HYP Health and Wellbeing Reflection

– Healthy Food is the Main Food

Mission Goal

This mission is about making it easy for people to choose healthy food as the main food at school, and helping people recognise the benefits of making healthy food the main food.

Read the choices below and then choose one answer from *Always*, *Sometimes* or *Never*.

| What healthy choices am I making? | Always | Sometimes | Never |
| --- | --- | --- | --- |
| I enjoy plenty of vegetables and fruit of different types and colours most days. |  |  |  |
| I eat 2 serves of fruit each day. [[1]](#footnote-1) |  |  |  |
| When I eat milk, yoghurt, cheese or alternatives (soy milk, rice milk or nut milks) I mainly choose reduced fat varieties. |  |  |  |
| If I drink milk alternatives such as soy, rice, oat or nut milks I choose one that has added calcium. |  |  |  |
| When I eat meat or chicken I mostly choose lean meat and trim any visible fat or remove skin. |  |  |  |
| I enjoy meat alternatives such as eggs, nuts, legumes (for example lentils, chickpeas, kidney beans or baked beans) or tofu on some days of the week. |  |  |  |
| When I eat grain (cereal) foods like bread, cereal, rice and pasta I mainly choose wholemeal or wholegrain varieties. |  |  |  |
| I choose water as my main drink |  |  |  |
| I eat foods like cakes, biscuits, chips, ice-cream, lollies, pies and sweet drinks only sometimes and in small amounts. |  |  |  |
| I avoid eating lots of salty foods like processed meats (such as salami and bacon) and potato chips and eat them in small amounts. |  |  |  |
| I only eat takeaway foods like pizza and hot chips now and again. |  |  |  |
| I listen to my body to know when I’m hungry. |  |  |  |
| Most of the time I stop eating when my hunger has been satisfied or I start to feel full. |  |  |  |
| Most of the time I eat regular meals and snacks throughout the day. |  |  |  |
| Where possible I enjoy eating and sharing meals with family and friends. |  |  |  |
| I know that my tastes and preferences for food will change over time. |  |  |  |
| I try new foods whenever I can. |  |  |  |
| I understand how to read food labels to help make choices about food. |  |  |  |

**My personal goal is:**

**What do I want to continue doing?**

**What do I find difficult? What would I like to change?**

**What would I like to learn more about?**

1. Note: a serve is 1 medium piece or 2 small pieces of fresh fruit, one cup of chopped fruit or 1 cup of canned fruit in natural fruit juice [↑](#footnote-ref-1)