

Balanced Diet

Task 1: Visit: <https://www.bbc.co.uk/bitesize/topics/zrffr82/articles/zppvv4j>
watch the clip on a balanced diet and complete the quiz.

Task 2: Use the words in the box to complete the sentences.

diet	energy	fats	fibre	minerals
nutrients		raw	repair	water

What we eat is known as our _____. Our food provides a source of _____ materials to make new substances.

These new substances are used for:

- _____ (to help us to move, etc.)
- growth and _____
- health.

Carbohydrates, proteins, _____, vitamins and _____ are all _____ which means that they provide raw materials.

We also need to eat f _____ and drink w _____ .

Task 3: Complete the food diary for the week, be honest and record only what you have eaten. Try to identify which food group each food falls into and record this on the diary too.

The food groups mentioned in the video were:

1. **Carbohydrates** give us energy. They are found in foods such as bread, potatoes and pasta.
2. **Proteins** help our bodies to repair themselves. They are found in foods such as fish, meat, nuts, seeds, eggs and cheese.
3. **Fats** help store energy for our bodies. They are found in foods such as butter, cheese and fried foods.
4. **Fibre** is important for helping us digest our foods. It's found in fruit and vegetables.