

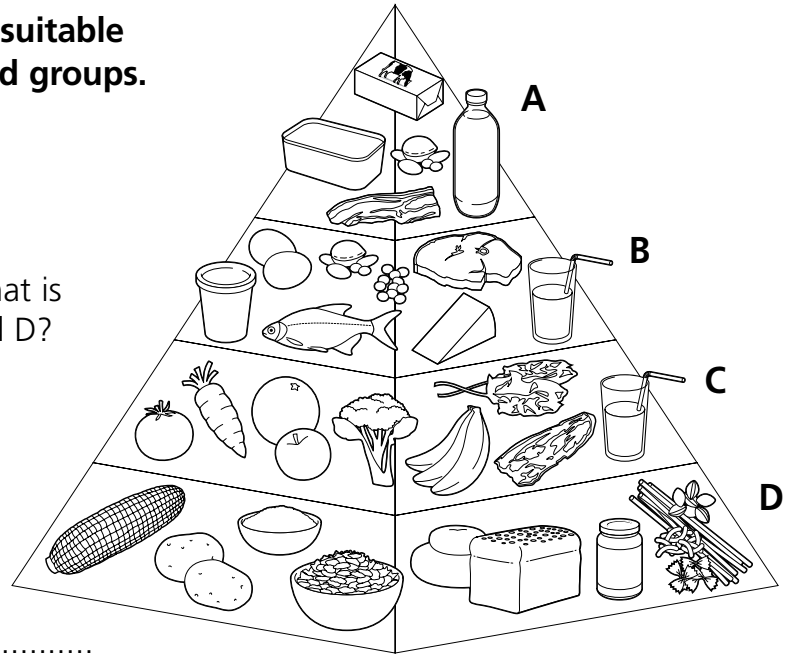


Name: ..... Form: .....

See pages 10 and 11 of *Keeping healthy*

# Do you eat a balanced diet?

A balanced diet means eating a suitable amount of each of the main food groups.



**Q1.** Look at the food pyramid. What is the main food group in A, B, C and D?

A .....

B .....

C .....

.....

D .....

**Q2.** Which food group should be the smallest part of the balanced diet?

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**Q3.** Which food group should be the largest part of a balanced diet?

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**Q4.** If a fully grown person eats a balanced diet, should their weight (a) increase, (b) decrease, (c) stay the same?

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**Q5.** What are the units used to measure energy? .....

**Q6.** What is a simple rule for eating a balanced diet?

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