



A balancing act

Background knowledge

A healthy diet is a balanced combination of food for growth and repair, energy-giving food, and vitamins and minerals. You also need food that contains fiber. You cannot digest fiber, but it helps move food through your digestive tract. The amount of food you need depends on how active you are and how much you are growing. If you eat too little, you can suffer from *malnutrition* because your body is not getting the nutrients it needs. If you eat too much, you can become overweight, which can lead to health problems such as diabetes.

Science activity

Here are some meals with an item missing from each one. Decide what food item you would add to make each meal part of a balanced diet. Write the name of the item and which food group it is from.

- 1 • Boiled potato
- Cabbage
- Carrot



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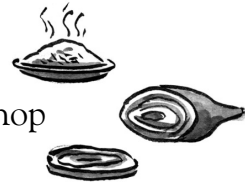
- 2 • Pizza (cheese and tomato topping)



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- 3 • Boiled rice
- Grilled lamb chop
- Bacon



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- 4 • Chicken drumsticks
- Peas



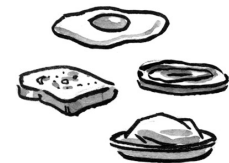
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- 5 • Lettuce
- Spring onions
- Grated carrots
- Bread



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- 6 • Fried egg
- Bacon
- Toast
- Pudding

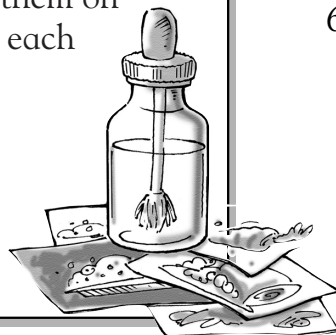


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Science investigation

Collect pictures of food and make a collage of a healthy dinner, by sticking them on paper plates. Label each food group.





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Answers may vary

Science activity

Here are some meals with an item missing from each one. Decide what food item you would add to make each meal part of a balanced diet. Write the name of the item and which food group it is from.

- Boiled potato
 - Cabbage
 - Carrot
 - Fish (protein).....



- Boiled rice
 - Grilled lamb chop
 - Bacon
 - Carrots (vitamins and minerals).....



- Pizza (cheese and tomato topping)
 - Salad (vitamins and minerals).....



- Chicken drumsticks
 - Peas
 - Potato (carbohydrate).....



- Lettuce
 - Spring onions
 - Grated carrots
 - Bread
 - Eggs (protein).....



- Fried egg
 - Bacon
 - Toast
 - Pudding
 - Green beans (vitamins and minerals).....



Science investigation

A healthy diet has a mixture of all of the food groups, and should be supplemented with exercise.

