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?

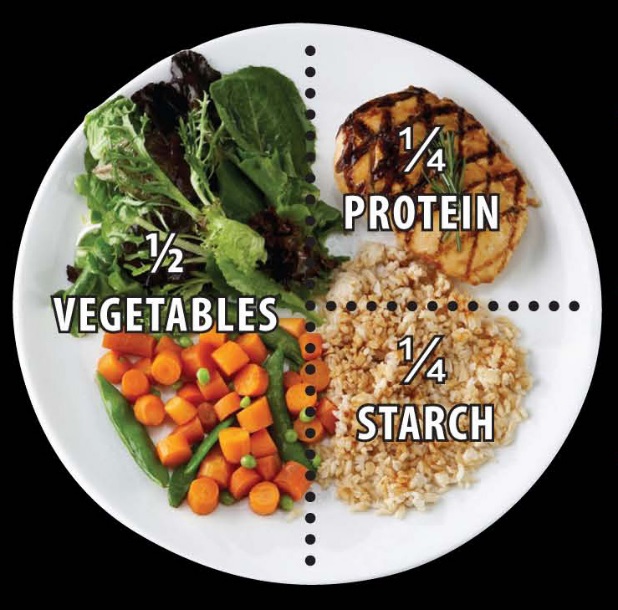
Ans: A balance diet includes food for growth and food for activity.

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

[](http://www.healthykidsplate.com/meal-ideas-for-myplate-the-new-usda-food-icon/)[](http://www.google.ae/url?sa=i&rct=j&q=&esrc=s&frm=1&source=images&cd=&cad=rja&docid=-yH8F2IfQ5QnvM&tbnid=fPLQrajp8aH0FM:&ved=0CAUQjRw&url=http://dtspersonaltraining.wordpress.com/2013/04/14/5-ways-to-make-any-recipe-healthier-case-study-nasi-lemak-fatty-rice/&ei=4hWHUoTeMobM0QXyoIGQBA&bvm=bv.56643336,d.ZG4&psig=AFQjCNHoHDGZj0BUnFYYzJmwk4IW1SK-mw&ust=1384669955225812) 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

[](http://www.google.ae/url?sa=i&rct=j&q=&esrc=s&frm=1&source=images&cd=&cad=rja&docid=zUPxI7QxrV0kDM&tbnid=zq0fmq87l6_ooM:&ved=0CAUQjRw&url=http://www.healthymealexperts.com/category/healthy-food-for-kids/&ei=QBWHUraIIIGV0AXYw4DQBg&psig=AFQjCNGit5AApb_8diPkcrXsIQQbgZFWUQ&ust=1384670611294984)Water: Keeps our body clean and helps in digestion.