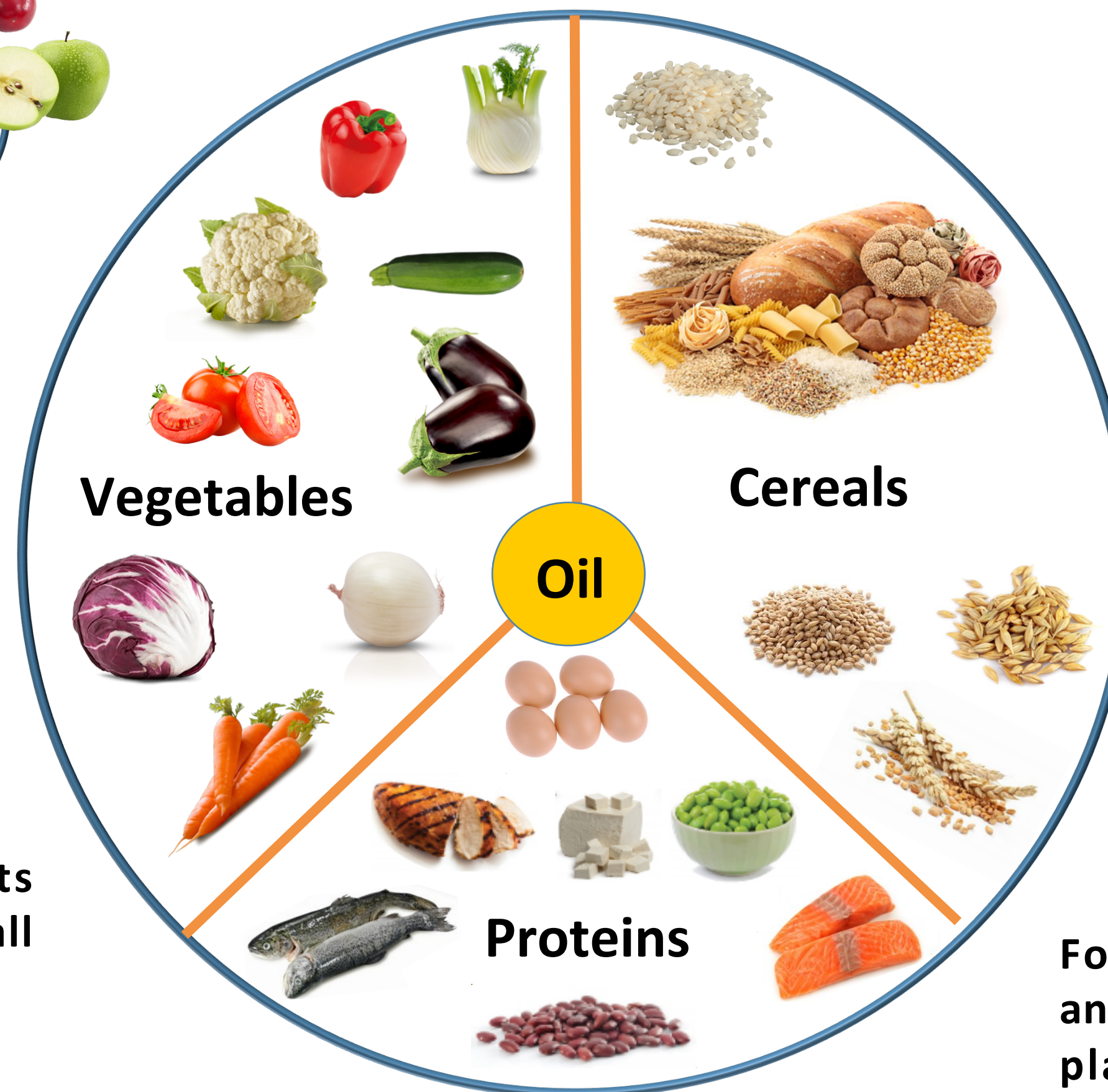


The range of **fruits** should be chosen taking into account the variety of colours and the seasonality!



The best drink for you is **water**. Sweetened drinks should be drunk only in occasionally during the week because of their high content in sugar.

Oils used as condiments should take only a small portion of your plate.



Foods rich in **proteins** represent another important portion of your plate. Good sources of proteins are represented by meat, fish, eggs, seeds and dairies.



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How to build a healthy sandwich for your dinner?

You can choose several combinations of ingredients to build a healthy sandwich and to experiment different foods and tastes.

The only rule you should apply is the use of different food groups:

- Cereal-based products, better if whole grain;
- Vegetables of different colours;
- Eggs, meat or fish as a good source of proteins;
- Oil or cheese as source of fats.

You can also decide to add some spreads (e.g. legume-based spreads) to make your sandwich testier!



Whole grain breads

+



Veggies

e.g. tomatoes, cucumber

+



Good source of proteins

e.g. Eggs, chicken, turkey, salmon, tuna

+



Greens

e.g. green salad, cabbage

+



Spreads or fats

e.g. hummus, olive oil, light cream cheese

+



Whole grain breads

