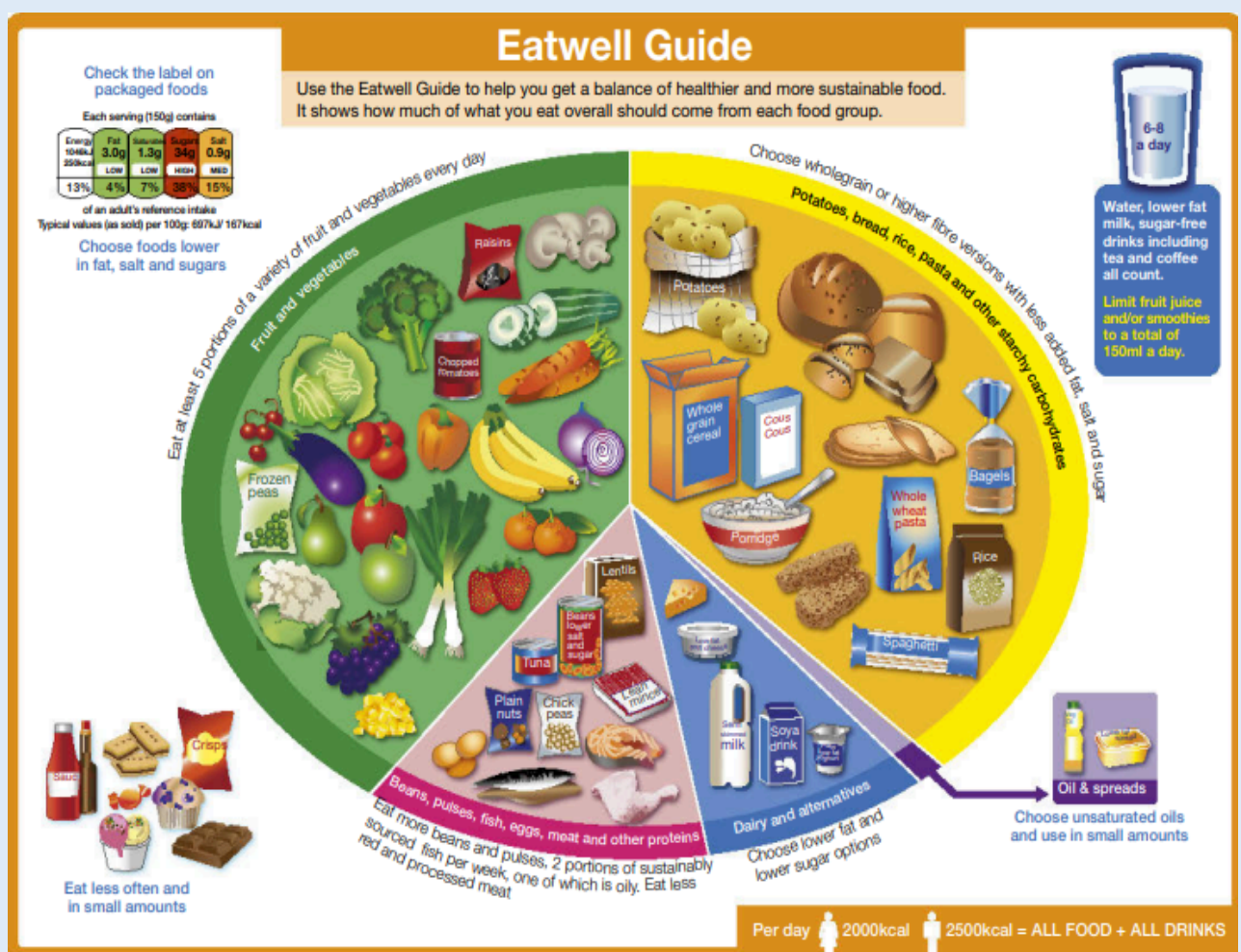


Y Pentref
Bwyd

Tregaron 2022

‘Y Pentref Bwyd’ will be providing food and drink for Eisteddfod competitors and visitors in Tregaron from the 30th of July to the 6th of August 2022. The National Eisteddfod aims to offer healthy food and drinks, but how healthy is your diet?








Here is the Eatwell Guide for a healthy and balanced diet:










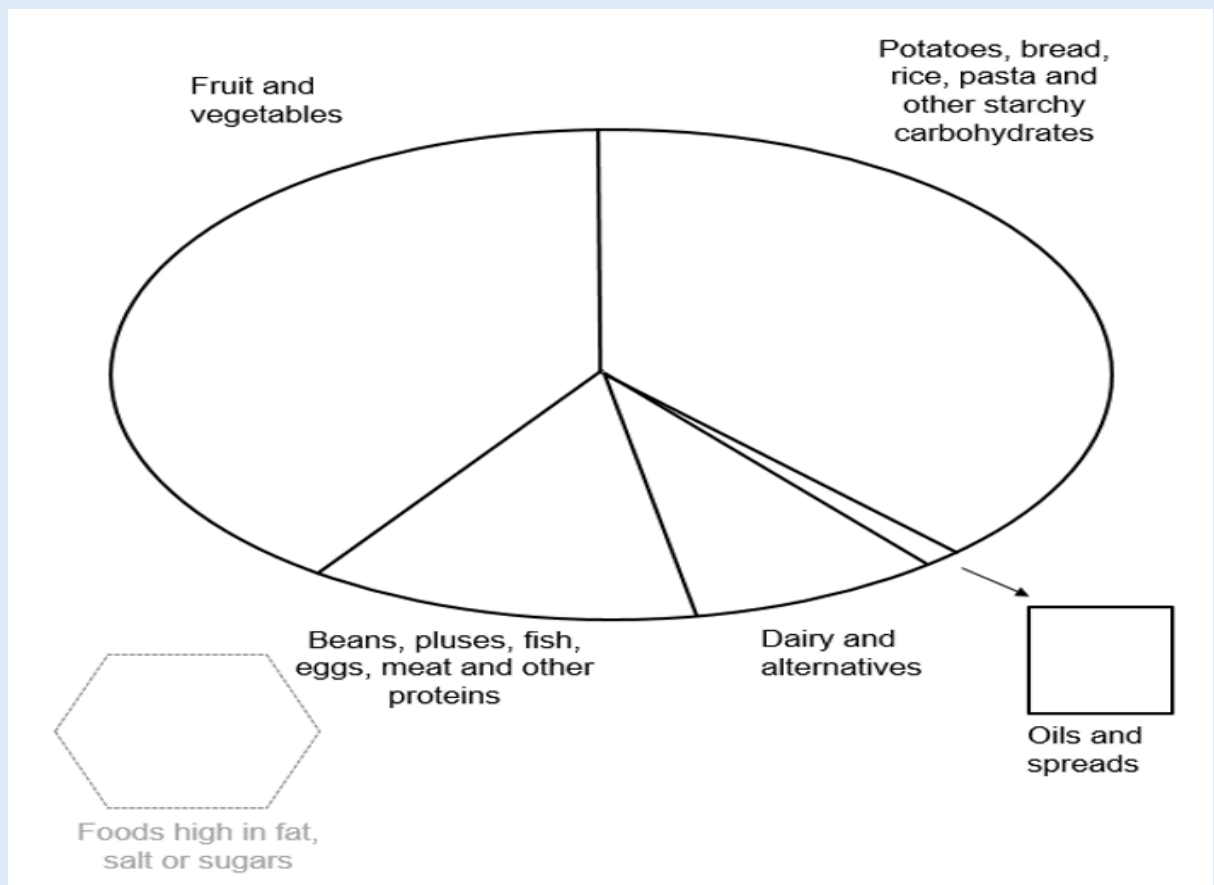
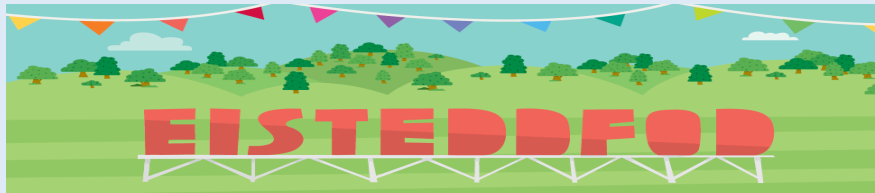
Using the Eatwell Guide can you place the foods below in the correct category?

Healthy Food	Treat Food

Use the Eatwell Guide above to list some of the foods you ate over the past 2 days



Ideally if you have a healthy and balanced diet you should:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates (wholegrain where possible)
- Have some dairy or dairy alternatives (such as soya drinks); choosing lower fat and lower sugar options



- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
 - Choose unsaturated oils and spreads and eat in small amounts
- If consuming foods and drinks high in fat, salt or sugar have these less often and in small amounts.
 - Drink 6-8 cups/glasses of fluid a day

How can you improve your diet? List up to 3 goals below of how you aim to eat more healthily:

My healthy eating goals are:

- 1.
- 2.
- 3.

Below is your very own catering van. Personalise your design and use the Eatwell Guide to create your healthy dish ready for 'Y Pentref Bwyd' in The National Eisteddfod, Tregaron 2022!

