

Eat Cle[✓]ver 

...where healthy eating just got smarter!



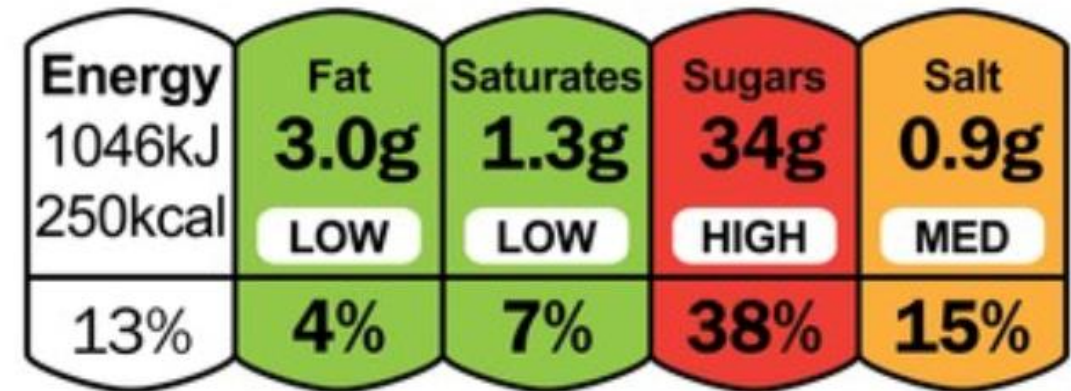
Eat Clever Module 1

- Why Healthy Eating?
- Making Food Choices
- Aim
- Eat Clever Modules
- Food Diary



Why healthy eating?

- ‘suboptimal diet responsible for more deaths than any other risks ... including tobacco smoking’
(Lancet, 2019)
- In other words, poor diet causes more deaths than **anything else** bad for your health



Making food choices



- Many things can influence our decisions on what to eat
- With more knowledge and skills, we can make changes to eat well



Eat Clever is designed to...

1. Increase your **knowledge** about healthy diets
2. Help you develop **skills** to plan a healthy diet



Eat Clever modules



1. Basic Nutrition
2. Planning Balanced Meals
3. Food Safety
4. Prep 'n Cook



Basic Nutrition

- What is Healthy Eating?
- The Eatwell Guide
- Making Changes



Planning Balanced Meals

- Plan Ahead
- Menu Planning
- Food Shopping
- Food Labels



Food Safety



- Hand Hygiene
- Kitchen Hygiene
- Food Hygiene



Prep 'n Cook

- Prep 'n Cook Skills
- Meal Creation
- Serving/Portioning



Food diary

- It is important to know **what** you eat and **how much**
- Record all your food and drink for a week, including the weekend
- A food diary template is available in the resources section, or visit the App Store or Google Play



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