

Answer the questions below based on the video.

Q1. Tick the correct answer: Which of the following is a balanced meal?



Q2. Fill in the blanks (Use the word bank):

Word Bank: **energy - muscles - grow - strong**

- Carbohydrates give us \_\_\_\_\_ to stay active.
- Proteins help our \_\_\_\_\_ to become \_\_\_\_\_ and repair.

Q3. Match the food to its Nutrients:

Food	Food Group	Answer
1. Apple	a. Carbohydrates	_____
2. Milk	b. Proteins	_____
3. Donut	c. Fruits	_____
4. Chicken	d. Dairy	_____
5. Bread	e. Fats & Sugars	_____

Q4. Think & Answer: Why is it important to eat a balanced diet?

( Select the correct answer)

- To make food taste better
- To eat more sugar and fat
- To provide the body with all the nutrients it needs to stay healthy