



# How to get a balanced diet? Answer sheet.

Eat a healthy variety of foods that will give the required nutrients to ensure the body functions correctly. Ensure you get your "7aday" with healthy snack attacks. Start the day the ideal way! Plenty of power foods and everything in moderation.

**A BALANCED  
BREAKFAST WOULD  
BE;**

- FRESH FRUIT
- 1 CUP OF HEALTHY CEREAL
- SKIMMED MILK
- FRESH PUREED FRUIT JUICE

**STATE 7 WAYS TO  
GET YOUR 7 A DAY;**

- FRESH FRUITS
- 100% FRUIT JUICE
- SMOOTHIES
- FRUIT ICED LOLLIES
- DRIED FRUITS
- VEGETABLE SOUPS
- VEGETABLE DIPS
- ADD VEGETABLES TO:  
LASAGNE, PIZZA,  
BOLOGNAISE

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JOKE ANSWER; THEIR TEETH!

SPOT THE FISHY DELIBERATE MISTAKE!



ANSWER TRUE OR FALSE TO WHAT IS A PORTION;	TRUE;	FALSE;
A 300ml glass of fruit or vegetable puree drinks.		√ 150ml
A medium whole fruit ie an apple, banana or pear.	√	
Dried fruits raisins, apricots, mango are 2 tblsns.		√ 1tblspn
Berries and grapes are 2 cups.		√ 1 cup

KNOW YOUR ROOTS; 1= B, 2=A, 3=D, 4=D, 5-D, 6=C, 7=B,

The muscles need more energy to work harder. We breath faster to get more oxygen into the body. The heart beats faster so the blood circulates quicker. We sweat to cool the body down.

