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The  
Super Yummy  
Kitchen



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**Variety is key for  
good health! Do  
you know what  
The Eatwell  
Guide is?**



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The Burrito  
Generator

KS1  
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SCIENCE & PSHE

? The **Eatwell Guide** is the UK's healthy eating model and shows the **proportions** in which different types of foods are needed to have a well-balanced and healthy diet. If we eat a healthy, balanced diet, in line with the Eatwell Guide, we should be able to get all of the **nutrients** we need to stay healthy!

Choose some ingredients from each food group to create your own personalised burrito! Try to have this balance of food groups with every meal!

Vegetables x 2  
(or more)



Carbohydrate



Protein



Dairy



Pick healthy fat  
topping!



Don't forget some  
herbs, spices &  
lemons for extra  
flavour!