

What is Nutrition?

Nutrition is about eating a **healthy** and **balanced diet**. Food and drinks provide the **energy** and **nutrients** you need to be healthy.

Many common health problems can be prevented or alleviated with a

healthy diet. Look at the different food groups below. Label the groups.



Dairy, Grains, Vegetables, Proteins, Fruit



Write **true** or **false**:

- a) You need more protein than vegetables?
- b) You need more fruit and vegetables than grains?
- c) You need fewer grains than vegetables?
- d) Dairy products are part of a balanced diet?
- e) Bread would be in the protein group?
- f) The ingredients for a green salad would be in the vegetables;e group?
- g) At least a quarter of your plate should be fruit and vegetables?

