The Wheel of Healthy Eating

Look at the Wheel of Healthy Eating. You should eat some foods from each section of the wheel each day. You can eat fats and sugars outside the wheel but in smaller amounts than other foods if you want to remain healthy.

Fill in this table using yesterday s information on your food diary.

Food	Cereals and Starchy Vegetables	Fruit and Vegetables	Meat/Fish/Beans and Lentils	Milk and dairy products	Sugars	Fats

How much water did you drink? _____

How healthy is your diet?

Does it contain all types of food? _____
Does it have too much fat and sugar? _____
Did you drink enough water? _____
Is it a balanced diet? _____
Explain your answer.

_____
_____
_____
_____
_____

Are there any ways in which you could improve your diet?

_____
_____

Compare your table with your partner s table. Is their diet balanced?