

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 |

