

L.O: To understand in the importance of a balanced diet



VOCABULARY

- carbohydrate
- protein
- fruit
- dairy
- vegetables
- nutrients
- oil
- vitamins
- minerals
- sugar
- healthy

This is what Ellie has in her packed lunch box almost every day. Fill out the table below to sort Ellie's lunch into food groups.

carbohydrate		
protein		
fruit & veg		
dairy		
high in fat		
high in sugar		

If Ellie has this for lunch most days, do you think it provides her with a balanced diet? (explain your answer as fully as you can)

What swaps or changes would you make to make it healthier (and why?)
