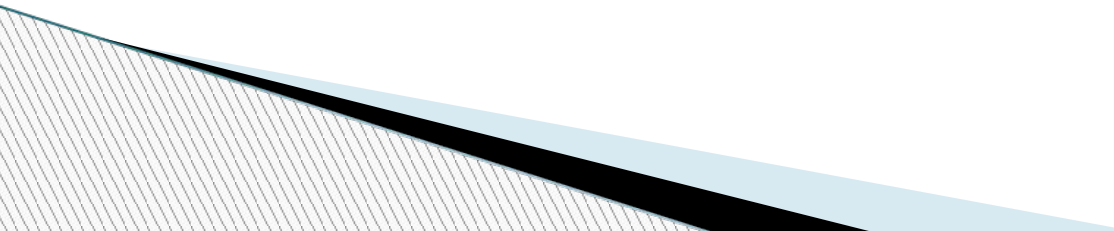


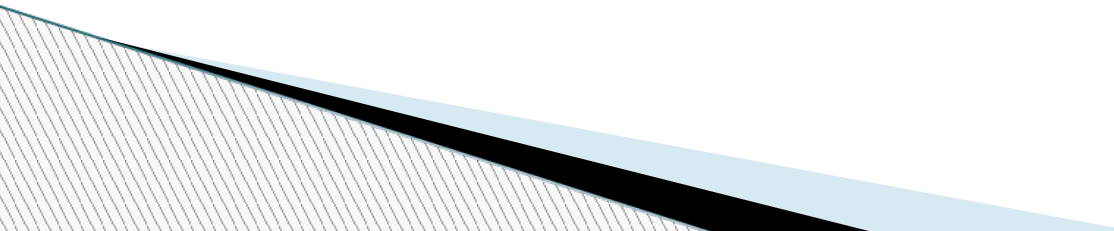
МБОУ СОШ №2
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Козьменко Л.Н.

What is a balanced diet for Healthy Kids?



- The Dietitians in Australia (DGA) Guidelines for Children and Adolescents recommends that for best healthy children should enjoy a wide variety of nutritious foods. This means eating different food types.
 - Variety also refers to choosing a range of food from within each food group, particularly from the plant-based food groups (Fruit, Vegetables and Legumes and Breads and Cereals).
- 

The Australian Guide to Healthy Eating (AGHE).

- The AGHE is a guide to the amounts and types of food that are necessary to get enough of the nutrients needed for good health and wellbeing.
 - The AGHE is divided into five food groups that provide important nutrients the body needs. These are referred to as “everyday” foods and are:
- 

Breads, cereals:



Why is it important for children to eat breads and cereals?

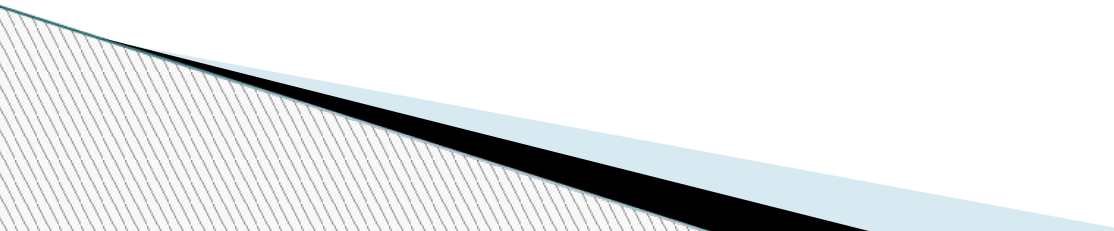
- Breads and cereals are good sources of fibre, carbohydrates, protein and a wide range of vitamins and minerals. Most importantly, this group should form the main source of energy in the diet.
- How many serves of breads and cereals do the children need to eat?

For children, offer a variety of types of breads and cereals each day – rice, oats, wheat and corn. Try to include wholegrain products.

Vegetables and legumes:



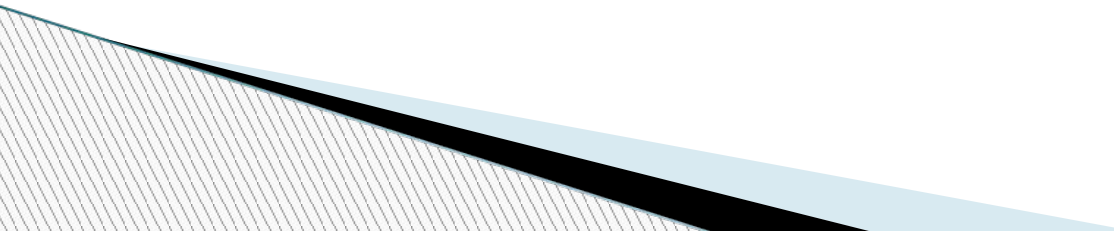
Why is it important for children to eat vegetables and legumes?

- Vegetables are very high in vitamins and minerals. Vitamin A is offered in many vegetables. Nutrients are good for our bodies, because they can fight off bacteria and diseases. Vegetables are also low in fat and high in fiber.
 - They are good sources of vitamins, minerals and antioxidants.
- 

Fruit:



Why is important for children to eat fruit ?

- Fruit are good source of fibre, vitamins and minerals and antioxidants;
 - Prevent vitamin deficiencies;
 - Prevent obesity;
 - Reduce cholesterol levels;
 - Reduce blood pressure;
 - Improve blood glucose control;
- 

Fruit are full of phytochemicals, which can :

- Help prevent cancer and slow cancer growth;
- Protect against:
 - cardiovascular disease;
 - type 2 diabetes;
 - cataracts ;

Milk, yoghurt, eggs and cheese :



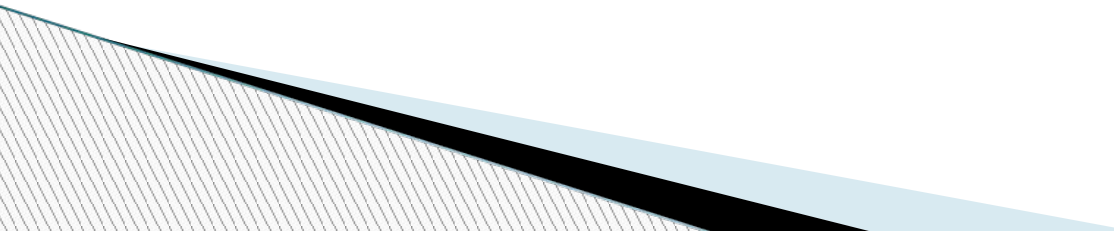
Why is important for children to eat milk ?

- Calcium (milk is a the source);
- Decreases the risk of kidney stones;
- Lowers the risk of breast cancer;
- Helps to keep teeth for a lifetime;
- The prime way to stay out of a wheelchair ;

Meat, fish, poultry :



Why is important for children to eat meats ?

- ❑ Meat is an excellent source of protein, iron, zinc and B group vitamins.
 - ❑ Vitamins B provide the body with energy, aids the brain in tasks which require concentration and help the body to manage stress.
 - ❑ The protein in meat is essential for both gaining and maintaining muscles.
- 

School Canteens(Школьные столовые).



Daily school menu:

Monday

Beef Hamburger with cheese sauce, pizza, juice

Tuesday

Chicken salad wraps, fried rice, juice

Wednesday

Fish burgers, Low fat pie, juice

Thursday

Noodles (beef or vegetables), salads, juice

Friday

Lasagne (beef or vegetarian), chicken Burger, milk, juice

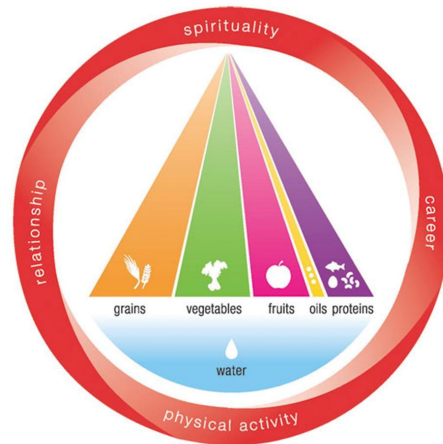


Lunch boxes

- Children in their own or with help of parents collect its so-called “lunch boxes”. They consist of some sandwiches, fruit and any drink (milk or juice).



Foreign associations, which promote healthy nutrition



MEMBER

- These organizations promote healthy nutrition not among children but also adults. They conduct various interviews with parents and children, hand out brochures, show videos and presentations. The staff of these organizations are trying to encourage people more serious about their health.

