

# Talking about Food

## Discussion Cards

The Eatwell Plate shows how much of each type of food you should have in each meal or during a day.



Which of these food groups do you think you have the right amount of? Are there any things from your diet that could be better?

People have different diets depending on their beliefs and medical requirements. Some of these are: vegan, vegetarian, pescatarian, gluten-free, lactose-free.

**Discuss:** What is the difference between a vegan and a vegetarian diet? Why do you think some people choose to be vegan or vegetarian? What are the advantages and disadvantages?



Pizza is such a versatile food as you can change things about the bases and the toppings.



**Discuss:** What would an unhealthy pizza look like? How could you make a pizza healthier? What could you make the base out of instead of bread?

For a healthy diet, people need to limit the amount of sugary and high-fat food that they eat.

**Discuss:** Why is it not easy for everyone to eat healthily? What are the reasons that people don't eat healthily?



Does it matter if a vegetable or fruit comes fresh, frozen or in a can? Is one healthier than another?



Snacks can be an important part of our diet. They can provide energy in the middle of the day or when we exercise. A healthy snack between meals can also decrease hunger and keep us from overeating at mealtime.

What is an example of a healthy snack?



What do you think is a healthy school lunch to pack?



Is it possible to eat healthy when dining out?  
How might you do this?

