

A Healthy Diet

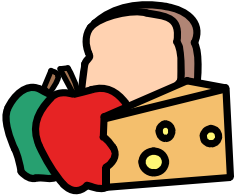







Write down what you ate yesterday. Then check the table to see if you ate something from each of the food groups. Use a colour to underline each of the foods you ate.

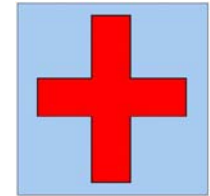
1	2	3	4	5
Carbohydrates	Protein	Fat	Vitamins	Minerals
Potatoes	Meat	Eggs	Vegetables	Milk
Bread	Fish	Cheese	Fresh fruit	Fish
Cereals	Beans	Nuts	Meat	Meat
Pasta/rice	Chicken	Oils	Milk	Eggs
Fresh fruit	Cheese	Butter/marg	Fruit Juice	Vegetables

To stay healthy you should eat mostly from the first list **Carbohydrates** and not too much from the **Fats list**. Try not to have too many of these: - chips, sausages, hamburgers, bacon, crisps, sweets, peanuts, chocolate, cakes, biscuits, fizzy drinks. Don't forget to eat at least 5 lots of fruit and vegetables every day.

How healthy was your day?

	Carbohydrates	Protein	Fat	Vitamins	Minerals
Breakfast					
Lunch					
Dinner					
Snack					

A Designed Diet



This diet is for a person who is:

Breakfast	
Lunch	
Dinner	
Snacks	