



Created  
for ages  
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# K-Market

## Kai, Shoppers!

Even in these uneasy times, we all still need to eat! Getting to the supermarket can be difficult at the moment but that doesn't mean we should compromise our health.

To help us stay on top of healthy eating, in the 1970s food scientists came up with a pyramid display that identifies exactly how much of a certain food group we should be eating, and what should only be consumed in moderation.

This clearly shows that the majority of a person's diet should be made up of **wheat-carbohydrates** and **fruits and vegetables**.

Do you think this reflects your eating habits?



**Fats**  
Like carbs, dietary fats provide a good source of energy inside the body. They help absorb nutrients from foods and protect your organs, but too much can be dangerous for your heart!



**Protein**  
Meat, fish, milk and eggs all fall under the category of 'protein' which is harvested in the body to help build and repair tissues. They can also be used to create enzymes, hormones and other chemicals that your body relies on to work well.



**Fruit & Vegetables**  
They are full of natural minerals and fibre. Things like vitamin C (typically found in oranges) are used to keep your gut healthy and keep away any digestion issues.



**Carbohydrates**  
They power your body. Carbs like bread and pasta are used to make glucose which is the main source of energy that your body needs to function properly.



Why not try shopping online? It's a quick, easy and efficient way of organising your trolley. Shop by department and only for the necessities! Online shopping can save you money and time and introduce you to a world of food you didn't know was out there. Why not give it a go?

What are you shopping for next time? Show us your lists by tagging **@KidZaniaLondon** and let us know if you make any delicious meals following your home-made meal plans by using the hashtag **#KidZaniaAtHome!**



Have you written your list? Now try and design your own food plan! You need to have bought enough food to last you the week and then separate each day into three square meals: breakfast, lunch and dinner (with some snacks in between!). Be sure to give your meals some variety and include as many vital foods as you can!

|           | Breakfast | Snack 1 | Lunch | Snack 2 | Dinner | Snack 3 |
|-----------|-----------|---------|-------|---------|--------|---------|
| Monday    |           |         |       |         |        |         |
| Tuesday   |           |         |       |         |        |         |
| Wednesday |           |         |       |         |        |         |
| Thursday  |           |         |       |         |        |         |
| Friday    |           |         |       |         |        |         |
| Saturday  |           |         |       |         |        |         |
| Sunday    |           |         |       |         |        |         |

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[#KidZaniaAtHome](#)