A balanced diet

Eat at least 5 portions of a variety of fruit and vegetables every day

Fruit and vegetables

apple

lettuce

broccoli

carrot cucumber strawberry

peas

pepper

tomato

banana

Choose wholegrain or higher fibre versions with less added fat, salt and sugar

Potatoes, bread, rice, pasta and other starchy carbohydrates

bread

bagel

cereal

potatoes

pasta

rice

crisps

burger

fish

yoghurt

egg nuts

chick peas

cheese

Beans, pulses, fish, eggs, meat and other proteins

Eat more beans and pulses. 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat.

Dairy and alternatives

Choose lower fat and lower sugar options

oil

butter

Oil & spreads

OXFORD
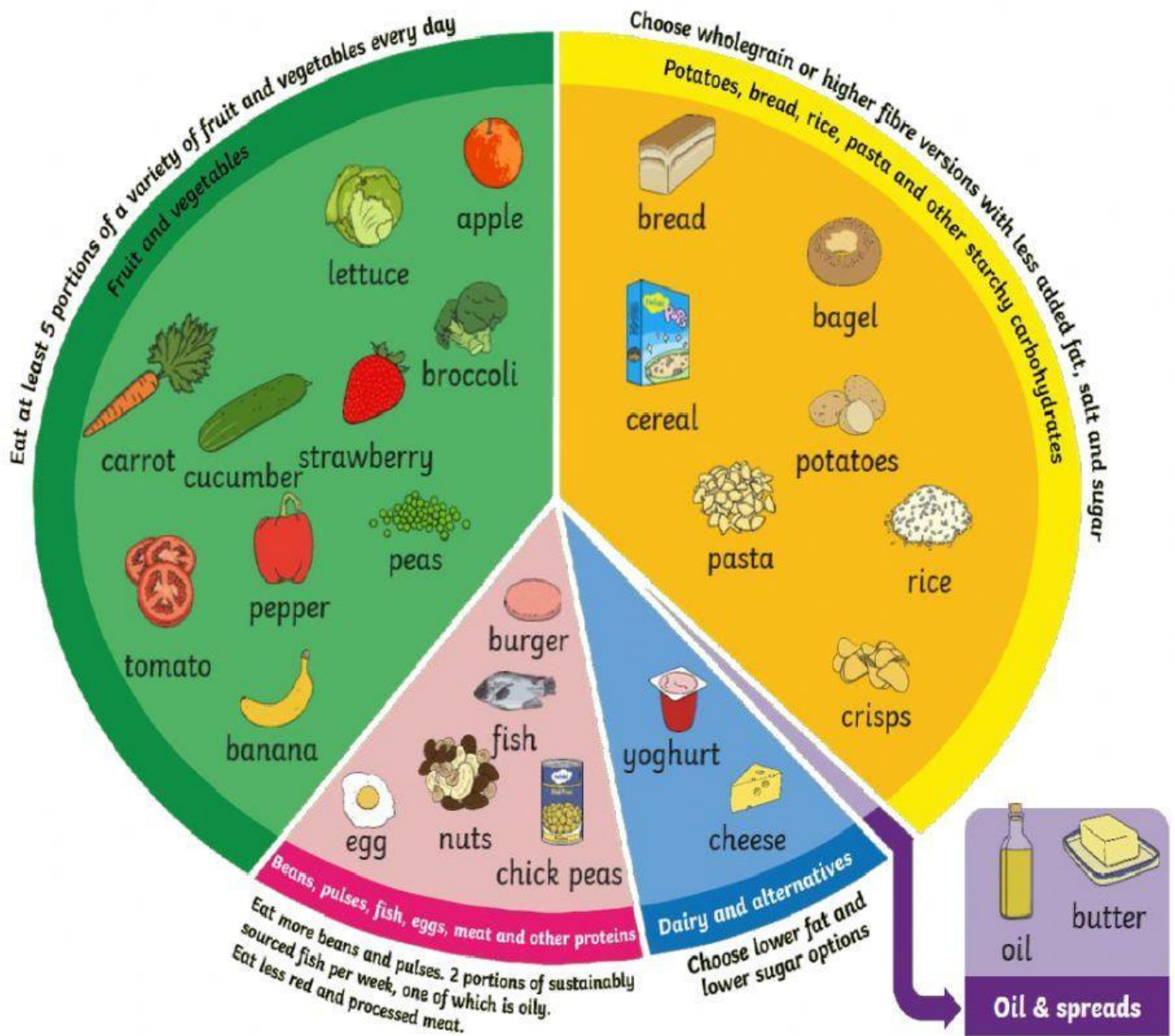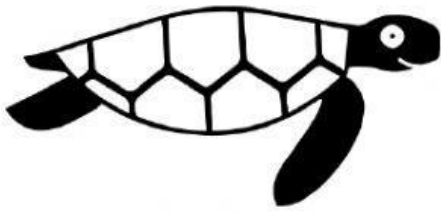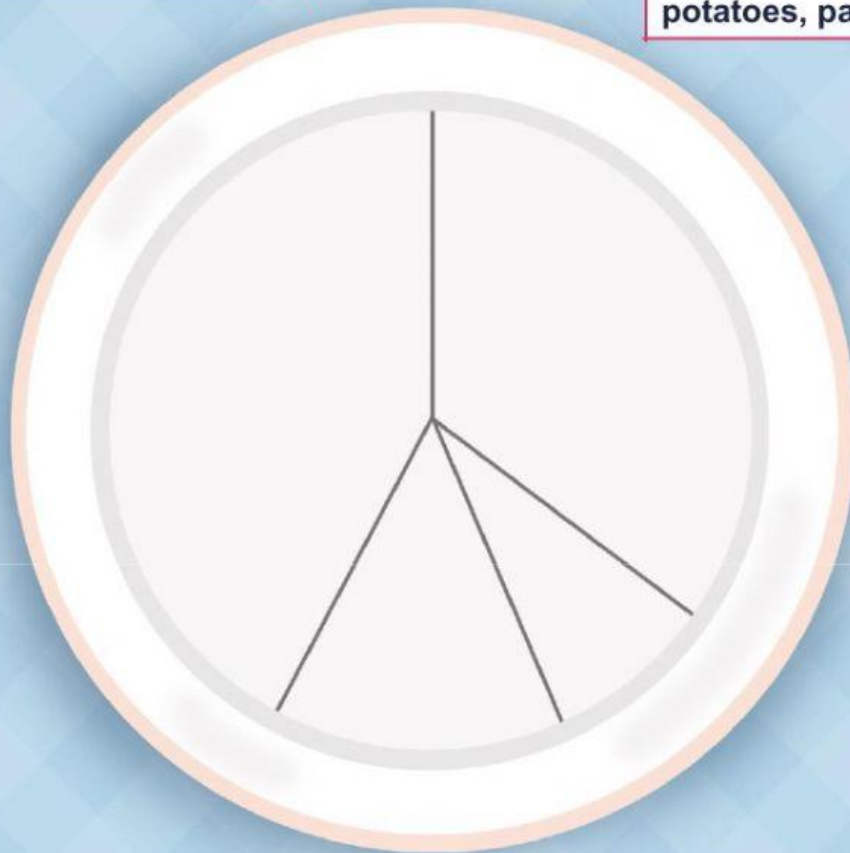
Look at the healthy plate. What foods do you like? Write a healthy meal on your plate.

fibre (fruit and vegetables)

carbohydrates (bread, potatoes, pasta, cereals)
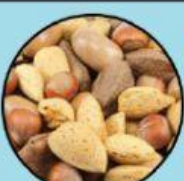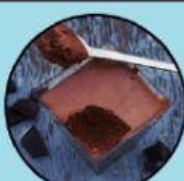
fats (butter, cheese, milk, oils, fried food)

protein (fish, meat, nuts, seeds, eggs, cheese)

OXFORD

LIVEWORKSHEETS

Healthy Eating

Tick (√) the foods that you think you should eat often in your daily meals.

☐	apple		☐	orange
☐	cake		☐	banana
☐	nuts		☐	mousse
☐	fizzy drinks		☐	broccoli
☐	fish		☐	donuts
☐	carrots		☐	hotdog
☐	meat and tomatoes		☐	kiwi

Healthy Eating

Tick (√) the foods that you think you should eat often.

☐	lollies		☐	avocado
☐	fish and chips		☐	chocolate
☐	blueberries		☐	burger
☐	salad		☐	beans
☐	salmon		☐	mandarin
☐	watermelon		☐	pizza
☐	vegetables		☐	strawberries

LIVEWORKSHEETS

OXFORD