Meat, fish and alternative

Fruits and vegetables

Cereals and starchy vegetable

Task sheet 2

**Healthy eating**

Obj: To understand the importance of balanced diet

Fats

Sugars

Butter

Cheese

Chips

oil

Fizzy drinks: pepsi,soda

Sweets

Cake

W/J/R: Complete task sheet 2

J/W: What is a diet?

Ans: Everything we eat is called our diet.

J/R: What is a balanced diet?

Ans: A balance diet includes food for growth and food for activity.

W/J/R: What type of food give us energy to be active?

Ans. Sugars, fat and starches give us energy to be active.

E: Make a different menu for

* An active adult
* you

 meal for kids Meal for an adult

H.L Draw or stick the food wheel. (can take help from the internet)

Carbohydrates: Energy giving food

ex: bread, pasta, rice, cereals

Fats: store of energy giving in body. Slow energy

Sweets, candy, chocolates, oil…

Proteins: body building and repairing.

Ex: milk, fish, chicken, meat..

Vitamins and minerals: Keeps body healthy and fights diseases.

Ex: fruits and vegetables

Water: Keeps our body clean and helps in digestion.