

A Balanced Diet

Key Vocabulary:	
Diet	The food and drink that a person or animal usually eats.
Healthy	When everything in your body and head feels good.
Sugar	An ingredient which is used to make food taste sweet. It comes from the sugar cane plant or from sugar beet.
Ingredients	Items that make up a mixture e.g. foods that make a recipe are known as ingredients.
Refrigerator	A large kitchen appliance that keeps food and drink cool so that it will keep fresh for longer.

Sticky Knowledge facts:

- ◆ The five different food groups are: carbohydrates, fruit and vegetables, protein, dairy and foods high in fat and sugar.
- ◆ Many unexpected food products can have high amounts of sugars such as pasta sauces and fizzy pop.

(A jar of tomato pasta sauce has 20grams, one plain white bagel has 6 grams and a fruit fromage frais pot has 10 grams).

- ◆ Nutrients are substances in food that all living things need to make energy, grow and develop.
- ◆ A balanced diet consists of eating a variety of foods from all five different food groups.

