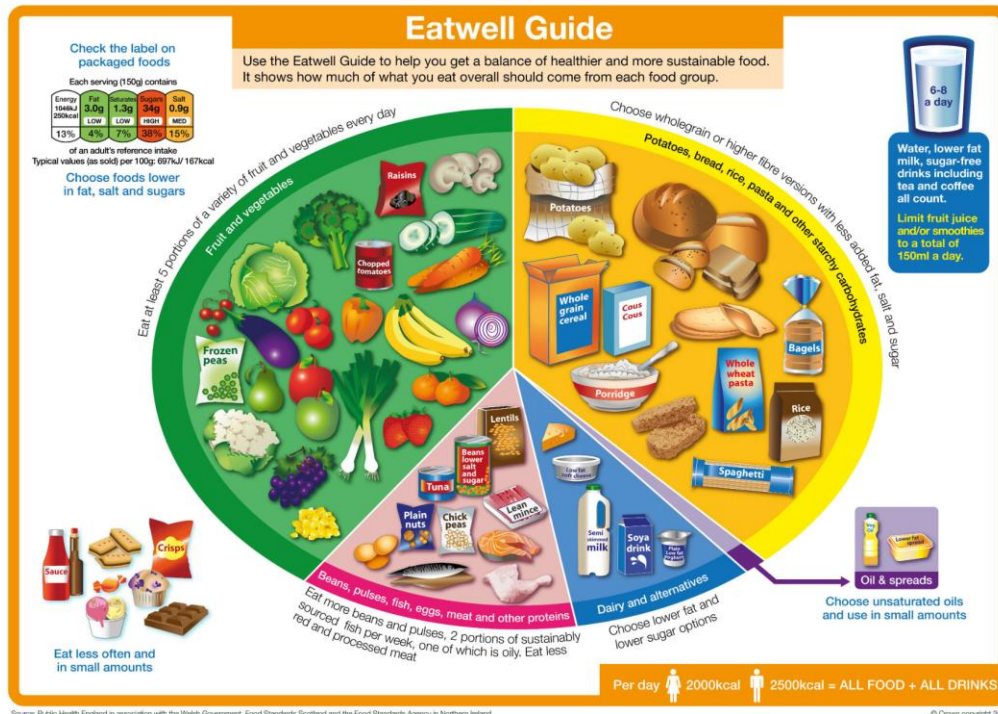


Healthy Eating for On Track Westbury Students

A Student Guide to the Eatwell Plate (2026)

Eating a mix of different foods helps your body stay strong, your brain stay sharp, and your energy stay high for learning and play. The **Eatwell Plate** shows us what a *balanced* meal looks like.



Fruit & Vegetables – The Biggest Part of Your Plate

These foods help you stay healthy and fight off germs.

Try to:

- Eat lots of colours
- Have fruit or veg with every meal
- Try new ones — you might be surprised

Starchy Foods – Give You Energy

These foods help you run, think and play sports.

Examples:

- Pasta

- Rice
- Potatoes
- Bread
- Cereal

Wholegrain versions keep you full for longer.

Protein Foods – Help Your Body Grow

Protein helps your muscles and bones stay strong.

You can choose:

- Beans and lentils
- Eggs
- Chicken or fish
- Tofu or plant-based options

Dairy & Alternatives – Good for Bones and Teeth

These foods give you calcium.

Examples:

- Milk
- Yoghurt
- Cheese
- Fortified plant milks

Oils & Spreads – Only a Little Bit

Your body needs some healthy fats, but not too much.

Choose spreads and oils like olive, rapeseed, or sunflower.

Foods to Have Sometimes

These foods taste nice but shouldn't be eaten every day:

- Sweets and chocolate
- Crisps
- Cakes and pastries
- Fizzy drinks

They don't help your body grow strong - but they can negatively affect how you interact with other people.

Drink Up!

Your body needs water to stay focused and feel good.

Best drinks:

- Water
- Milk

Try to drink **6–8 cups a day**.

Healthy Lunch Ideas

- A sandwich or pasta salad
- Fruit or veg sticks
- Yoghurt or cheese
- Water

Remember

Eating well helps you:

- Feel good
- Learn well (remember the more you learn - the more you earn (eventually!))
- Play with energy
- Grow strong

Small positive choices every day make a big difference.