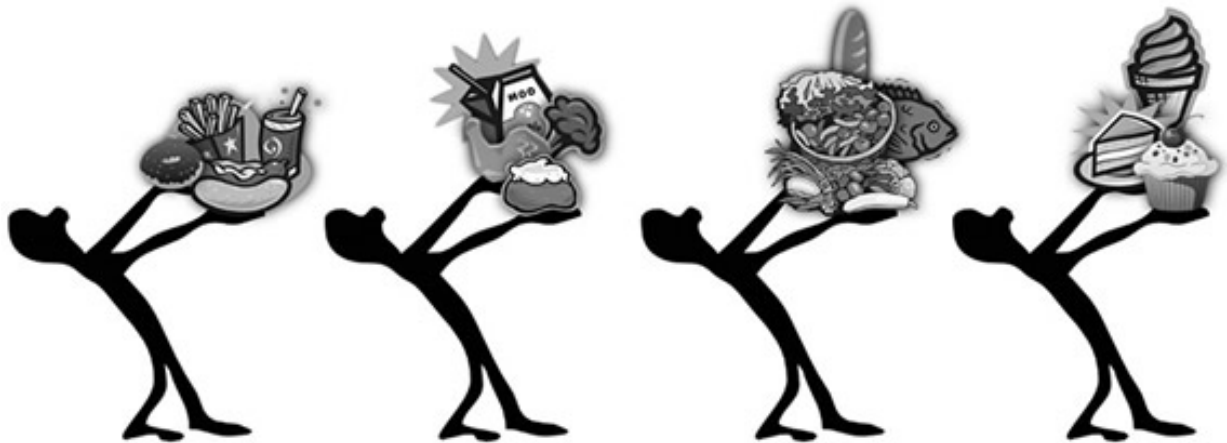




A balanced diet

Eating the right food is really important if you want to be healthy, grow loads and do lots of active stuff. What you've got to do is have a healthy balanced diet.

Q1. Here are four people having their dinner. Circle the ones who are eating a balanced diet.



Q2. Fill in the table using the sentences below. Put the sentences under the right headings.

 Eating well should mean you will...	 Eating badly could mean you will...

- | | |
|---|--------------------------------|
| ☆ Have strong bones and muscles | ☆ Get fat. |
| ☆ Have to have loads of fillings in your teeth. | ☆ Get tired a lot. |
| ☆ Not feel so good. | ☆ Be able to do lots of sport. |
| ☆ Grow well. | ☆ Have loads of energy. |