

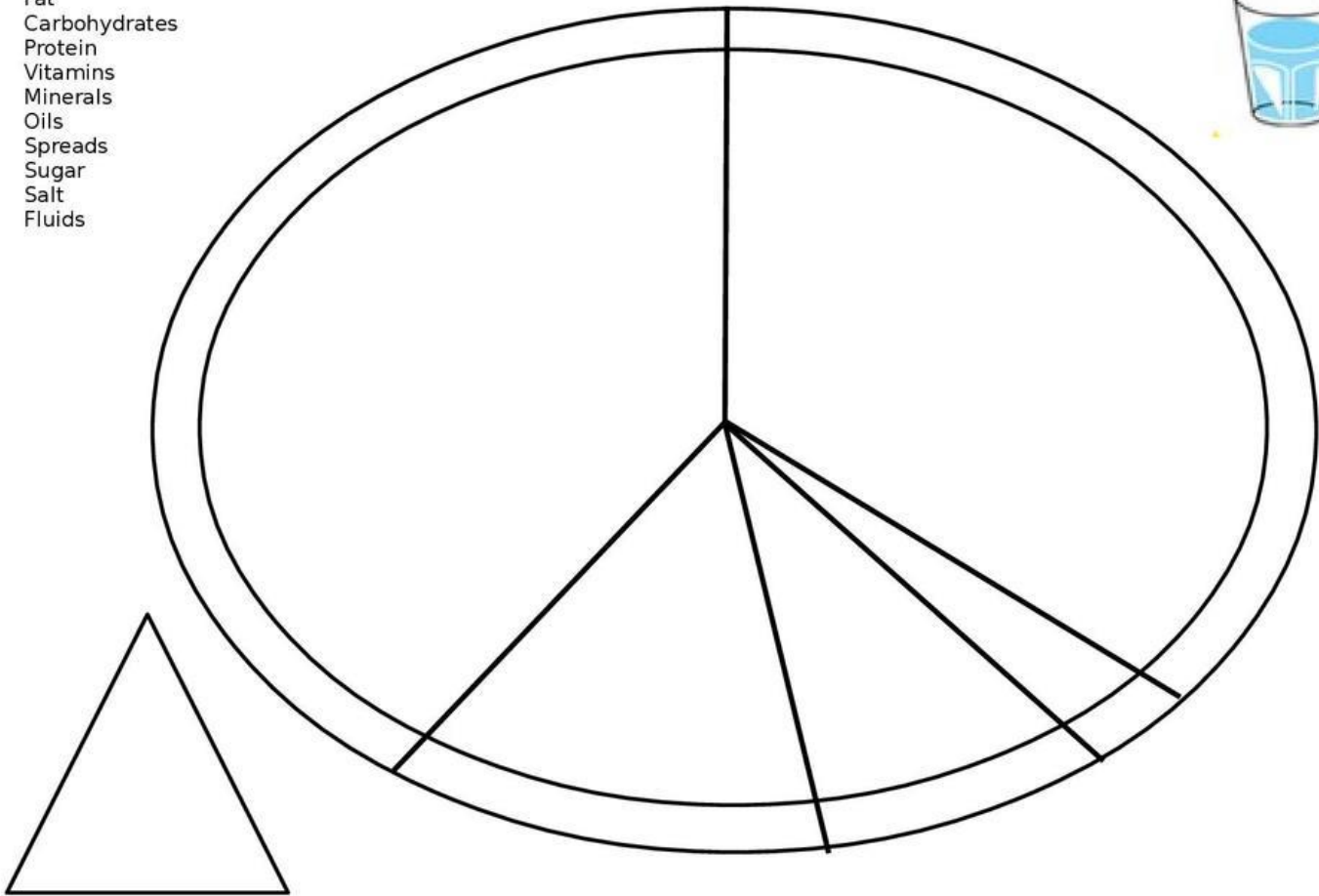


## Week 2– The Eatwell Guide

1. Can you label the correct sections of The Eatwell Guide using the Key Words below?

The Eat Well Guide

Key Words  
Fat  
Carbohydrates  
Protein  
Vitamins  
Minerals  
Oils  
Spreads  
Sugar  
Salt  
Fluids



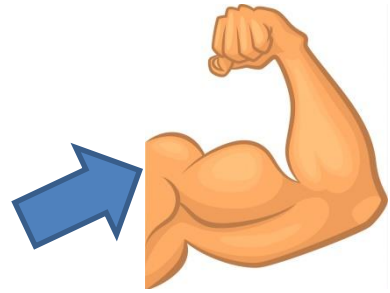
Q2. Now can you colour in sections of the Eatwell guide above with the correct colours ? The Colours you need to use are **GREEN**, **YELLOW**, **PINK**, **BLUE** and **PURPLE**.

Q3. Can you name 5 different foods that belong to the Carbohydrates group ?

- 1.
- 2.
- 3.
- 4.
- 5.

Q4. Why are proteins important for the human body ?

Here's a clue



Q5. Can you name 5 fruit and 5 vegetables?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Q6. How many Glasses of water should we be having each day?



Q7. What food group do potatoes belong to?

Q8. How many portions of Fish should we aim to eat a week?

Q9. Name the mineral that keeps your bones and teeth strong?

Q10. Can you create a healthy balanced meal on the plate below?

