



Welcome and congratulations on wanting to become a Diet Detective.

In this activity you will find out what kinds of food make a balanced diet to give you the nutrients for health and growth; you will also learn how the food we eat impacts the environment and how simple changes can lessen the impact on the climate.

There are three parts to your diet detective journey. You will start by thinking about the foods that you like and want to eat. Secondly, you will find out which kinds of food help you keep healthy and help you grow and concentrate. Finally, in this time of being very conscious of our environment you will find out how your diet can influence our climate.

For each area there is a corresponding plate on your diet detective sheet as well as some examples of food which you can stick on to your plate; or if you are feeling more creative and inspired by our suggestions, please grab some colouring pencils and draw your ideas on your plate. Enjoy being a Diet Detective.

Plate 1 - What do you like to eat?

The food we eat has a major contribution to our health and wellbeing. It can prevent disease, improve our mood and help us live longer.

On your first plate the choice is yours. What do you like to eat? Add 5 of your favourite foods to the plate. There are suggestions for you to cut out and stick on your plate, but you can also draw any foods that you would enjoy eating.

As you are choosing the food that you would like to think about the fact that all our food comes from both plants and animals, and most foods are complex mixtures of many different components.

Plate 2 - A balanced diet

Eating a balanced diet and the need to eat a broad range of food on a regular basis is one of the most important parts of healthy eating. Different people have different energy needs. For example, very active people such as athletes, or those with physically active jobs need lots of energy from food. People who are less active or who have sedentary jobs need less energy.

Think about how active you are when you are choosing your food for your second plate which will contain foods that are healthy.

A balanced diet will be a third fruit and vegetables (aim to eat 5 portions a day) as well as an equal amount of starchy foods such as rice, pasta, bread and cereals (wholegrain varieties are best). Sources of protein such as lean chicken, fish and eggs are important as are dairy items such as milk and yogurt; and between them should be the final third of your diet.

There are several suggestions of food for your healthy plate that you can use. Feel free to draw other examples of healthy foods that you can think of.

Remember that each food or dish contains a different mix of nutrients, and it is the way foods are combined to make up the whole diet that is important, that is why we think about a balanced diet. Balance is achieved over time – such as a week – and depends on the combinations of foods that are eaten.

Plate 3 - Dietary impacts on climate

Before you become a real Diet Detective, we should now take some time to consider the impact of your diet on the environment. One environmental issue is that of greenhouse gas emissions, and the food that we eat has its own associated emissions.

Some of those foods with the highest greenhouse gas emissions are meat, dairy and even rice. Think of it this way, the more you eat, the higher your emissions will be.

For your final plate you can think about some of the simple swaps that you can make from your balanced diet to reduce the impact on the planet.

Instead of rice, choose pasta, and eating a little less meat and dairy are great ways to reduce the impact of your diet on the environment. Eating beans and lentils are a great source of protein from plants that can be part of a more “sustainable” diet.

You can choose from the suggested foods and stick them to your plate or use our suggestions as inspiration and draw your own ideas.

The impact of our diet on the planet is a very complicated issue with many different things to think about. Our food is part of the diversity of life and sustainable food production relies upon maintaining this diversity and that of related wild plants and animals. However, the area of certain crops, such as soya and oil palm, has rapidly expanded at the expense of wild land and this is driving habitat loss and species extinction.

We have talked about sustainable diets in this section, but what is a sustainable diet? A sustainable diet can be thought of as being nutritious and healthy food, while at the same time being protective of the environment as well as being affordable to people. Not an easy thing to achieve!

Eating more local food, minimising meat consumption and choosing responsibly sourced seafood options are all ways to eat more sustainably.

Congratulations! You are now a fully trained Diet Detective! You can proudly wear your diet detective badge

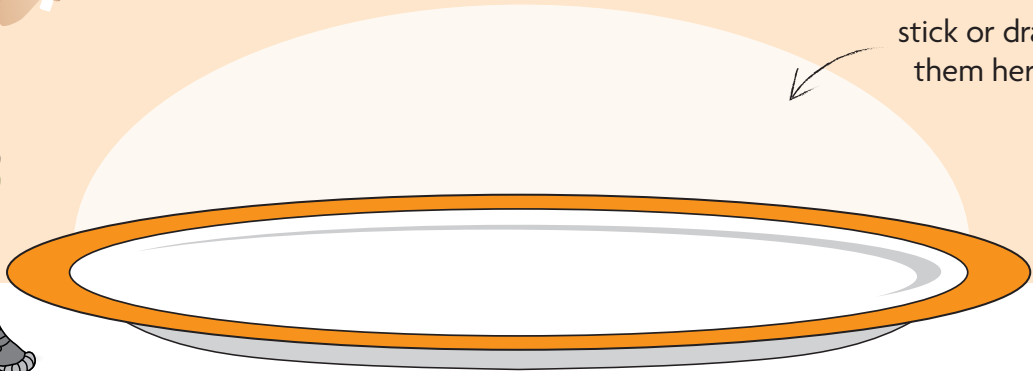
We would love it if you could share your diet detective plates with us. If you are on social media, you can upload a picture of your plate with us using the #dietdetectives hashtag.

You can find us on Twitter @rowett_abdn, on Facebook @RowettAberdeen or on Instagram @rowettinstitute

Could you be a Diet Detective?



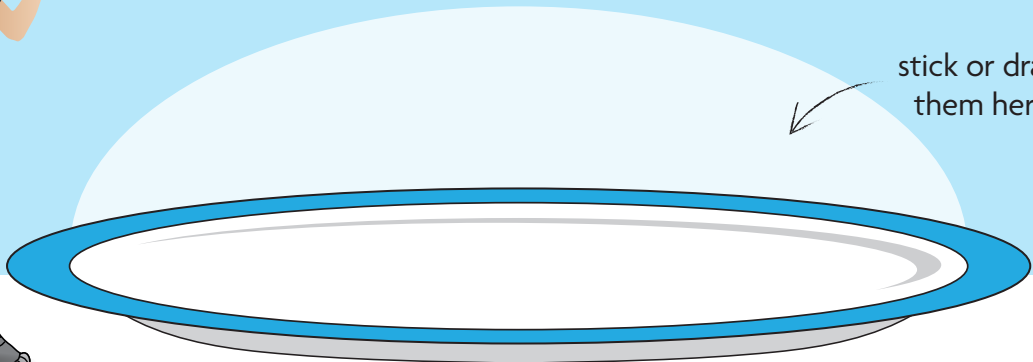
Find **5** of your favourite foods



stick or draw them here



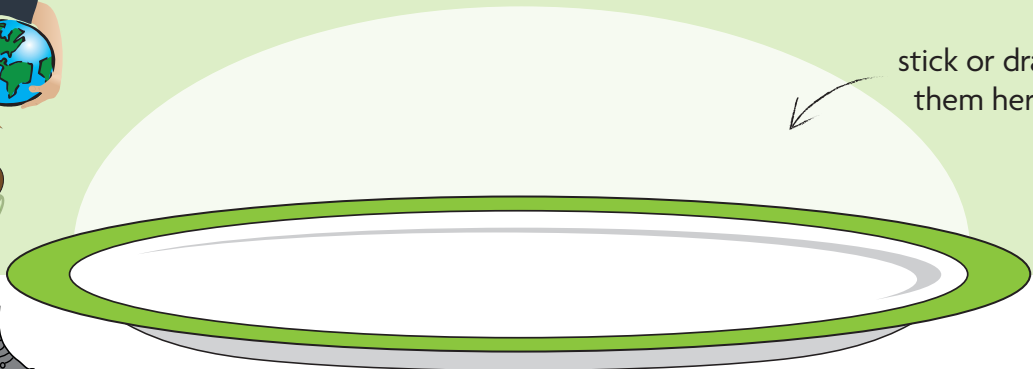
Find **5** foods which are healthy



stick or draw them here



Find the best foods to keep our planet healthy?

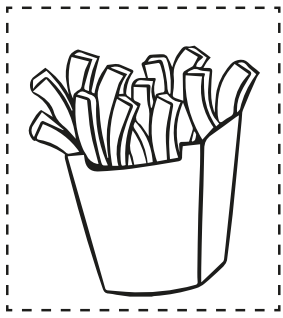


stick or draw them here

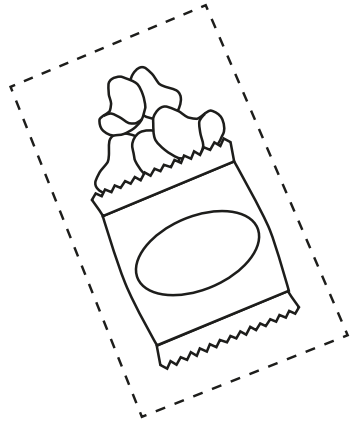
Name

is now a Diet Detective

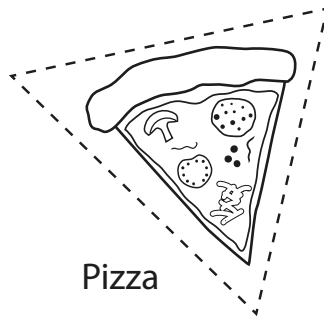
Things you like to eat and drink



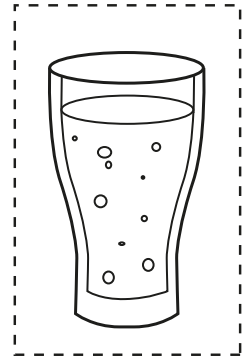
Chips



Crisps

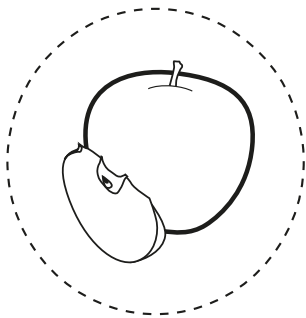


Pizza

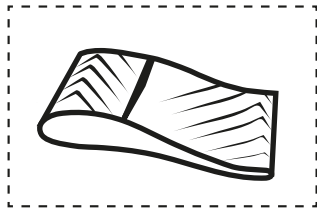


Fizzy drink

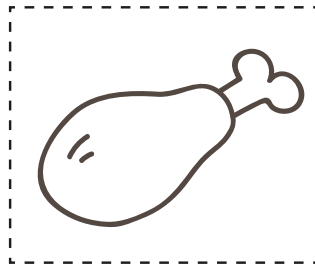
Healthier foods



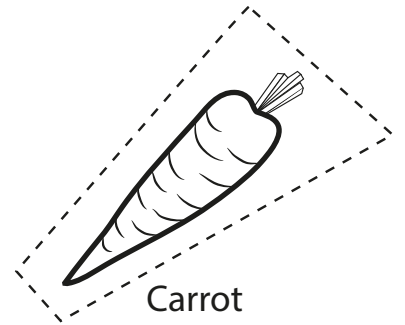
Apple



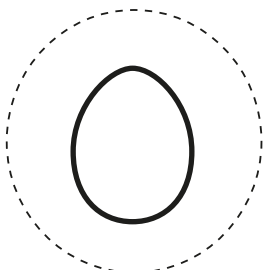
Fish



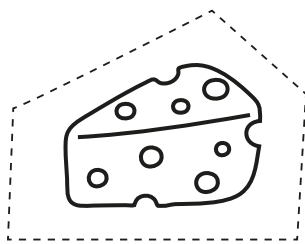
Lean chicken



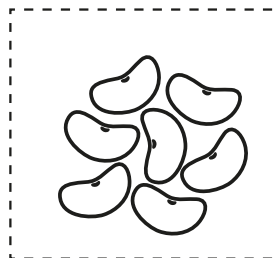
Carrot



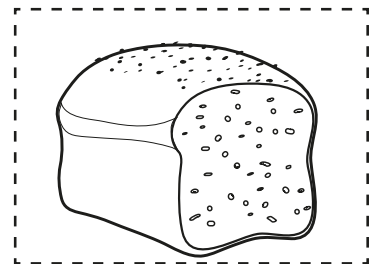
Egg



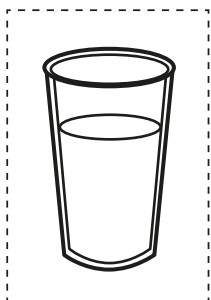
Cheese



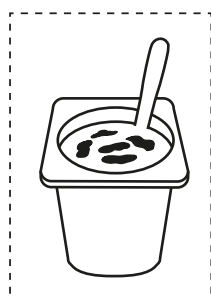
Kidney beans



Wholegrain bread

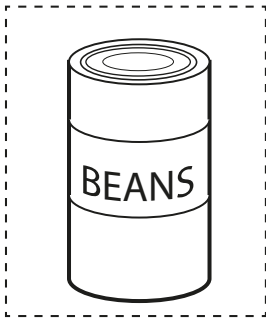


Milk

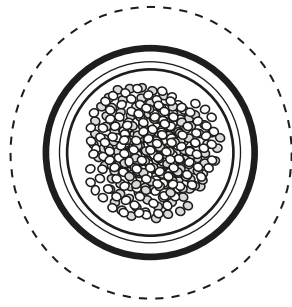


Yogurt

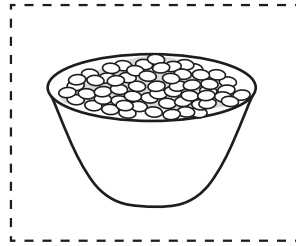
Planet - friendly foods



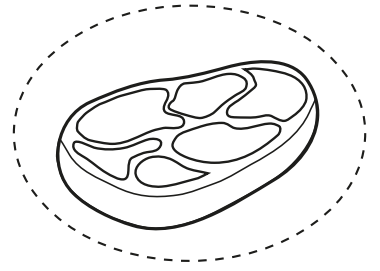
Beans



Quinoa



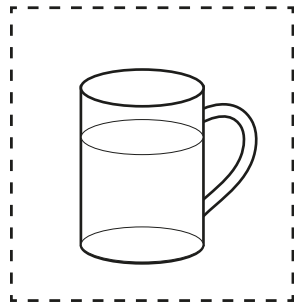
Lentils



Eat Less
Red Meat



Palm oil
free

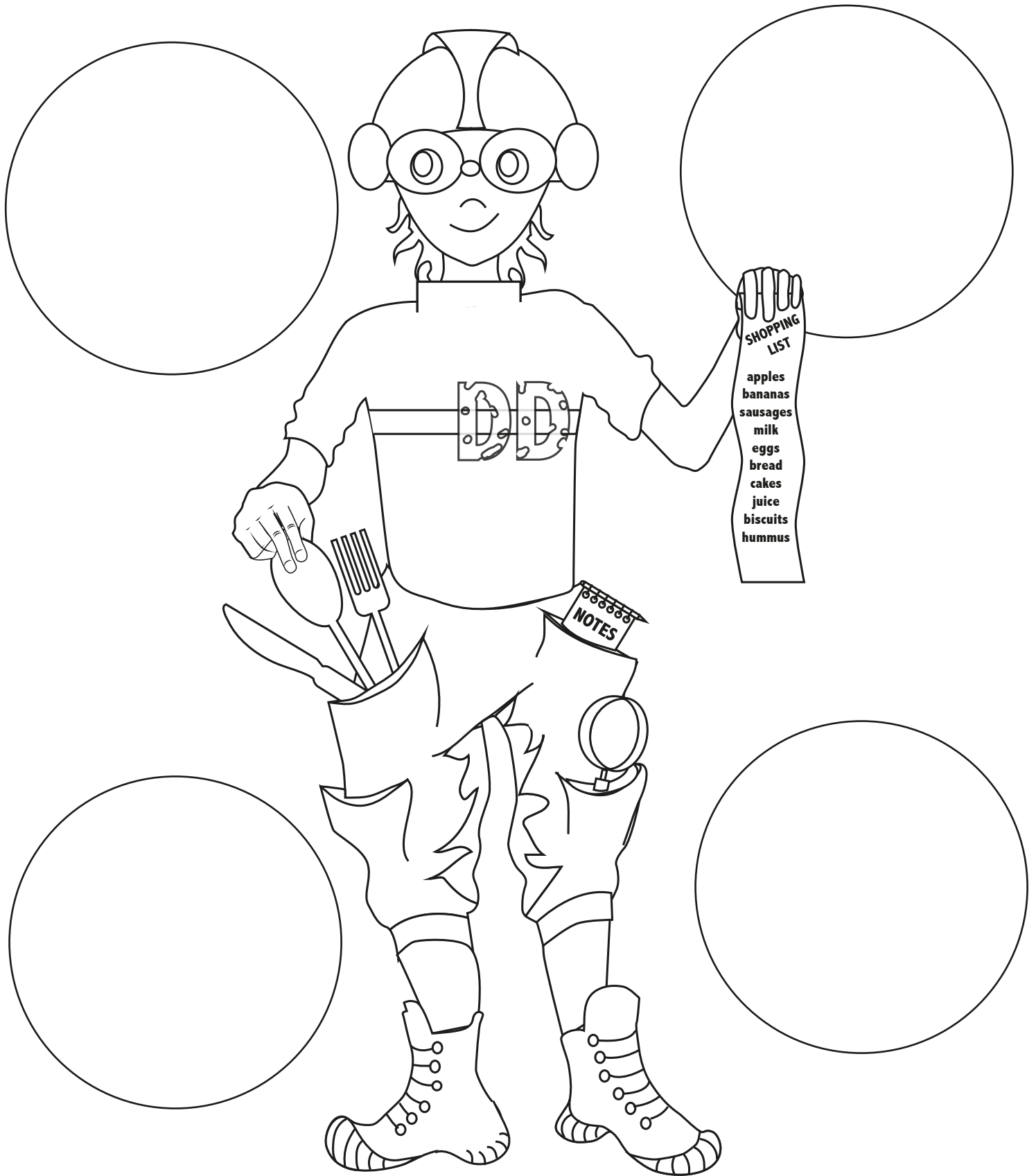


Drink tap
water

You've earned your badge - cut out and colour in



Colour in your own Diet detective and draw some foods in the circles



SHOPPING LIST

- apples
- bananas
- sausages
- milk
- eggs
- bread
- cakes
- juice
- biscuits
- hummus

NOTES