

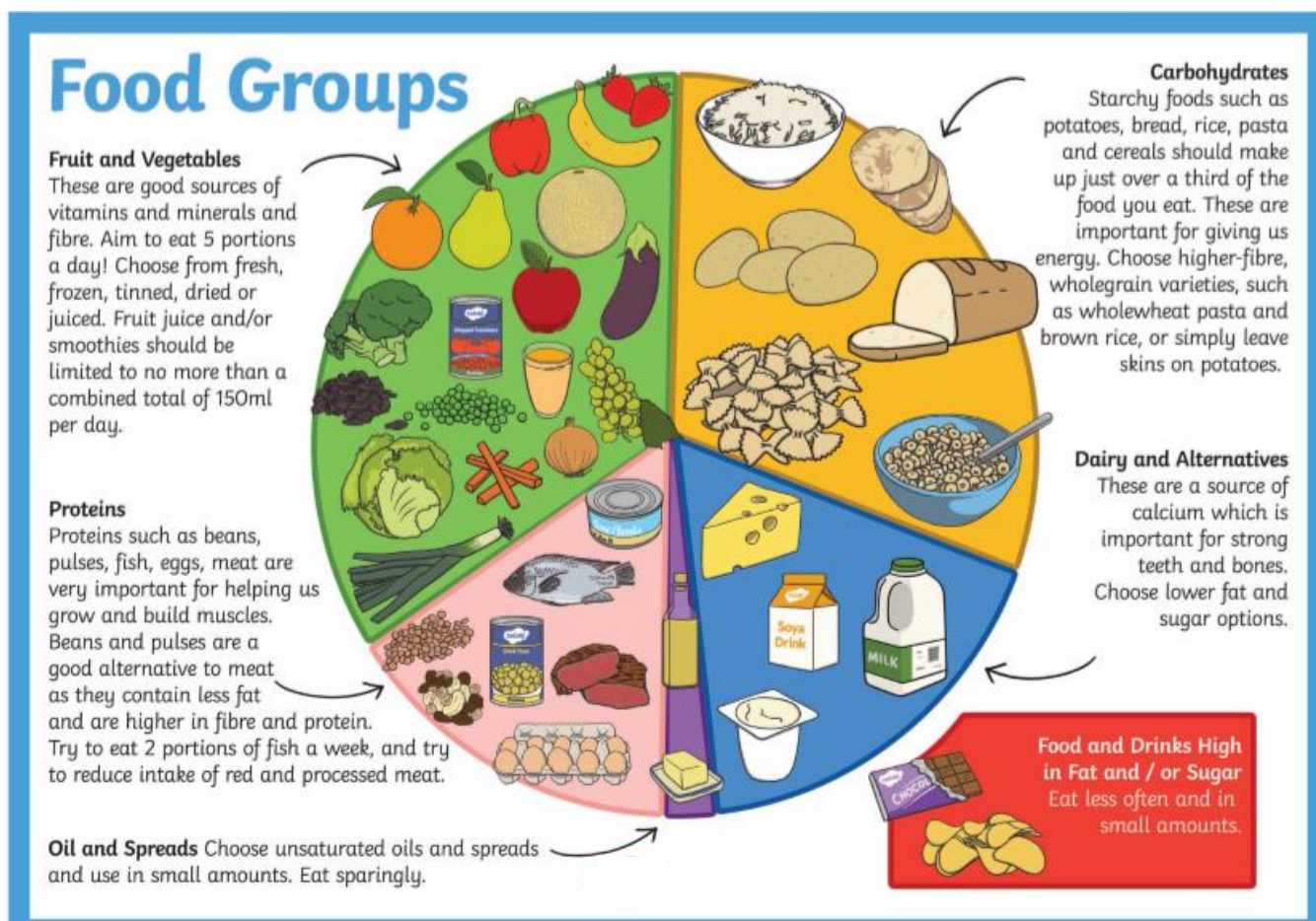
## How to have a balanced diet

### What is a 'balanced diet'?

The human body needs a balanced diet to work properly. Good health involves drinking enough water and eating the right amount of foods from the different food groups:

- **Carbohydrates** give us energy. They are found in foods such as bread, potatoes and pasta.
- **Proteins** help our bodies to repair themselves. They are found in foods such as fish, meat, seeds, eggs and cheese.
- **Fats** help store energy for our bodies. They are found in foods such as yoghurt, cheese and nuts.
- **Fibre** is important for helping us digest our food. It's found in fruit and vegetables.

The image below explains the different food groups with information on how much of each food group is recommended to eat per day and what foods are included in each group.

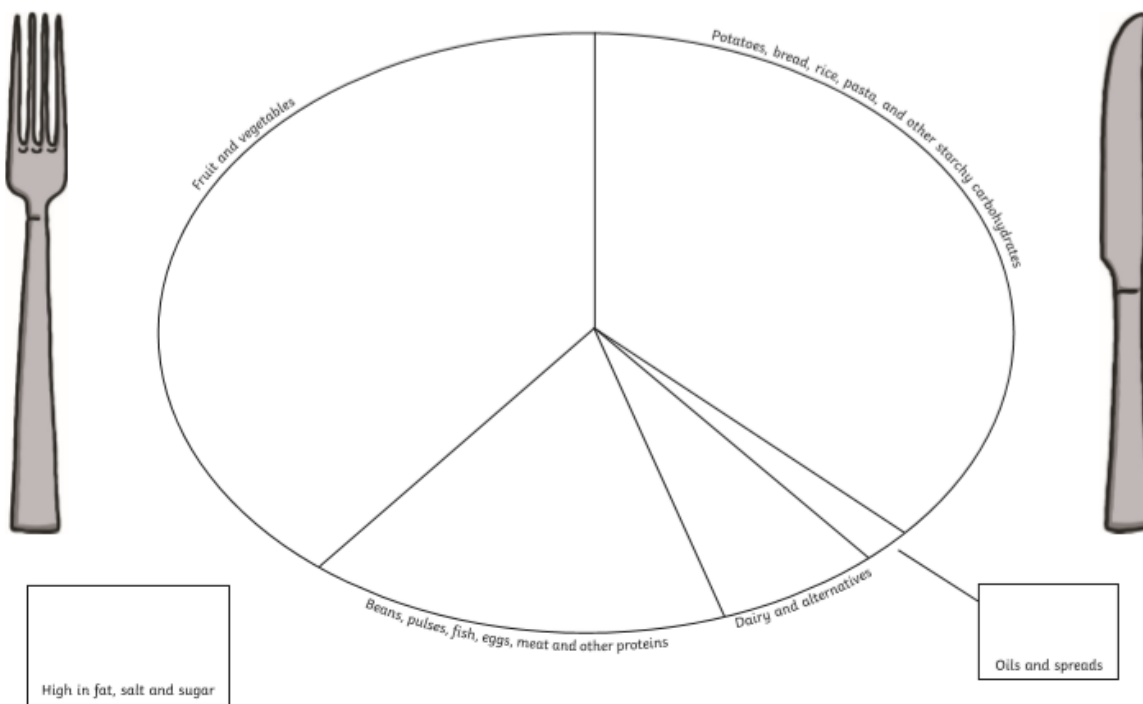




**YOUR TASK:** Can you complete the healthy eating plate to show your understanding of what it means to have a balanced diet? You can use the template below or make your own in your jotter.

There are some examples of foods and drinks provided. You may use these or come up with your own examples. Draw the items into the plate in the correct place and explain why you have chosen your choices.

## Healthy Eating Meal



Crisps	Fizzy drink	Pasta	Fish fingers	Bread
Chocolate	Strawberries	Yoghurt	Fish and chips	Burger
Lettuce	Chicken	Cucumber	Steak	Apple
Peas	Olive oil	Potatoes	Butter	Cereal
Fish	Cheese	Meat	Banana	Broccoli
Baked beans				

I have chosen these foods and drinks because

---



---



---



---



---



---



---