

Answers

1. What does balanced diet mean?

- Eating one type of food from different food groups
- Eating two types of food from different food groups
- Eating a mix of foods from different food groups**

2. Which of these is NOT a food group?

- Grains
- Sweets and Chocolate**
- Dairy
- Fruit and Vegetables

3. Fill in the missing word.

Nutrition is the process of eating the **right** foods for our health and growth.

4. Find and copy a word that means 'focus'.

concentration

5. Name one thing that eating a balanced diet can do to help us.

Learners can choose between sleep better, concentrate more or heal quicker.

6. Why do you think sportspeople need to eat healthy foods?

Learner's own response

7. Which other foods do you think would be classed as processed foods?

Learner's own response

8. Which foods do you think would be in a healthy meal?

Learner's own response