



Being Healthy

It is important that we try and live a healthy lifestyle to keep us safe and well.

Can you think of 3 things we need to be healthy?

- 1.
- 2.
- 3.

Can you draw a picture below of what being healthy means to you?





Easy Peasy Pizza!

Using the Easy Peasy Pizza recipe use your detective skills to match the ingredients it contains to the sections of the Eatwell Guide below.

If you were making this pizza recipe, would you change or add to any of the toppings?

Think about what you might serve with your pizza to make it a balanced meal e.g. coleslaw or a salad. Could you make the pizza for your tea?





EASY PEASY PIZZA

Serves: 2 (children) **Cost per serving*:** 56p

Portions of fruit and vegetables per serving: 2

Allergens: Wheat | Gluten | Milk

Equipment: Chopping board, sharp knife, 3 x dessert spoon, Table spoon, fork, mixing bowl, rolling pin (optional), baking tray.

Ingredients

- 70g self raising flour, plus extra for rolling
- 50ml natural fat free yogurt
- ½ tin chopped tomatoes with herbs
- 1 tbsp. tomato puree
- 50g reduced fat mozzarella cheese, grated
- 3 large mushrooms, cleaned
- 2 tbsp. sweetcorn, drained
- ½ pepper (yellow, red or orange)

Each 566g portion contains:

ENERGY	FAT	SATFATS	SUGARS	SALT
839kcal 3517kJ	36g	9.7g	9.5g	0.44g
42%	51%	49%	11%	7%

of an adult's reference intake

Typical energy as sold per 100g: 148kcal/621kJ

Method

1. Preheat the oven to 200°C/180°C (fan)/Gas 6 .
2. Put the self-raising flour in a bowl and stir in the yogurt, first with a fork and then bring together to form a dough with your fingertips and knead lightly.
3. Turn out the dough on a lightly floured surface and divide the dough into 2 pieces.
4. Roll out each piece into a circle about 15 cm and place on a baking sheet.
5. Spoon one dessert spoon of tomato puree onto the base and spread evenly. Repeat with the chopped tomatoes.
6. Top with a little mozzarella and then your chosen toppings.
7. Cook in a preheated oven for 8-10 minutes.



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*Cost based on average of three supermarket's website data 16/03/2021 (full price items only) – prices may vary.

Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy 1046kJ 250kcal	Fat 3.0g LOW	Saturates 1.3g LOW	Sugars 34g HIGH	Salt 0.9g MED
13%	4%	7%	38%	15%

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.
Limit fruit juice and/or smoothies to a total of 150ml a day.

Eat at least 5 portions of a variety of fruit and vegetables every day

Fruit and vegetables



Eat less often and in small amounts

Choose wholegrain or higher fibre versions with less added fat, salt and sugar

Potatoes, bread, rice, pasta and other starchy carbohydrates



Beans, pulses, fish, eggs, meat and other proteins
Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat

Dairy and alternatives
Choose lower fat and lower sugar options



Choose unsaturated oils and use in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS