## An Amazing Fact a Day!

## A Balanced Diet

During his career as an entertainer, French performer Monsieur Mange-Tout (Mr. Eat-It-All) ate bikes, shopping trolleys, beds, televisions and even a Cessna 150 aeroplane!

To keep healthy, there are certain types of food we should eat in moderation. No metal is included!

Look at this list of foods. Write each one in the correct section of the plate.

## Food List

chocolate

muesli

peas

roast beef

doughnut

wholemeal loaf

cheese spread

nuts

cabbage

cous cous

crisps

ciabatta

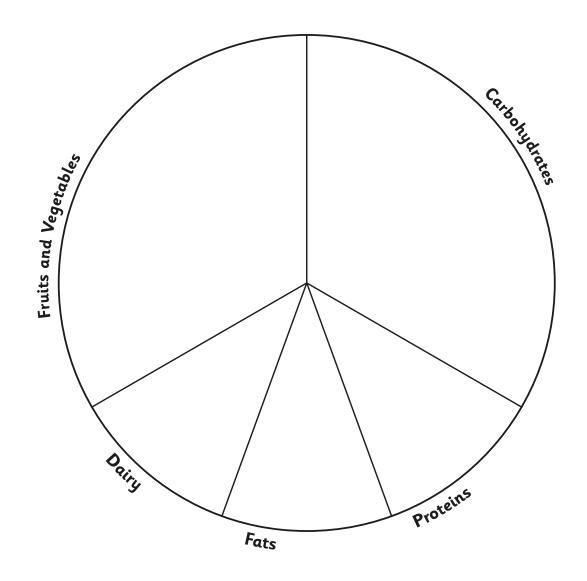
fromage frais

haddock

mushroom

cheddar cheese

cauliflower







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