Grade 11 **Health Science** **Worksheet**

Dietary guidelines

Read the following scenarios. Select a dietary guideline from the table below that is appropriate for each person to improve their diet or lifestyle.

Make physical activity part of your daily routine.
Consume enough water every day.
Eat a variety of foods each day.
Reduce your intake of foods and drinks that have a high sugar content.
Make sure your diet contains enough milk and dairy products.

Scenarios:

Donia does not like a lot of foods. Her diet each day is made up of bread, rice, pasta and French fries.

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Amal has a good diet, but she does not like sports and never does any exercise.

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Hannah moved to the UAE last week. She thinks that she has been feeling very tired and thirsty because of the heat.

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Mohammed fell and broke his arm last week. The doctor said if he had more calcium in his diet, he would be less likely to break a bone.

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Abdulla has a good diet, but he has a fizzy drink with every meal. His brother told him that he can get diabetes by doing that.

LIVEWORKSHEETS