



Healthy Diet

Q1 We need to eat food for , growth, repair and good health

dairy products

potatoes

pasta

energy

Q2 Foods contain (carbohydrates, fats, proteins, minerals and vitamins)

meat

constipation

nutrients

intestines

Q3 Different foods contain of nutrients

different amounts

fat

intestines

protein

Q4 A contains the right amounts of nutrients that you need.

fibre

fat

balanced diet

energy

Q5 are needed for energy

constipation

vegetables

carbohydrates

nutrients

Q6 Carbohydrates are found in bread, , cereals, potatoes and rice

pasta

more sugar

energy

vitamins and minerals

Q7 There are two types of carbohydrates (and sugar)

nutrients

kilojoules

vitamins and minerals

starch



Healthy Diet

Q8 Starch is found in bread, pasta, cereals, and rice

potatoes

kilojoules

balanced diet

meat

Q9 Sugar is found in most foods, but some foods contain (cakes, sweets, biscuits)

carbohydrates

fat

more sugar

potatoes

Q10 Carbohydrates are used by the body for energy but if is eaten the body turns it into fat

dairy products

kilojoules

meat

too much carbohydrate

Q11 The energy a food contains is found on the packet and is measured in

balanced diet

pasta

carbohydrates

kilojoules

Q12 is needed as a long term energy store

meat

fat

potatoes

fibre

Q13 Fat is also needed for under your skin to keep you warm

insulation

too much carbohydrate

vegetables

intestines

Q14 Fat is found in (milk, cheese, butter).

starch

dairy products

fibre

kilojoules

Q15 is needed for growth and repair

carbohydrates

different amounts

protein

potatoes