



What is a balanced diet? Session answers.

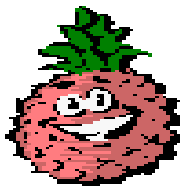
What are power foods?

A balanced diet gives us the nutrients our body needs to stay healthy and satisfy the basal metabolism. Protein for growth and repair, Carbohydrates for energy, Fats stored for heat, vitamins and Minerals to keep everything working properly!

A VERY HEALTHY FOOD BURSTING WITH VALUABLE NUTRIENTS THAT RELEASE THE ENERGY FROM SLOW RELEASE CARBOHYDRATE FOODS. THAT'S WHY PASTA WILL MAKE YOU GO FASTER AND LEARN FASTER!

Scientists have proven a balanced diet will give you;

- 1) Better concentration levels.
- 2) Better eye to hand coordination.
- 3) Better behavioural patterns.
- 4) Better problem solving skills.



POMMEGRANITE, CHICKEN, PASTA, COCONUT, ORANGE, WATER, PINEAPPLE, GRAPES, TOMATO, BANANA.

E	S	I	A	N	N	O	Y	A	M
O	S	N	L	P	O	J	V	E	B
M	S	E	B	S	Y	K	R	K	J
E	X	D	K	J	P	I	J	Y	Y
L	S	C	T	A	N	U	K	R	Q
E	E	H	L	G	C	H	O	T	W
T	C	J	U	A	P	N	H	S	X
S	U	E	K	H	L	Q	A	A	K
H	A	E	N	A	T	S	A	P	F
L	S	B	K	I	O	D	S	A	G



ANSWER TRUE OR FALSE;	TRUE;	FALSE;
The hypothalamus regulates the food we eat?	√	
We only eat when we are hungry?		√
Sight, smell and taste makes us hungry?	√	
A rumbling stomach is the hypothalamus telling us to eat?	√	



THE HAIRRAISING QUIZ ANSWERS;
1=B, 2=C, 3=D, 4=B, 5=D, 6=A, 7=C, 8=D.

Mr. Healthy

lifestyle coach

