Lesson 2- What is a balanced diet?

Talk to your grown up- What is a balanced diet? Can you remember the main food groups from Science?

Task 1- Can you match the food groups to the correct statement?

You should eat at least five portions.

Carbohydrates

To keep food moving through the digestive system.

Protein

Keeps bones strong.

Fruit and vegetables

Used for insulation and energy. This is the food groups that has the smallest section on the eat well plate.

Dairy

Fats and sugars

For growth and repair.

Task 2- Can you design a menu for one of your friends? Remember try to make sure they have a balanced diet. Use the different food groups and the correct amounts. Use the food plate to help you do this. You can see how much of each food group we need from the plate. When you have finished you could send this to a friend to see what they would pick.

Breakfast

Option 1

OR

Option 2

Dinner

Option 1

OR

Option 2

Lunch

Option 1

OR

Option 2

The eat well plate:

