



"600 GRAM A DAY"

Which items in this basket do not count as one of the '600 gram a day'?

How much juice can you include in your '600 gram a day'?

How many do you think you get on average?

Try weighing how much you eat approximately every day.

Try weighing out how much your '600 gram a day' is.



EAT POTATOES, RICE, PASTA AND WHOLEMEAL BREAD - EVERYDAY

We should be mostly eating carbohydrates, especially those with lots of dietary fibre. Dietary fibre fills more and makes for more stable blood sugar.

Look at the food in the basket.

Try to divide the items according to how much sugar you think they contain.

Try to divide the items according to how much dietary fibre you think they contain.



FATS

Check the food labels to see how much fat the food products contain.

Which food products in the basket contain healthy fat?

Which food products in the basket contain unhealthy fat?



QUENCH YOUR THIRST WITH WATER

Check out the drinks in the basket.

Which drinks contain added sugar?

Guess how many sugar lumps the drinks contain.

1 sugar lump = 2 g sugar.

Which drink products provide so much fruit that they can be included in your '600 gram a day'?

