

GOOD TO EAT

A balanced diet will give you all the different **nutrients** that you need. **Nutrients are chemicals that the body needs for life.**



Complete the following sentences about balanced diets.

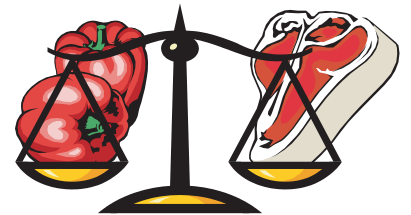
A balanced diet includes a _____ of food from the four main food groups.

These food groups are:

- ◆ Bread, _____, potatoes, rice and _____.
- ◆ Fruit and _____.
- ◆ _____ and dairy products.
- ◆ Meat, _____, pulses, soya, tofu and _____.

We cannot always balance our diet in one meal.

We should aim to balance it over a _____.



There is another group of foods that are not needed for a balanced diet:

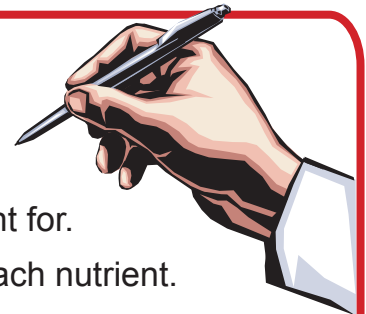
- ◆ Fatty foods and sugary foods, for example, fried foods, cakes, biscuits and sugary drinks.

It is OK to eat foods from this group occasionally (once or twice a week), but a diet will not be balanced if someone eats them every day.



A balanced diet will give you all the different nutrients that you need.

- 1 Look at the information about different nutrients.
- 2 Complete the table to show: (a) What your body uses each nutrient for.
(b) Foods that are good sources of each nutrient.



Nutrient	Use in the Body	Sources
carbohydrate		
protein		
fat		
vitamins and minerals		
fibre		
water		