



Name: Form:

Based on pages 12 and 13 of *Keeping healthy*

Assessing a diet

Try this...

1. Here are two diets. Read about them before answering the questions.

Diet A Breakfast – biscuits, tea.
Morning snacks – sweets, crisps.
Lunch – chips, beefburger, beans, rice pudding, coffee.
Afternoon snacks – chocolate, sweets, fizzy drink.
Evening meal – sausage, chips and beans, apple pie and cream, fizzy drink.
Evening snacks – crisps, chocolate and fizzy drinks.

Diet B Breakfast – cereal and milk, marmalade and toast, tea.
Morning snacks – apple.
Lunch – meat, potatoes, green vegetables, banana, coffee.
Afternoon snacks – stick of celery.
Evening meal – vegetable curry and rice, fruit salad, tea.
Evening snack – biscuits and milk.

2. Write a paragraph about your diet in the style of the two diets on this page.



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3. Which diet, A or B, is the healthier diet? 

4. Here is a scale with diet A and diet B on it. On which part of the scale would you put your diet? (Mark the spot with an X.)

1	2	3	4	5	6	7
<hr/>						
A						B

5. How would you make your diet healthier?



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