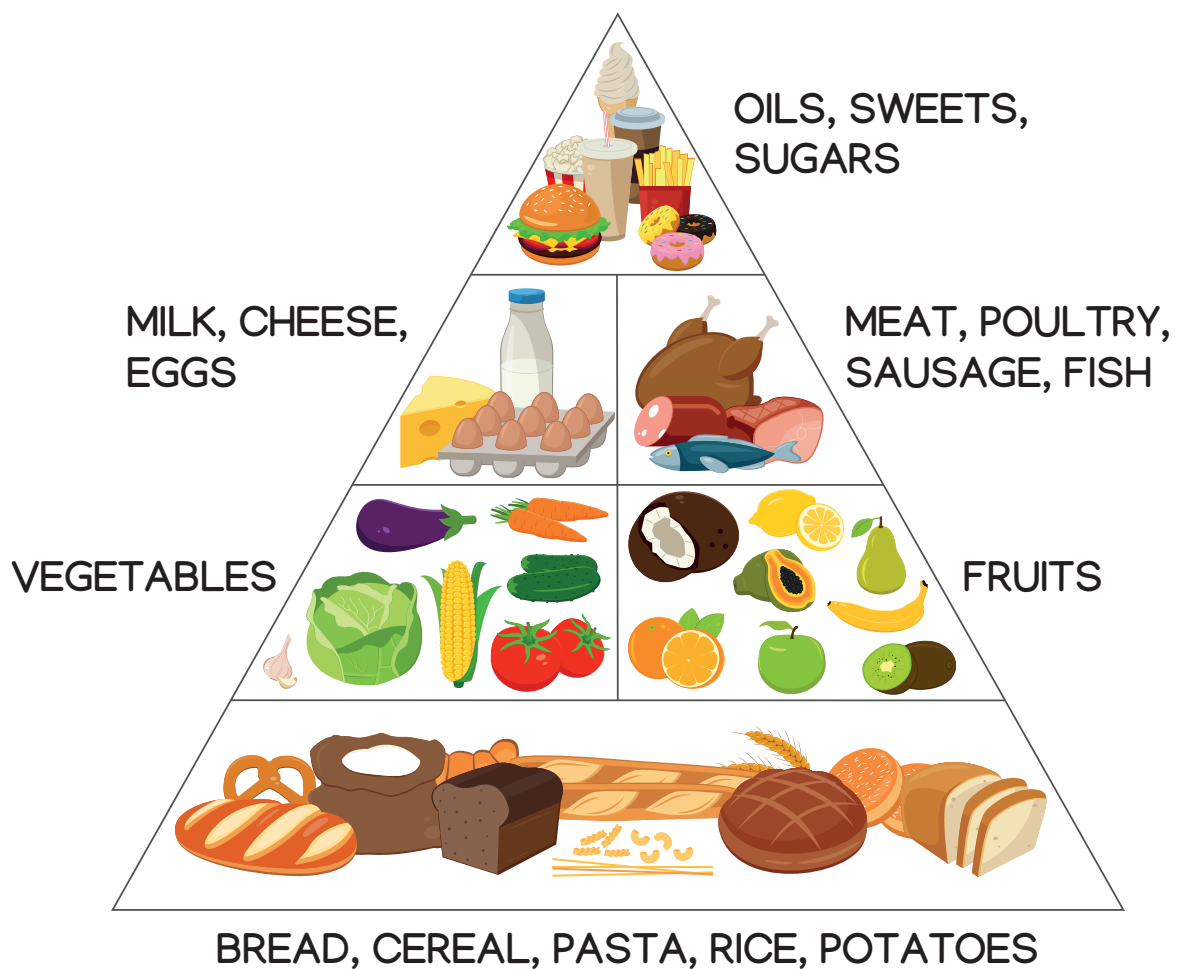


Healthy Eating

Eating a varied and balanced diet is vital to keep the human body healthy.

The food pyramid below shows how much of each food type you should eat each day.



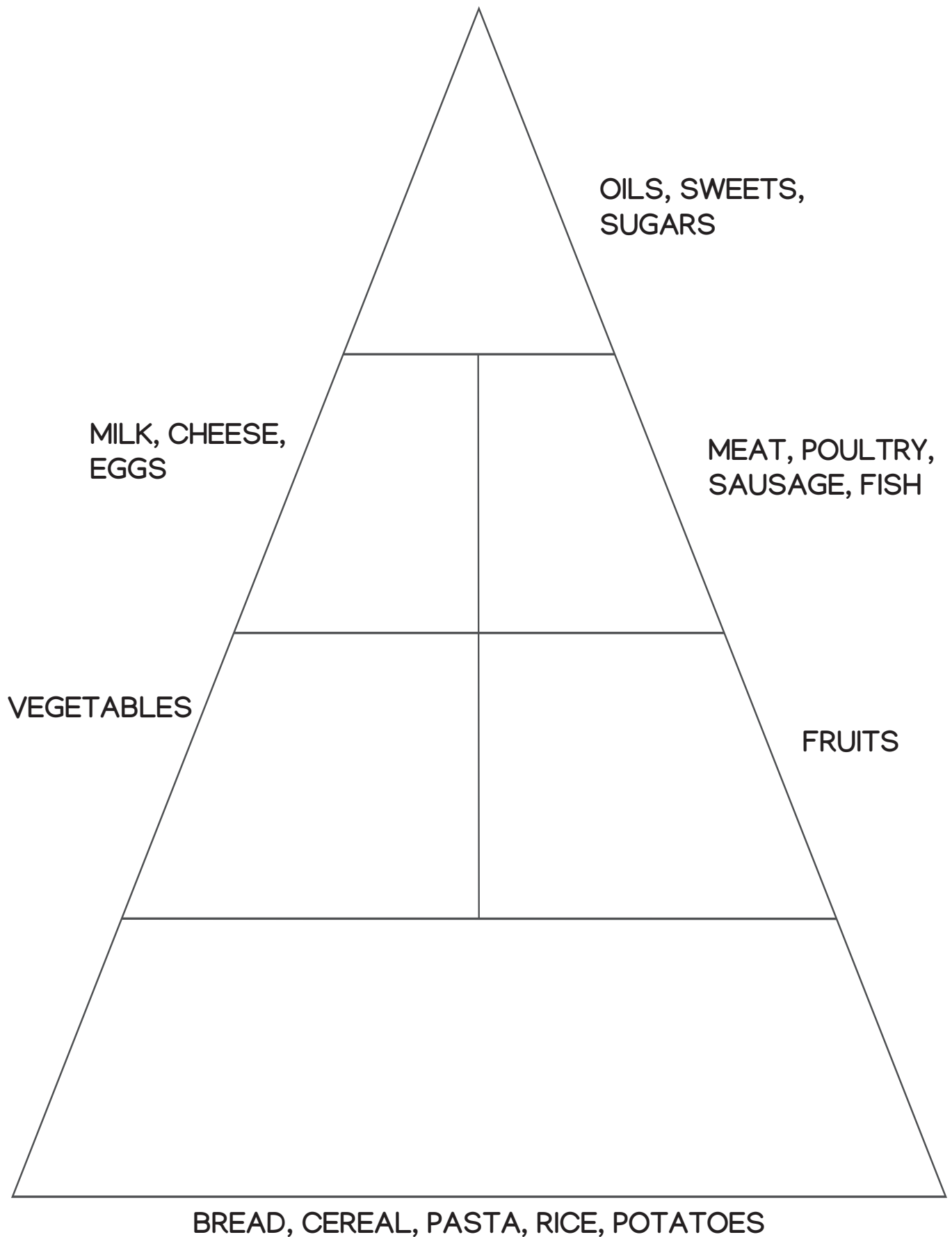
1) Why do you think oils, sweets and sugar are the smallest group?

2) Bread, cereal, pasta and rice are examples of food that are carbohydrates. Why do you think that this is the largest food group to eat each day?

3) Which foods in the pyramid are dairy?

4) Can you name any other foods that are dairy?

Complete the food pyramid below, drawing examples of food for each group.



Use the information from the food pyramid to design a healthy menu for your family for a whole day. Write foods for each meal and include drinks. Think carefully about foods that are made up of several ingredients as they may include elements from different groups (e.g. cottage pie has meat, potatoes, butter (to mash the potatoes) and possibly vegetables).

	Food	Drinks
Breakfast		
Lunch		
Dinner		
Snacks		