

Healthy eating made easy



Activity Sheet

1 Match the food groups on the healthy plate guide diagram

- Protein
- Healthy fats
- Carbohydrates
- Vegetables



2 Match the foods with their food groups

- Protein
- Carbohydrates
- Fats



3

Fill in the gaps

Use the correct words from below

Carbohydrates are our primary source of _____. They are split into _____ carbohydrates and _____ carbohydrates. There are different types of fats like monounsaturated fat, _____ fat, polyunsaturated fat and trans fat. We need to eat _____ fats in moderation as they are harmful to our _____.

health

simple

saturated

trans

fuel

complex

4

Match the box on the left to the correct answer on the right

Vitamin K helps with

Healthy vision

Iron helps to make

Helps keep our bones and teeth healthy

Vitamin A helps us have

Blood clotting

Calcium

Red blood cells

5

True or False

- A) It's ok to eat processed foods such as pizza, fried chicken, doughnuts, fast food burgers, pies every day
- B) All fats are the same and are all very healthy
- C) Pulses are a great way to include protein in your diet without eating meat
- D) Our hair, skin and muscle are all made from the protein we eat
- E) Phytonutrients are antioxidants found in colourful fruit and vegetables which help our bodies fight disease

ANSWERS

1. A) Proteins B) Carbohydrates C) Healthy Fats D) Vegetables
2. Protein - meat, fish, beans/lentils, milk. Fats: oils, avocado Carbohydrate: rice, bread, potatoes
3. fuel, complex simple, saturated, trans, health
4. Vitamin K helps with blood clotting, Iron helps to make red blood cells, Vitamin a helps us to have healthy vision, Calcium helps keep our bones and teeth healthy
5. A) False, B) False, C) True, D) True, E) True