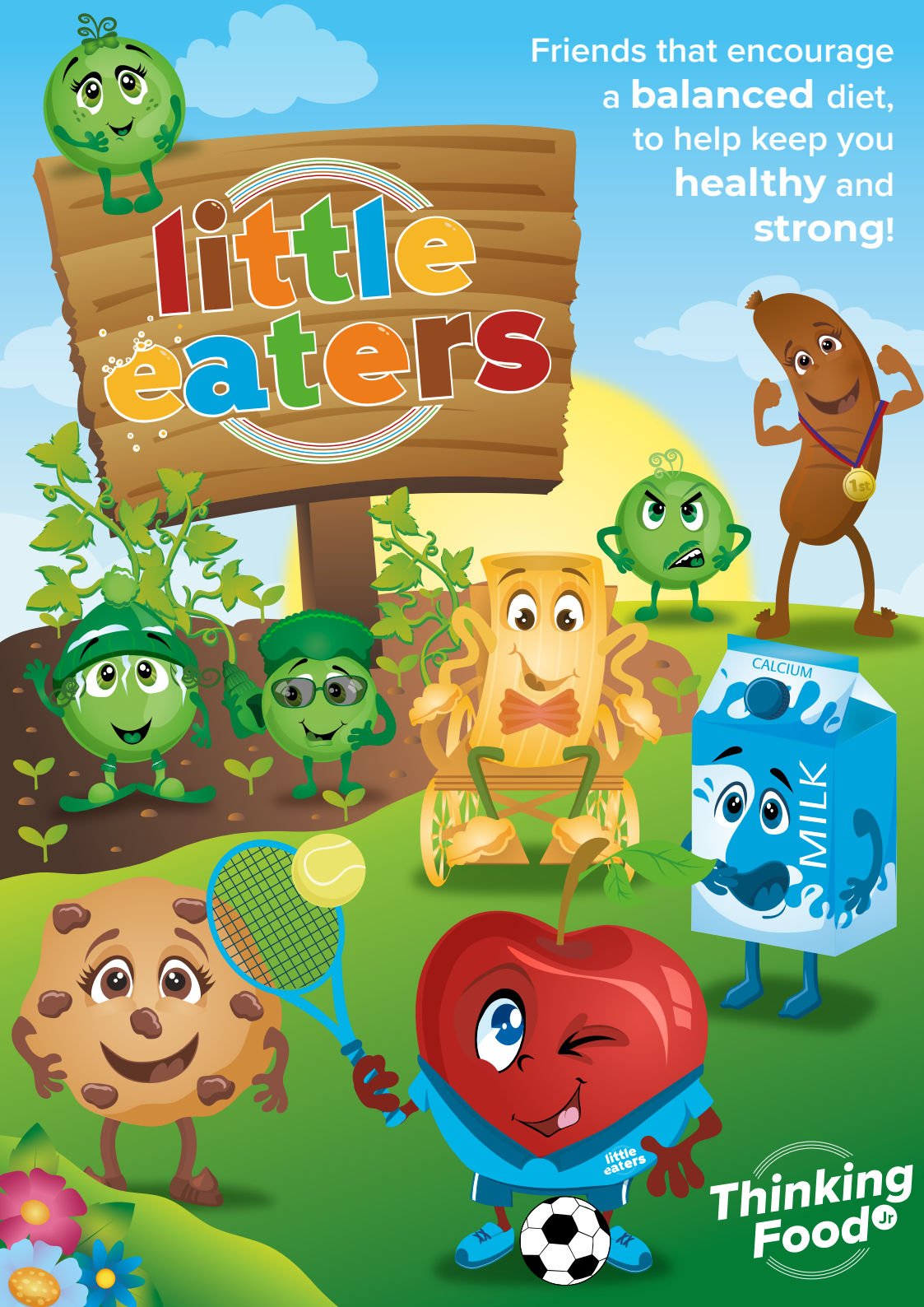


Friends that encourage
a **balanced** diet,
to help keep you
healthy and
strong!



little eaters



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The Little Eaters friends make up some of the important food groups that give us a well-balanced diet.

It is important to remember that some food groups should be enjoyed in moderation, which means in smaller amounts than others.

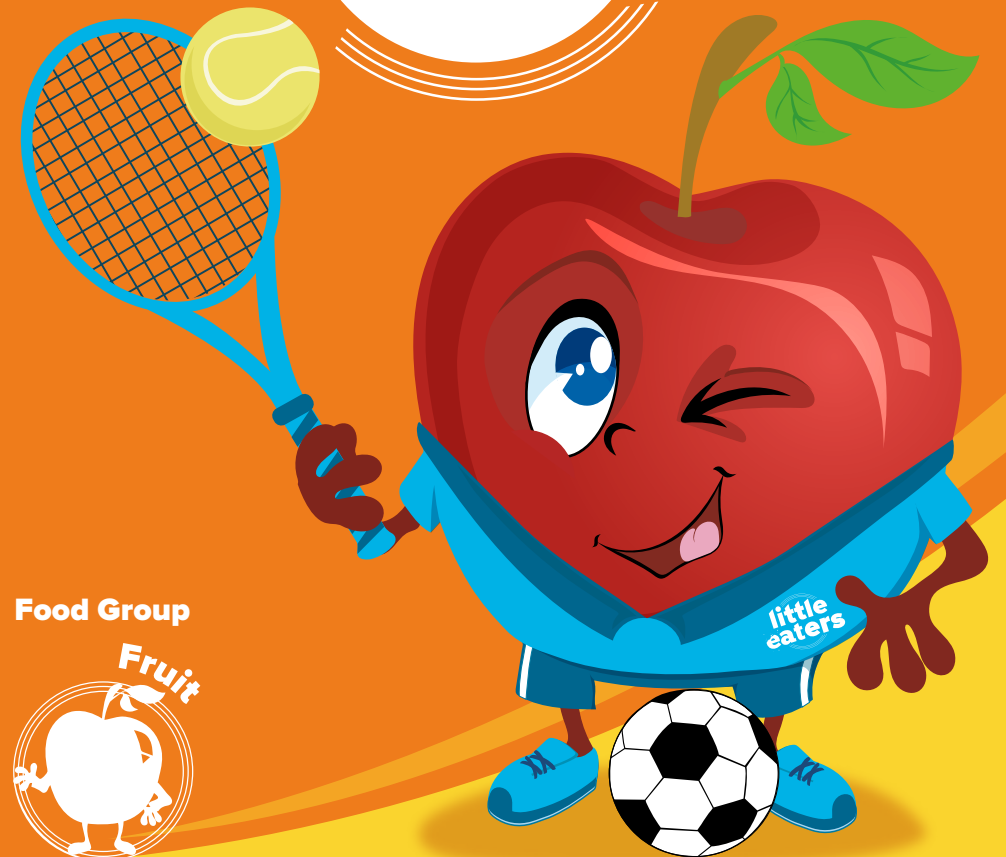
A good food balance keeps our body and mind healthy and active.

You can be part of the six characters' adventures and learn all about their amazing benefits for a healthier lifestyle.

Food Group



Gala
Apple



Gala Apple, who is extremely healthy, enjoys being active and participating in sports. This is because Gala loves playing team games with the rest of the Little Eaters friends.

Gala is very sweet and makes sure everyone has a turn at choosing to play their favourite game. As long as they are together, Gala is one happy little apple.



Snow-Pea

Snow-Pea loves the cold, which is quite unusual for a pea. Loving the frost or a light covering of snow, she enjoys skiing over the leaves in the vegetable patch. Snow-Pea is a hardy little pea, and sits at the end of the pea pod to keep cool! Some might call her the 'frozen pea'.



Sweet-Pea

Although she is very shy, Sweet Pea is a cute little pea, always thinking of others and trying to help out. It can get quite squasy in the pea pod, therefore Sweet-Pea often sits on the edge so it gives the other peas more room.



Shell-Pea

Shell-Pea found a seashell in the vegetable patch and loves the sound it makes when he puts it to his ear. After seeing the humans with their cellphones, he likes to pretend this is his 'shell phone' and winds up Snap-Pea talking all day.



Snap-Pea

Snap-Pea can get quite cross, mostly because he likes the 'peas' and quiet, and living in the pea pod can get very noisy. Snap-Pea likes his own company and will often roll off to be on his own. Have you ever had a pea escape from your plate? That's likely to be Snap-Pea going for a stroll.



Food Group



The peas might be small, but they are in fact a super food, giving your body the nutrients that are needed to keep you strong and healthy.

Who could not love these little peas? They are full of character! The most difficult part is keeping them on your plate because they like to roll all over the place!

Calcium
Cal



Food Group



Calcium Cal is a big worrier, especially when out and about, as Cal is constantly afraid of tripping over. Cal doesn't need to worry, as calcium builds strong bones, and Cal has lots of that inside his milk carton.

Cal has to remind himself there is no point in crying over spilt milk, as his friends are always there to support him, especially Chip the cookie, they are the best of buddies. Have you seen them hanging out together?

Penne
Pasta



Food Group



Penne Pasta can be stiff and tired when cold, but once warmed up, pasta changes shape and becomes full of energy. It can be difficult to catch Penne, who loves moving around in circles on your plate, pushing everyone else off!

All the other food groups think Penne is amazing, as pasta is a great all-rounder, made up of carbohydrates, fibre, protein, and fats. Penne, like Chip the Cookie, understands the importance of eating a well-balanced diet.

little
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Chip the Cookie



Food Group



Chip is a cheeky little cookie. She knows she is not the healthiest option among the food groups, because she is made with lots of sugar and fats. Chip, on the other hand, understands that a balanced diet is fine if sugar and fat are eaten in moderation.

Chip is great friends with everyone, charming them with her cheeky personality, but be careful as she can get you into trouble if you hang out together too much!

Sizzle the Sausage



Food Group



Sizzle the Sausage is a super strong sausage, and that's because she's made up of protein, which helps build strong muscles.

Sausages aren't the best source of protein, but she's a strong contender and loves showing off her strong, muscly arms! Sizzle even has a medal to prove just how strong she is!

Learn about the food groups and their health benefits

Little Eaters has a great way to make sure you are eating a balanced diet by using the Little Eaters icons. These icons can be found on all of the Little Eaters menus within your school to help guide you.

To use the icons think about the food you are eating and make sure you have at least five fruit and vegetables throughout the day. You can have a few of the calcium, protein and carbohydrates, but it is best to have less sugar and fat when having foods such as cake and biscuits.



Fruits are a great source of vitamins and minerals; they are also high in fibre. This means you can eat plenty of fruit, as they are a fantastic energy source and healthy food choice. Fruits can be included in your 'five a day'.



Being low in natural sugars, vegetables are a very high source of vitamins, fibre and minerals, which help give you a healthy tummy.

Vegetables come in many shapes, colours, and different tasty flavours, each with different health benefits, so it is encouraged to try to make them as part of your '5 a day'.

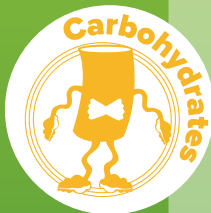


Calcium is found not only in milk but also in cheese, yoghurt and some fish. Calcium is needed to build strong bones and teeth. It also looks after your heart, muscles and nerves, helping your body work properly. This means calcium should be part of your daily diet.



Protein is found in foods such as meat, eggs, yoghurt, seeds, grains and pulses. It is good for your bones, helps build your muscles and stops you from feeling hungry.

Protein plays an important role in your growth and gives your body energy.



Carbohydrates are found in many food groups, like pasta, bread and rice. Carbohydrates are your body's main source of energy. They help fuel your brain, kidneys, heart, muscles and nervous system.

Carbohydrates, often shortened to 'carbs,' are an important food group and make up a third of your diet.



There are different types of fats and sugars. Natural sugars can be found in fresh fruit, which is healthy. Some fats can also be healthy; which are found in a variety of foods, including fish.

Saturated fats and refined sugars are less healthy when eaten in large quantities, but in low amounts and as part of a balanced diet they give us a quick energy boost. It is good to make sure these types of food, such as cakes and biscuits are eaten in moderation as a yummy treat.

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Learning about food to
grow healthy and strong

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