A balancing act

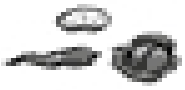
Background knowledge

A healthy diet is a balanced combination of food for growth and repair, energy-giving food, and vitamins and minerals. You also need food that contains fiber. You cannot digest fiber, but it helps move food through your digestive tract. The amount of food you need depends on how active you are and how much you are growing. If you eat too little, you can suffer from malnutrition because your body is not getting the nutrients it needs. If you eat too much, you can become overweight, which can lead to health problems such as diabetes.

Science activity

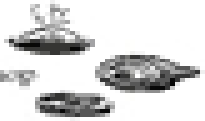
Here are some meals with an item missing form each one. Decide what food item you would add to make each meal part of a balanced diet. Write the name of the item and which food group it is from.

1
- Boiled potato
- Cabbage
- Carrot
- _____



2
- Pizza (cheese and tomato topping)
- _____
_____

3
- Boiled rice
- Grilled lamb chop
- Bacon
- _____
_____



4
- Chicken drumsticks
- Peas
- _____

5
- Lettuce
- Spring onions
- Grated carrots
- Bread
- _____

6
- Fried egg
- Bacon
- Toast
- Pudding
- _____
_____

Science investigation

Collect pictures of food and make a collage of a healthy dinner, by sticking them on paper plates. Labbie each food group.

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