

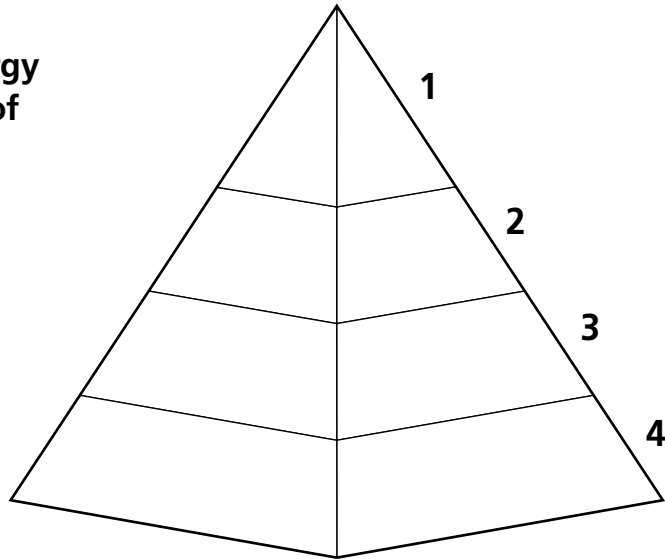


Name: Form:

See pages 10 and 11 of *Food, teeth and eating*

Balancing our food

To get all the nourishment and energy we need, we have to eat a variety of foods. This is called our diet.



Q1. The diagram shows the four levels of the food pyramid. In which level would you find each of the following foods?

Bread Butter

Apple Eggs Fish Carrot

Q2. Give two reasons why we eat food.

1
2

Q3. When do most people have the largest meal of the day?

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Q4. Here are two diets:

Diet A has a large amount of fat and meat and a small amount of fruit and vegetables.

Diet B has a small amount of fat and meat and a large amount of fruit and vegetables.

Which is the healthier diet, A or B?

Q5. When people go on a diet to lose weight, or to be healthier, what kinds of food do they eat less of?

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