

Learning Journey

Food and the Family

Learning About Healthy Food 1 - What is Healthy Food?

DAY 2 - Tape script

Hi and welcome back!

Today, we are going to look at the secret to healthy eating and making it a reality in you and your family's life.

Actually, as you may have noticed yesterday, there is no big secret as such, and in fact the answer to healthy eating is incredibly simple.

It's all about is making a balanced diet a regular part of your life - simple as that!

Today, you are going to involve your family with this idea, and put them to the test.

To kick off you are going to watch a video from **WebMD**.

WebMD is an American corporation known primarily as an online publisher of news and information pertaining to human health. They have quite a few videos about nutrition.

So watch the [video](#) where the USA MyPlate is discussed. In addition to talking about what to eat, one of the speakers brings up the question of when and **how** to eat.

As one of the presenters points out, **how** we eat is hugely important and can also affect our health and overall well-being. She mentions sitting down with the family to eat, as an example. Can you think of other ways of eating that may positively affect our health?

Take a look at the [wikihow](#) web link which presents some further ideas about **how** to eat. As you read think about which ones are useful for you.

Finally, it's time to get the whole family involved with these ideas. So what you want to do next is draw the US My Plate plate on a piece of paper, but an empty one, without the food types written in. You can just print this off below, if that is easier.

Then when you next sit down to eat with the family - (and if you don't sit down regularly with the family to eat, then now is a pretty good time to start!) challenge them to fill in the food types - see what they come up with. You can follow on from this to discuss what this means for you all. Do your meals typically resemble the food types on the Plate?

Sometimes, it's not easy to relate the food types to the actual food you eat; you know, are beans a vegetable, a grain, a source of protein? In fact, there is not always an easy answer, as food and nutrition is not as simple as the categories we use talk about it suggest.

So in the next session tomorrow, we will be looking more at that.

Have fun and remember to get as many people in the family involved as you can - whatever their age!