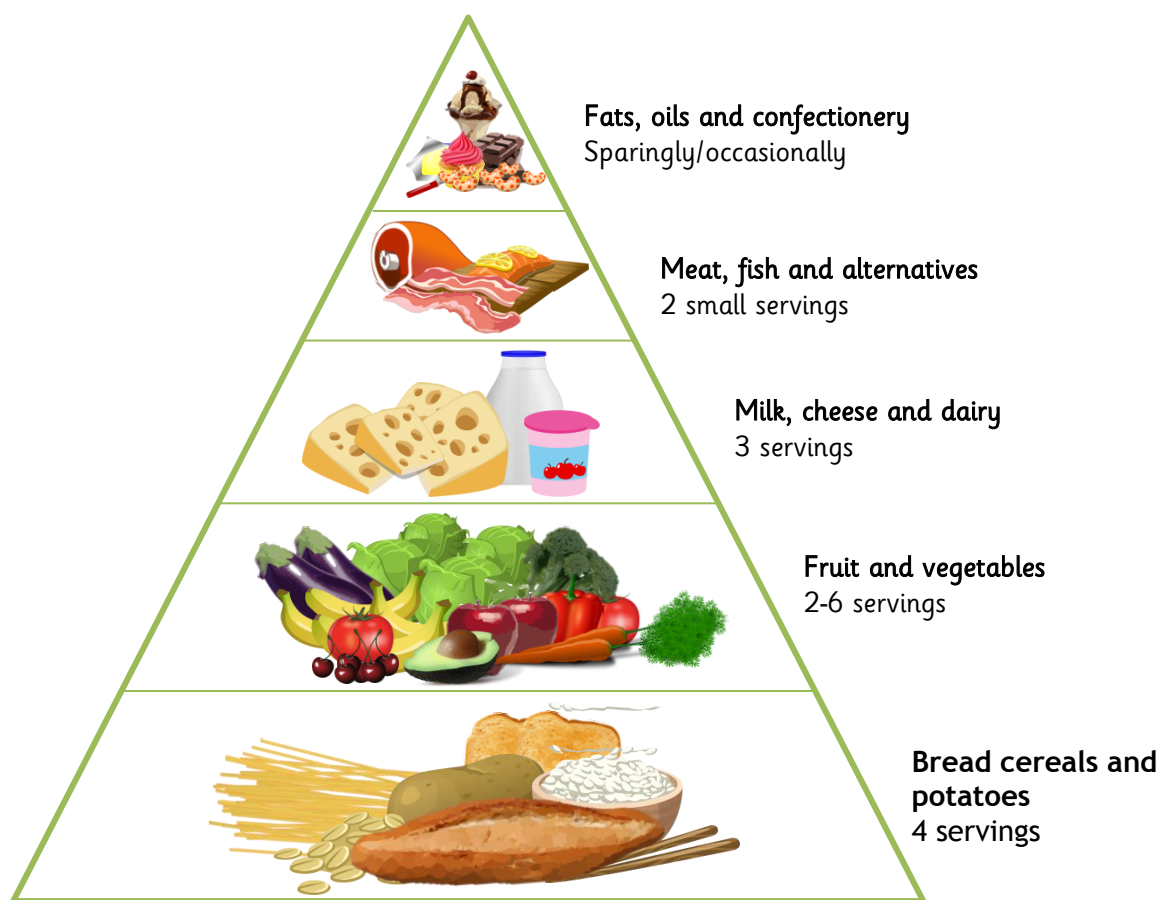


Healthy Eating – version one



It is important that you eat the right amount of food. Too little and you don't have enough energy and don't grow. Too much and you could become unhealthy.

The type of food that you eat is also important. You should eat at least five portions of fruit and vegetables a day. A portion is around a handful. Potatoes do not count in this total as they are carbohydrates.

You should also eat plenty of carbohydrates as they give you energy. It is best to choose brown or wholegrain versions such as granary rolls and brown pasta and rice as these have more fibre.

Dairy products such as milk, cheese and butter are important because they give you calcium which helps you to grow strong bones. Although you don't need an enormous amount of protein it is important to eat protein every day. You find protein in fish, beans, lentils, tofu, meat and quorn.

Your body does not need any sweets or chocolate but you can still eat them. Just make sure that they are an occasional treat.

The food pyramid is useful because it shows you how much of each food group you need to have a balanced diet. Do you eat a balanced diet?

Name:

Date:

1. Why do you need to eat enough food?

You need to eat enough food because.....
.....
.....
.....

2. How many portions of fruit and vegetables do you need each day?

You need portions of fruit and vegetables every day.

3. Name three carbohydrates

Three carbohydrates are
.....
.....
.....

4. Why do you need calcium?

You need calcium to
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.....
.....

5. Why is the food pyramid helpful?

The food pyramid is helpful because
.....
.....
.....

Answers: Healthy eating – version one

1. Why do you need to eat enough food?

You need to eat enough food because otherwise you won't have enough energy and you won't grow. You may also become ill and can starve if you don't have enough food.

2. How many portions of fruit and vegetables do you need each day?

You need five portions of fruit and vegetables every day.

3. Name three carbohydrates

Three carbohydrates are granary rolls, brown pasta and brown rice.

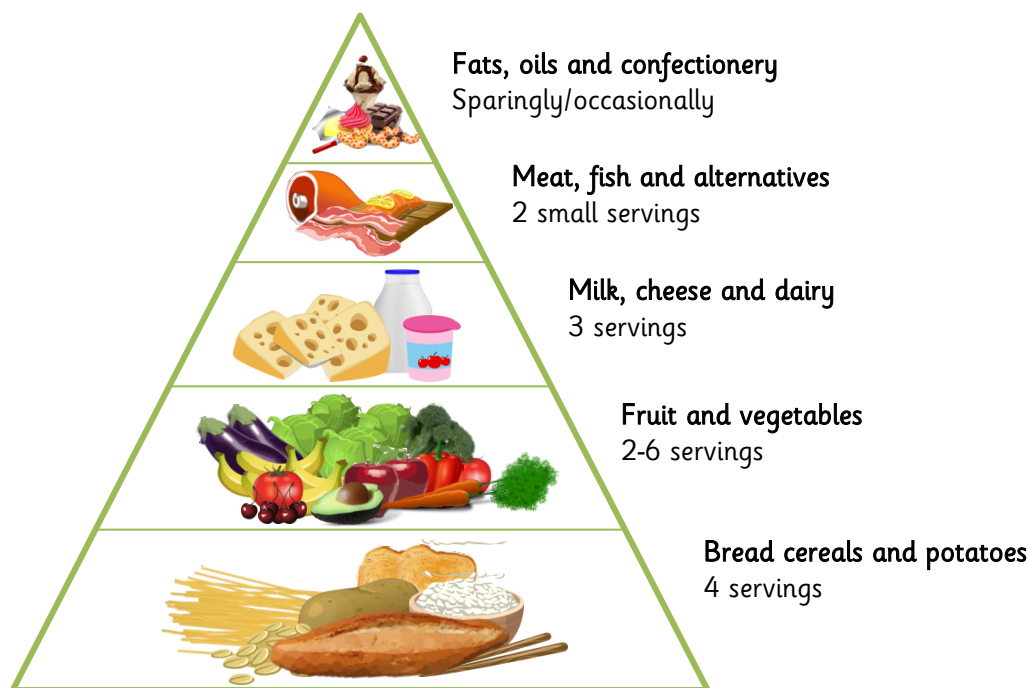
4. Why do you need calcium?

You need calcium to help you grow strong bones.

5. Why is the food pyramid helpful?

The food pyramid is helpful because it shows you how much of each food group you need in order to eat a balanced diet.

Healthy Eating – version two



It is important that you eat the right amount of food. Too little and you don't have enough energy and don't grow. You are more likely to become ill if you don't eat healthily. In severe cases people can starve to death if they don't have enough food. Too much and you could become unhealthy. Food gives you the energy to play, learn and enjoy sports.

The type of food that you eat is also important. You should eat at least five portions of fruit and vegetables a day. A portion is around a handful. Potatoes do not count in this total as they are carbohydrates.

You should also eat plenty of carbohydrates as they give you energy. It is best to choose brown or wholegrain versions such as granary rolls and brown pasta and rice as these have more fibre.

Dairy products such as milk, yogurt, cheese and butter are important because they give you calcium which helps you to grow strong bones. Although you don't need an enormous amount of protein it is important to eat protein every day. You find protein in fish, beans, lentils, tofu, meat and quorn.

Your body does not need any sweets or chocolate but you can still eat them. Just make sure that they are an occasional treat as they are full of sugar and can rot your teeth as well as make you feel full up when you should be eating other, healthier food.

The food pyramid is useful because it shows you how much of each food group you need to have a balanced diet. Do you eat a balanced diet?

Name:

Date:

1. Why do you need to eat enough food?

You need to eat enough food because
.....
.....

2. How many portions of fruit and vegetables do you need each day?

You need portions of fruit and vegetables every day.

3. What sort of carbohydrates are the healthiest?

The healthiest carbohydrates are
.....
.....

4. Why do you need calcium?

You need calcium to
.....
.....

5. Why is the food pyramid helpful?

The food pyramid is helpful because
.....
.....
.....

6. Why did the author end with a question?

The author ended with a question because
.....
.....

7. What is a balanced diet?

A balanced diet is
.....
.....

Name:

Date:

1. Why do you need to eat enough food?

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2. How many portions of fruit and vegetables do you need each day?

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.....

3. What sort of carbohydrates are the healthiest?

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.....
.....

4. Why do you need calcium?

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5. Why is the food pyramid helpful?

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6. Why did the author end with a question?

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7. What is a balanced diet?

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Answers: Healthy Eating – version two

1. Why do you need to eat enough food?

You need to eat enough food because otherwise you won't have enough energy and you won't grow. You may also become ill and can starve if you don't have enough food.

2. How many portions of fruit and vegetables do you need each day?

You need five portions of fruit and vegetables every day.

3. What sort of carbohydrates are the healthiest?

The healthiest carbohydrates are brown or wholegrain versions such as brown pasta and brown rice.

4. Why do you need calcium?

You need calcium to help you grow strong bones.

5. Why is the food pyramid helpful?

The food pyramid is helpful because it shows you how much of each food group you need in order to eat a balanced diet.

6. Why did the author end with a question?

The author ended with a question because they hope you will think about what you eat. The author hopes you will ensure that you eat a balanced diet in the future using the information they have provided.

7. What is a balanced diet?

A balanced diet is one where you eat the correct portions of foods from each food group to help you grow, keep healthy and to give you energy.