

# THE PIG WORD SEARCH

Here are **EIGHT** types of food that come from pigs:

BACON

CHOP

CRACKLING

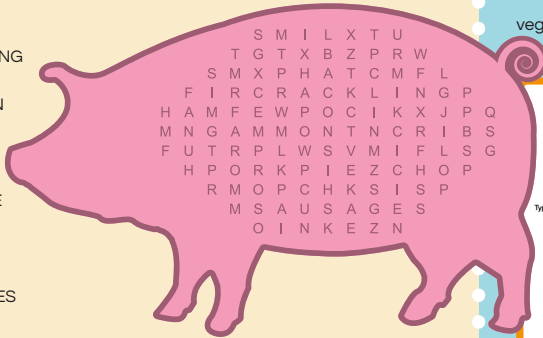
GAMMON

HAM

PORK PIE

RIBS

SAUSAGES



Can you find them?



## DID YOU KNOW?..

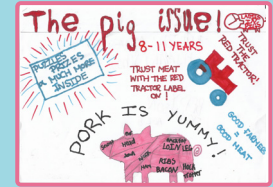
Pig farmers have high farming and welfare standards. When buying food, look for the Red Tractor mark that tells you the food has been produced by farmers to the highest standards.

# DID YOU KNOW?..

To have a healthy balanced diet, it is important to eat foods from each of the four food groups. You should aim to have at least five portions of fruit and vegetables a day, either with your meals or as a snack.

This can include fresh fruit juice, baked beans, frozen or tinned fruit, vegetables and dried fruit.

**Winning cover design.**



## Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Check the label on packaged foods

Each serving (150g) contains

	Energy (kcal)	Fat (2.0g)	Carbohydrate (1.5g)	Sugar (0.5g)	Salt (0.1g)
Low	15%	4%	7%	3%	1%
High	15%	4%	7%	3%	1%

Typical values for solid per 100g: 167kcal

Choose foods lower in fat, salt and sugars

Eat at least 5 portions of a variety of fruit and vegetables every day



Eat less often and in small amounts



Beans, pulses, fish, eggs, meat and other proteins  
Eat more beans and pulses. 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat.



Dairy and alternatives  
Choose lower fat and lower sugar options



6-8 a day  
Water, lower fat milks, sugar-free drinks including tea and coffee all count.  
Limit fruit juice and/or smoothies to a total of 150ml a day.

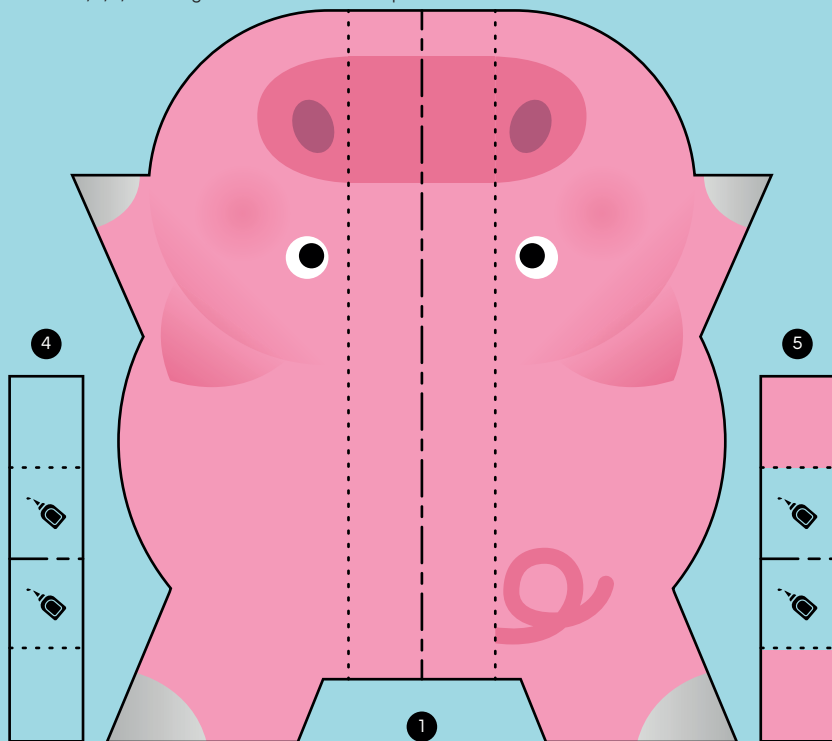
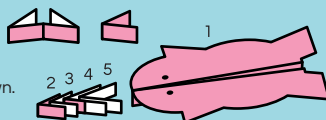


Oil & spreads  
Choose unsaturated oils and use in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS



1. Cut along the solid lines.
2. Fold each part downwards along the dotted lines and upwards along the dashed lines and glue the backs of 2, 3, 4, and 5 as shown.
3. Glue 2, 3, 4, and 5 together and attach to the tip of 1.



# PHOTOGRAPHY COMPETITION

## How to enter

Pick one of the recipe pictures below and, following the recipe in the middle pages, see how close your dish looks to our picture.



The closest looking picture (in the opinion of the judges) will win a gift voucher worth £50.

Entries close on 31st December 2020. The winner will be notified by 31st January 2021. Entrants should be between 8 and 11 years of age. Email your entry, plus your name and age, to:

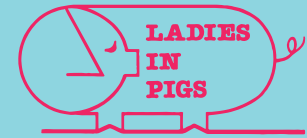
[ladiesinpigs@gmail.com](mailto:ladiesinpigs@gmail.com)

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# THE PIG ISSUE

8-11 YEARS

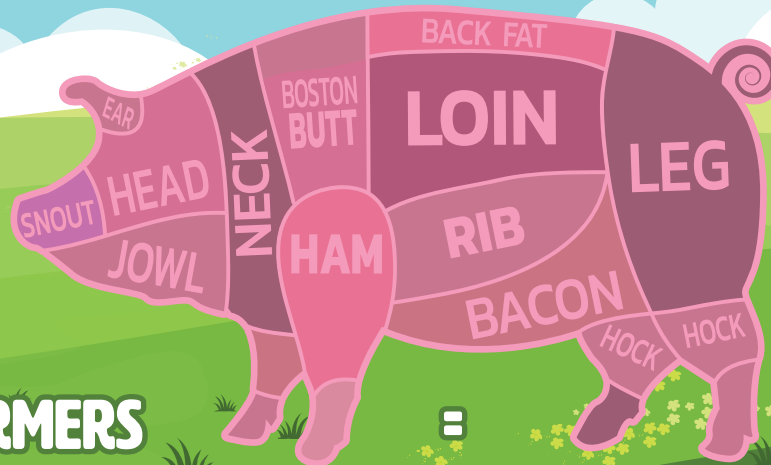
GROWERS



PUZZLES, PRIZES  
& MUCH MORE  
INSIDE

*"pork is yummy"*

TRUST THE RED  
TRACTOR!



GOOD FARMERS

=

GOOD MEAT