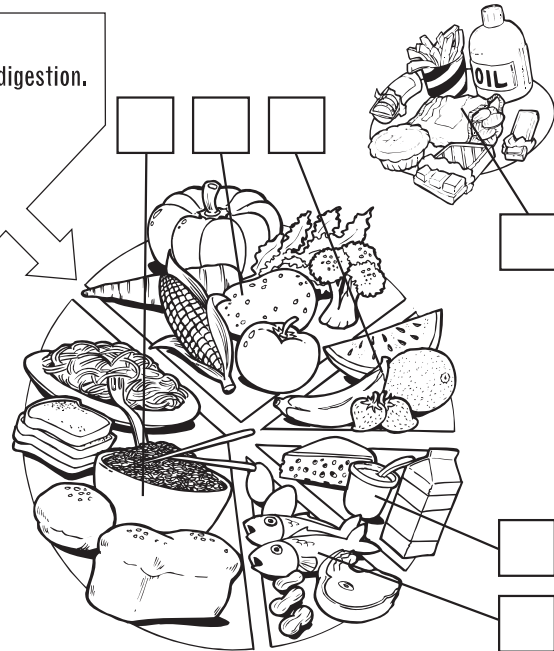


# A healthy diet

The healthy eating guide illustrates the relative quantities of each food group we need for a healthy diet.

- 1 Write a letter in the box to match the food group with the correct statement.

- A ~ Eat these foods daily, for strong bones and teeth.  
 B ~ Eat these foods, mainly from plants, often, to help with digestion.  
 C ~ Eat these foods rarely.  
 D ~ Eat these for vitamins and minerals.  
 E ~ Eat lots of these foods, mainly from grains, for energy.  
 F ~ Eat these foods, from animals, regularly, for protein.



- 2 Using the guide to help you, write three foods from each food group.

(a) fats, oils and sugars

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(b) dairy products

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(c) high-protein foods

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(d) fruit

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(e) vegetables and legumes

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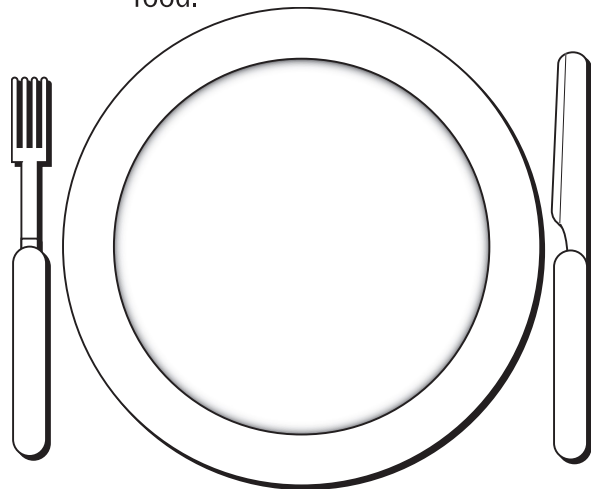
(f) high-carbohydrate foods

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- 3 (a) Draw a healthy meal here. Label the items with the name of the food.



(b) Explain why this is a healthy meal.

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