



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?

Copy the questions into your book and write your answers next to the question.

1. What happens if you eat too little food?
2. What happens if you eat too much food?
3. How much fruit and vegetables should you eat daily?
4. Why should you eat carbohydrates?
5. Why should you eat dairy products?
6. What should you only eat as an occasional treat?