



Healthy meals

We must eat balanced meals if we are to keep healthy.

We need to eat some of most of these – vegetables, fruit, cereals, meat and dairy products – if we are to stay healthy.



Look at this pizza. It is made from vegetables as well as pasta (cereal) and meat. It has a cheese (dairy) topping.



cream and chocolate cake



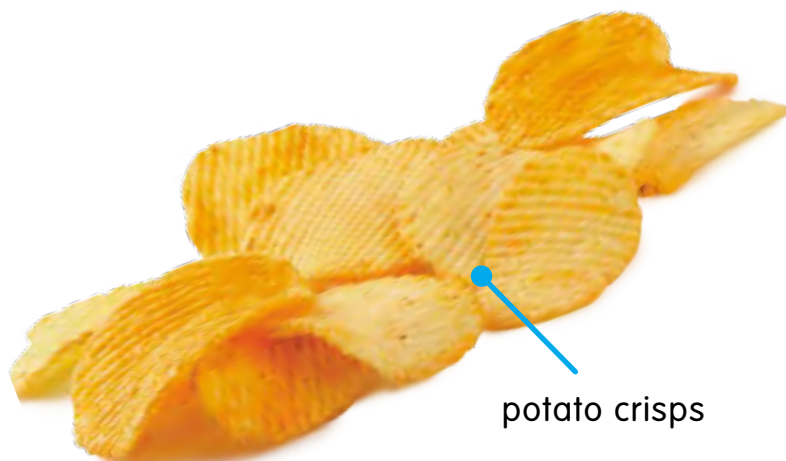
Some foods, such as sweets, cakes and chocolate, have lots of sugar in them. Sugar gives us energy, but too much of it will make us fat.

pie with tomato ketchup



Some foods have lots of fat, sugar and salt. These are mostly foods we buy already cooked. Crisps, pies, chips and ready-meals are some of these.

It is fine to eat a little of these kinds of food, but if we eat them all of the time we will have so much salt and fat that it will be bad for us.



potato crisps

Do you eat healthy meals?