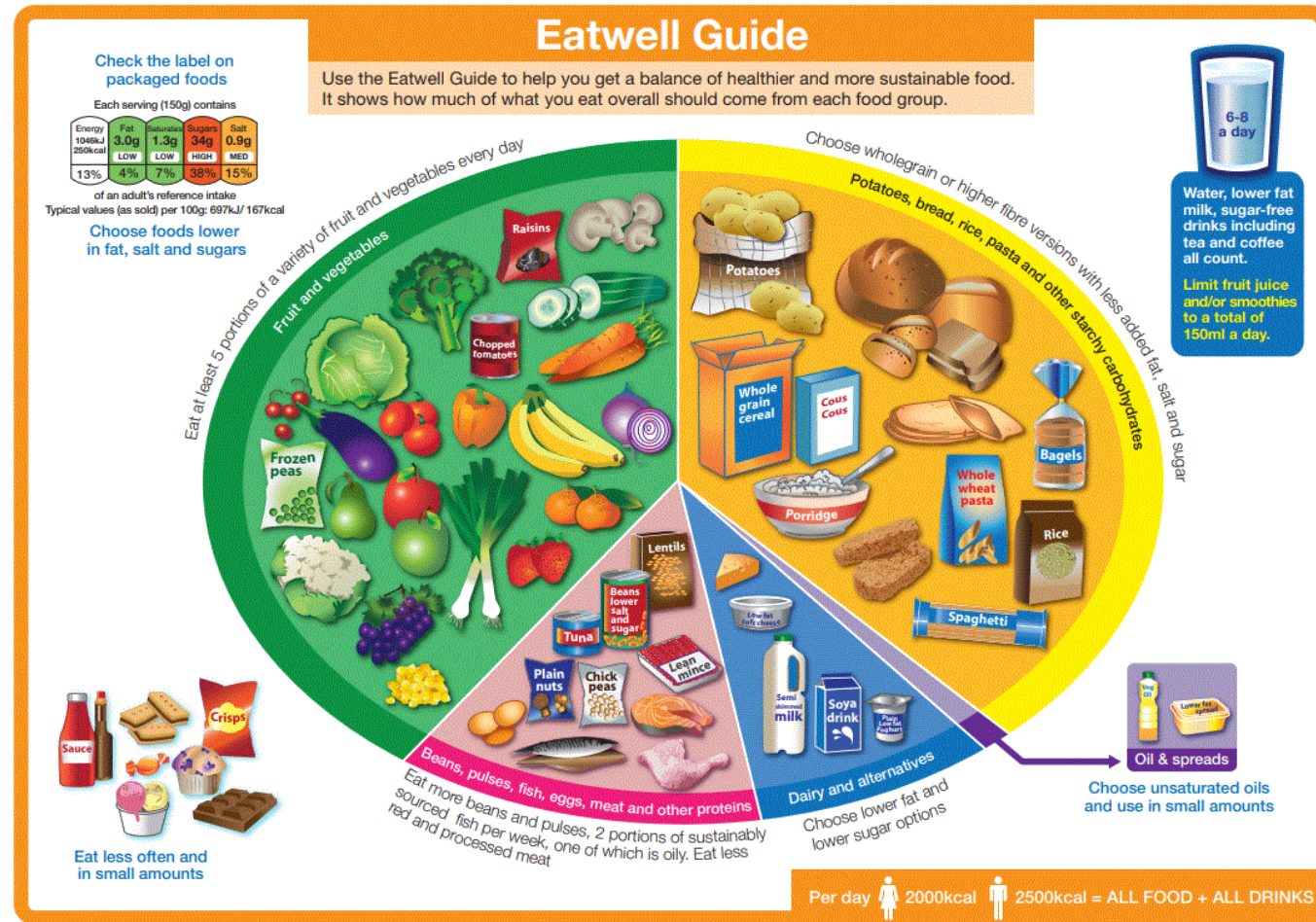


Eco Schools 2025-26



Healthy Eating



What Are Ultra-Processed Foods?

Ultra-processed foods (or UPFs) are foods made in factories using lots of extra ingredients like colours, flavourings and other additives. These additives can harm our guts and lead to health issues.

UPFs are also likely to contain lots of sugar, salt and unhealthy fats but not many of the nutrients our bodies need, such as fibre, vitamins, and minerals.

They are made to be ultra tasty and easy to eat, causing overeating and leading to us put on extra weight which isn't good for our health.

Simple Guide:

If a food looks very different to how it appears in nature, and has a long list of ingredients you don't recognise, it is probably an ultra-processed food.

Can you think of some foods that you think may be ultra-processed?

Ultra-Processed Foods



What types of food should I eat to help me stay healthy?

While processed foods are ok for the occasional treat, it is best for our health to eat mostly whole foods.

What are whole foods?

Whole foods are foods that are natural and have been changed very little before we eat them. They do not usually have lots of extra ingredients added.

Can you think of some foods that you think may be whole foods?

Whole Foods



Seasonal Food

Seasonal foods are whole foods that are naturally ripe and ready to eat at a particular time of the year. For example, strawberries grow best in summer and blackberries grow best in the autumn.

Seasonal food is often cheaper and tastier. It is also better for the environment.

- It is often able to be sold without plastic packaging, as it is fresher.
- It needs less water and energy to grow.
- It often comes from nearby so creates less carbon when being transported.

Can you think of any fruits and vegetables that grow best in a particular season?

Seasonal Food Calendar

Eat with the seasons!

SEASONAL FRUIT & VEG IN THE UK

SPRING

MARCH – MAY

Kiwis	Rhubarb	Carrots
Asparagus	Kale	Leeks
Radishes	Spring Greens	Spinach
Spring Onions	Purple Sprouting Broccoli	Parsnips

SUMMER

JUNE – AUGUST

Strawberries	Raspberries	Peaches
Cherries	Tomatoes	Aubergines
Courgettes	Beetroot	Cucumbers
French Beans	Peas	Sweetcorn

AUTUMN

SEPTEMBER – NOVEMBER

Apples	Pears	Blackberries
Grapes	Figs	Clementines
Broccoli	Squash	Cauliflower
Celery	Potatoes	Sweet Potatoes

WINTER

DECEMBER – FEBRUARY

Apples	Pears	Satsumas
Cabbage	Sprouts	Carrots
Parsnips	Turnips	Beetroot
Squash	Cauliflower	Kale

GOOD FOR YOU! GOOD FOR OUR PLANET! EAT A RAINBOW! SO MANY YUMMY CHOICES!