



Why Do We Need To Eat?

What are the four main reasons that the body needs to eat?

1. _____

2. _____

3. _____

4. _____

What are the 5 food groups? Name one example for each.

Food Group

Example

1.

2.

3.

4.

5.



My Food Diary

Breakfast	
Lunch	
Dinner	
Snacks	
Drinks	

Sorting My Food

In the pie-chart below, sort the foods that you consumed yesterday. Make sure you place your 'sometimes foods' in the space at the bottom

Enjoy a wide variety of nutritious foods from these five food groups every day.
Drink plenty of water.

Grain (cereal) foods,
mostly wholegrain
and/or high cereal
fibre varieties

Vegetables and
legumes/beans

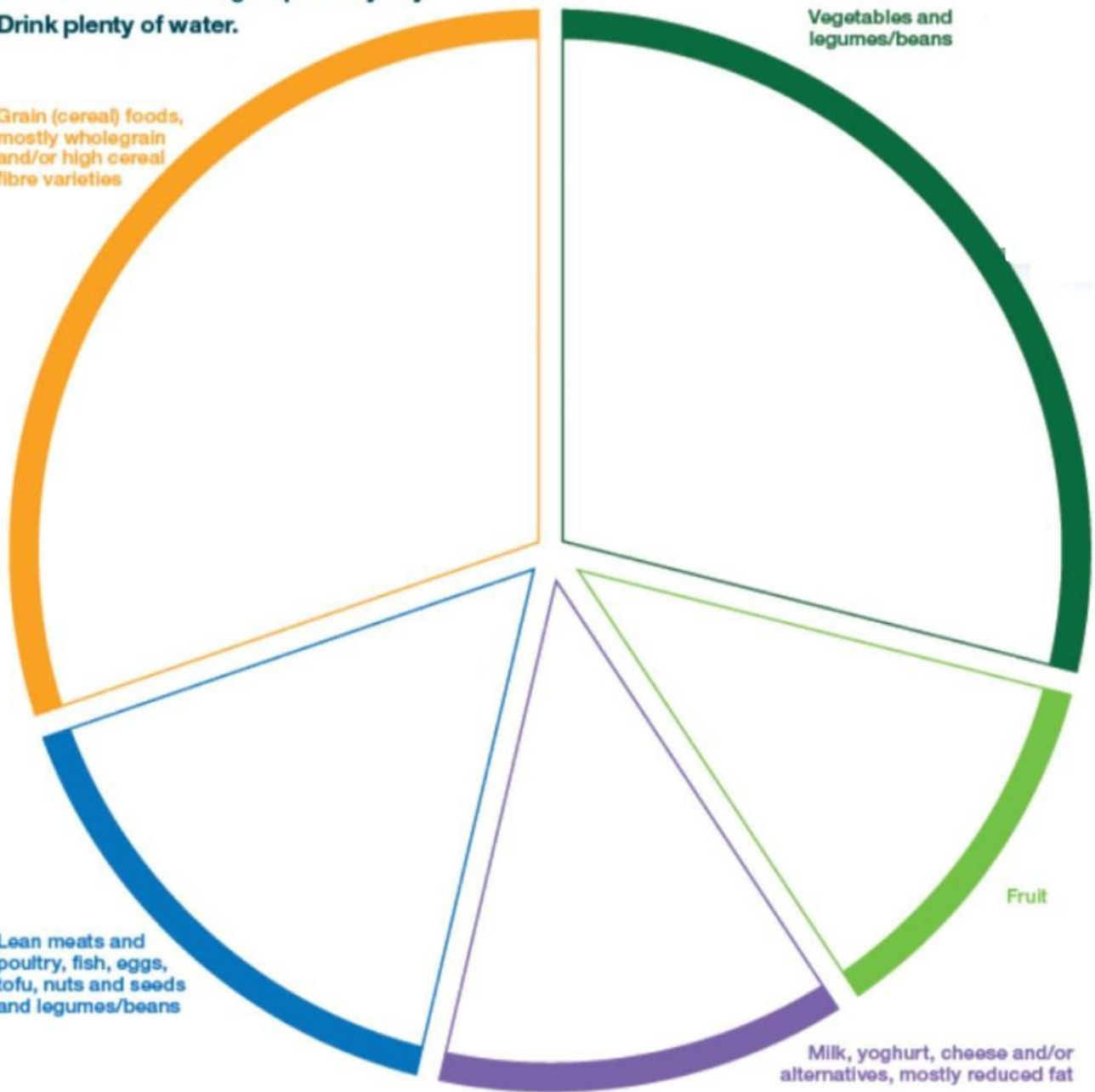
Lean meats and
poultry, fish, eggs,
tofu, nuts and seeds
and legumes/beans

Fruit

Milk, yoghurt, cheese and/or
alternatives, mostly reduced fat

Use small amounts

Only sometimes and in small amounts





Analysis Of My Diet

Are there any improvements that could be made to your diet?
Why/why not?
