

HEALTHY EATING HABITS AND PHYSICAL ACTIVITY

HAVE YOU EVER WONDERED HOW YOUR
EATING HABITS AND PHYSICAL ACTIVITY
AFFECT YOUR HEALTH AND WELL-BEING?

WHAT WORKS WELL FOR YOU? WHY DO YOU
THINK THIS IS?



HEALTHY EATING HABITS

TIME FOR FOOD

Start the day with breakfast and you will have more energy for the school day ahead. If you find it difficult to eat straightaway in the morning, take something to eat during the break, e.g. a sandwich and a piece of fruit. Most people benefit from eating regularly. This means breakfast, lunch, dinner and 2–3 snacks. It makes it easier to eat just the right amount, and gives the teeth a rest between meals.

If you put away your phone or tablet and relax while you eat, you will experience more taste and have time to talk and have fun with family and friends. You will be able to feel when you are just full enough. It is easy to eat and drink more than the body needs if you eat and drink at the same time as focusing on your phone, tablet, computer or TV.

DRINKS

Water is the best drink when you are thirsty and as a drink to accompany meals. Milk or oat-based drinks can be used as a drink with meals, and a couple of glasses a day is just right. These contains the calcium for a strong skeleton and strong teeth. Cordials, fizzy drinks and energy drinks do not make you feel full, and it is easy to drink too much of them and to damage your teeth. Energy drinks containing caffeine affect the body and can make the heart race. It is important not to allow energy drinks to become a replacement for a lack of sleep, skipped meals and a shortage of fluid.

FRUIT, BERRIES AND VEGETABLES

Eat some vegetables with each meal. By all means mix vegetables of different colours. The colours contain vitamins, minerals and antioxidants. Be bold and try new vegetables and fruits. Some tastes you will like immediately, while others need to be tried several times before they become a favourite. Fruit is easy to carry with you and is a good snack. Two or three pieces of fruit a day is just about right.



BREAD, PASTA AND GRAIN

It is good to choose wholegrain bread and pasta products, but it need not be bread containing the entire grain. The grain may be ground and have a flat consistency. If you compare white flour with wholegrain flour, wholegrain flour contains more vitamins, minerals and fibre and makes you feel full for longer. Examples of foods that are more or less 100% wholegrain are rolled oats, muesli base and crispbread.

JUST THE RIGHT PORTION SIZE

If you use the 'plate of food model' at lunch and dinner, it will be easier to eat just the right amount of food and with a good nutritional composition. Various foods contain different nutrients that the body requires. This is why variety is good: What does your plate of food model look like?



WEEKDAYS AND WEEKENDS

Healthy eating habits are important on all days of the week. Sweets, crisps/snacks, ice cream and fizzy drinks contain no nutrition but provide a lot of energy (calories). Nor do they make you feel full, and it is easy to eat too much. A good rule is to eat sweets and crisps/snacks one day a week even as a teenager.

FOOD, ENVIRONMENT AND CLIMATE

Healthy eating habits are also good for the health of the planet. If you follow the proportions in the 'plate of food model', and eat several vegetarian meals each week, this will leave less of a carbon footprint (CO₂e). You can also make a great effort for the environment and climate by reducing food waste and not serving yourself more than you can eat.

EXERCISE AND SITTING STILL

If you exercise and are active during the day, you will feel more alert, stronger and faster. You may also notice that it is easier to concentrate at school. Physical activity also enables you to sleep better. All forms of exercise are good! Everyday activities such as walking, cycling, running, helping out at home, as well as school sports and training in your leisure time. Just do what you think is fun. It is good for your body if you are active for at least one hour a day (not necessarily one hour all at once) and if these activities really raise your pulse rate a few times a week. Beware of how long you spend sitting or lying down with your phone, computer, TV or schoolwork. Stretch your legs and break the habit of sitting still once or twice an hour; a few burpees or squat thrusts will get the blood circulating in your muscles and your head.

