

A balanced diet

1 Complete these sentences.

A balanced diet gives us all the *e* _____ and nutrients we need to stay healthy.

It should be a balance of these nutrients: *p* _____,

c _____, *f* _____,

v _____, *m* _____,

f _____ and water.

2 Draw lines to match each description with the correct picture.

Descriptions

still growing, needs plenty of protein and carbohydrates for energy

using a lot of carbohydrates and fats for fuel

lots of protein needed to build large muscles

not growing any more, less food needed

extra protein, vitamins and minerals for growing baby



3 Which plate of food do you think a person with heart disease should eat for breakfast?

plate _____

