

How healthy are you?

Read

One way to keep us healthy is to eat a **BALANCED DIET**.

A balanced diet contains carbohydrates, fats, proteins, minerals, vitamins, water and fibre in the correct amounts.

CARBOHYDRATES – are our main source of energy.

PROTEINS – help to repair damaged cells.

FATS – provide both a store of energy and a layer of insulation to keep us warm.

ACTIVITY 1

Do you know what type of food you should eat to keep a balanced diet? Decide whether the food you have eaten in the last 24 hours is healthy or unhealthy by putting it in the correct column.

MEAL	HEALTHY	UNHEALTHY
BREAKFAST		
DINNER		
TEA		
SUPPER		
SNACKS		

Think

Look at your table. Do you think that you have a healthy balanced diet? If not, why not?



ACTIVITY 2



Read

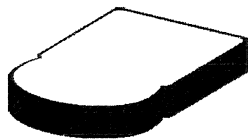
Proteins help our body to repair damaged tissue and to grow new tissue. Meat is a very good source of protein. Vegetarians can get their protein by eating pulses – things like lentils and beans. Milk is also a very good source of protein.

Fats are a good store of energy. Foods that are rich in fat include cream cakes and chocolate. Any food which is fried will have a lot of fat in it. Some cuts of meat can be very fatty. It is better to cut the fat off.

Carbohydrates are our main source of energy. They include starch (you find this in potatoes, bread and pasta) and sugars such as sucrose (used in cakes, sweets and biscuits) and fructose (found in fruits).

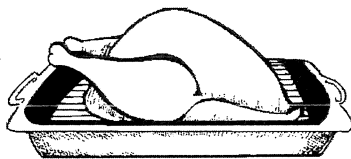
Fibre prevents constipation and is found in fruits, vegetable and wholegrain foods.

Use the information from the notes on the previous page to arrange the following different foods into four groups to show whether they are mainly sources of **carbohydrates**, **proteins**, **fats** or **fibre**. Some food will belong in more than one group.

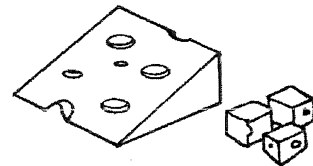


**For growth
and repair of
tissues**

FAT



**A store of
energy and
provides
insulation**



**Needed for
energy**

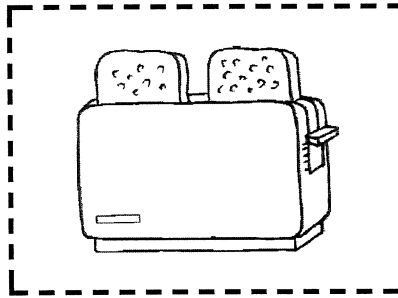
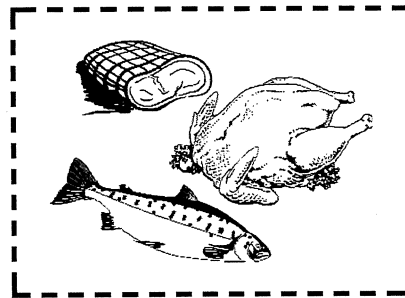
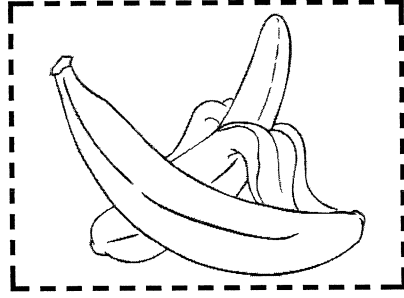
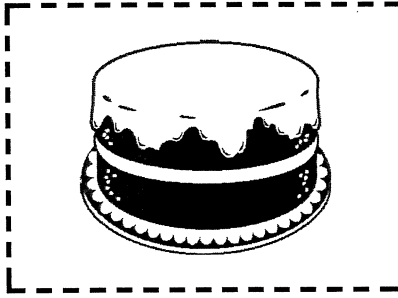
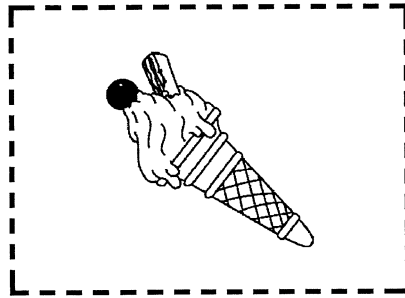
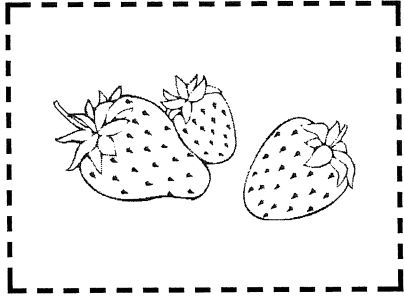
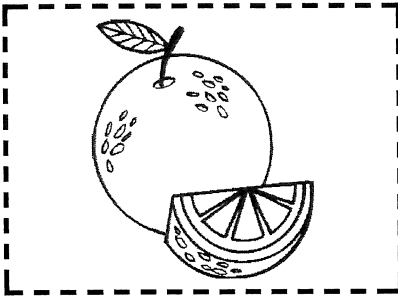
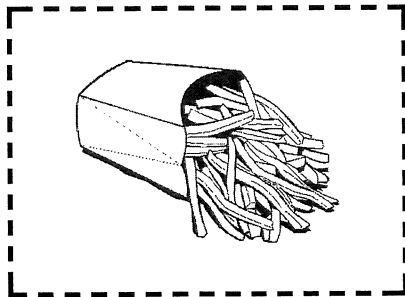


PROTEIN

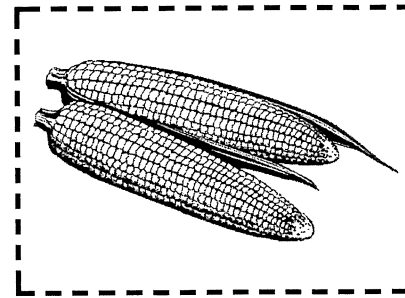
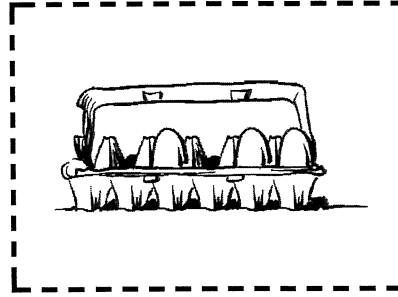
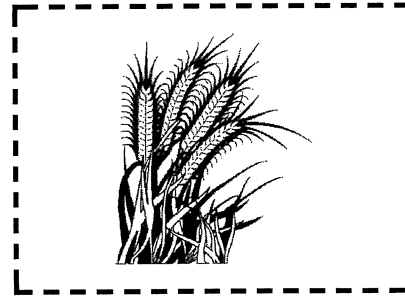
**Prevents
constipation**

Food groups

C



FIBRE



CARBOHYDRATES



There are other food groups that we have not talked about yet. These are also needed to keep us healthy and are part of a balanced diet. Can you find out what they are? Some clues are given below.

I am found in fruits like oranges and lemons. If you don't eat enough of me your gums and nose might start to bleed. I am a vitamin but which vitamin am I?

A)

I help to keep your bones strong and give you healthy teeth. Drink plenty of milk and you don't have to worry! What am I?

Popeye eats a lot of me when he eats his spinach. I am also found in red meat. Forget to eat me and you'll forget a lot because you'll be so tired!! I am a mineral but what am I?

B)

You will eat a lot of me if you eat your 'bran' in the morning before you go to school. If you don't eat enough of me you might end up constipated. What am I?

C)

D)