

# All About Healthy Eating

Eating lots of different foods is a good way to keep your body happy and well. Everyone has different likes and dislikes. Some people do not eat certain foods because they can make them feel poorly or because they prefer not to.

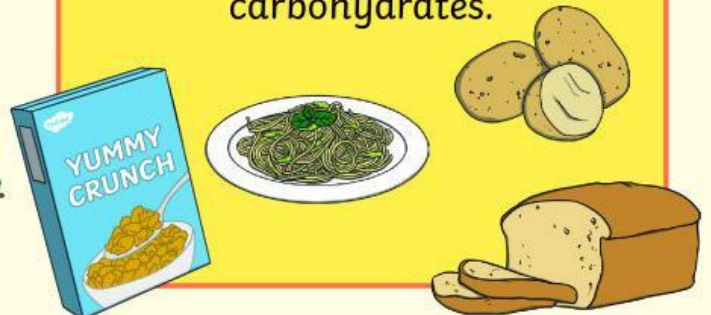
## Fruits and vegetables:

These foods contain vitamins and minerals. They help our bodies work properly.



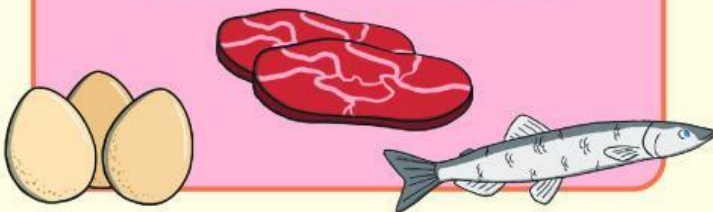
## Carbohydrates:

These foods give us lots of energy. Pasta and potatoes are carbohydrates.



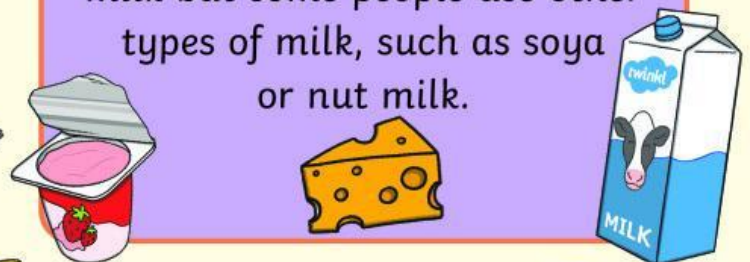
## Protein:

These foods help our bodies heal and grow. Meat and fish are proteins. Eggs and lentils are proteins too.



## Milk and dairy:

These foods are high in calcium. They include cheese and yoghurt. Some people use cow's milk but some people use other types of milk, such as soya or nut milk.



## Oil and spreads:

These foods are high in fat. They include olive oil and butter. Our bodies need fat for energy.



# Questions

1. Which of these foods is a carbohydrate? Tick one.

- ☐ fish
- ☐ pasta
- ☐ eggs

2. Which of these foods is a protein? Tick one.

- ☐ bread
- ☐ milk
- ☐ lentils

3. Which food group gives us lots of calcium? Tick one.

- ☐ carbohydrates
- ☐ milk and dairy
- ☐ oils and spreads

4. Which of these words means when someone can become ill after eating a certain food? Tick one.

- ☐ variety
- ☐ protein
- ☐ allergy

5. Which food group gives us lots of energy? Tick one.

- ☐ oils and spreads
- ☐ protein
- ☐ carbohydrates