NAME:_____ DATE:_____

BALANCED DIET

1. Everything that we eat makes up our _____.

2. Unscramble the words in the box to complete the sentence below:

all	**amounts**	**contains**	**correct**	**nutrients**	**in**	**the**	**their**

A balanced diet _____

3. Write BALANCED or UNBALANCED under the meals shown below.

4. Below each picture, write what category of nutrient is being shown. (Use the **terms PROTEIN, STARCHY CARBOHYDRATE, FATS, SWEET CARBOHYDRATE**)

LIVEWORKSHEETS

5. Below are five salads eaten by John Gray students. meals eaten by Anna on Monday, Tuesday and Wednesday (in this order).

Anna	Billy	Cory	Dale	Elvis
Diced chicken Croutons (toasted bread pieces) Soda Brownie	Lettuce only Water	Diced chicken Corn Sweet pepper Pasta Potato Milk	Carrots Tomato Lettuce Water	Diced chicken Cheese

a. Which person may suffer from dehydration?_____

b. Whose diet is most balanced? _____

c. Which person may feel the most tired, unfocused and hungry by the end of the day?_____

d. Which person may feel hyperactive right after lunch?_____

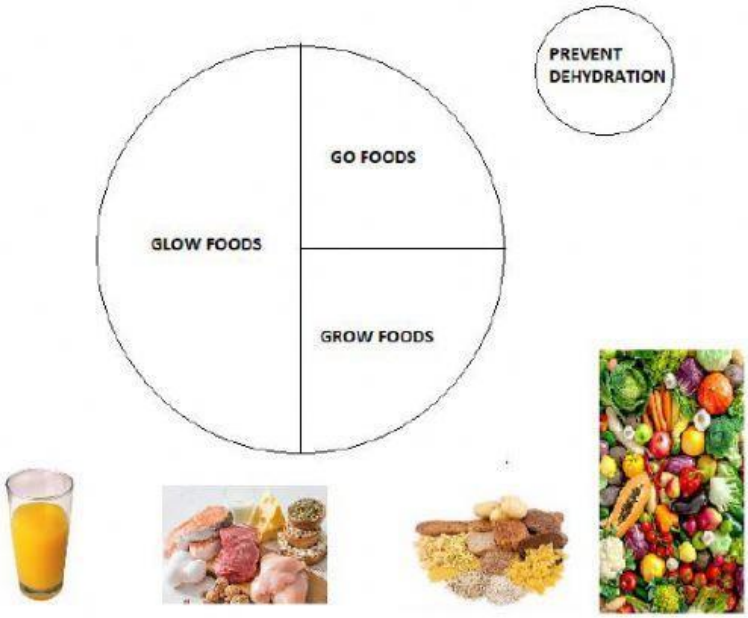
e. Which two persons may lose the most weight if they eat like this every day?_____ and _____

f. Whose meal has the most protein?_____

g. Whose meal has the most carbohydrates?_____ and _____

h. Whose meal has the most GLOW foods?_____

6. Drag the correct food onto your plate to make a balanced meal.



LIVEWORKSHEETS