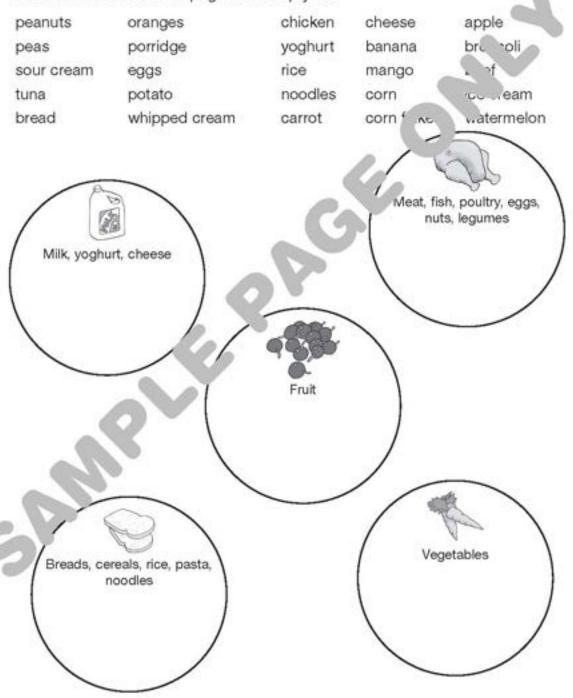


Activity 2: Food Groups Sort

Place the following foods into the correct food group. There should be 5 in each circle. The information on page 5 will help you.



Healthy Eating 7



How Food Helps our Body

Your body is like a machine. It needs fuel to keep going. You get the fuel you need from the food you eat. To keep healthy, you need a variety of fuels and a variety of foods.



Type of fuel	What it is for	Wher 76 :
Protein	Builds muscles, organs and glands; repairs damage	mea shic en, fish, eggs, note, dairy, I' gumes
Carbohydrates	Supply energy to the cells in the body	pasta, rice, fruits, vegetables
Fats	Helps our hoc hay warm of oits come organs, erves energy, bens skin and hair	meats, eggs, butter, oils, chips, salad dressing
Vitamins and minera	Heips normal growth of skin, teeth, gums, bones, eyes, and internal organs.	milk, butter, leafy vegetables, liver, fruit
Water	Helps make up blood, saliva, all cells and tissues in the body	water
9	Helps the body with digestion and getting rid of wastes.	Fruit, vegetables, legumes

10 Healthy Eating



Activity 5: You are what you eat

How balanced is your diet? Keep a food diary. Write down everything you eat and drink for a day then count your serves and add up your score.

Food Diary for	
Breakfast	
Morning tea	Carrie
Lunch	
Afternoon tea	
Dinner	
Supp	
ner foods	





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