



# Eating a balanced Diet

Food Groups

**Chrissy de Gruchy**



We all need to eat lots of different foods to keep healthy.

We need to eat a balanced and varied diet.

**What do you think this means?**

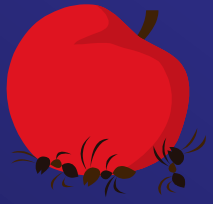
# WATER

Water is essential to keep healthy.

It keeps us hydrated.

It helps us to digest food.

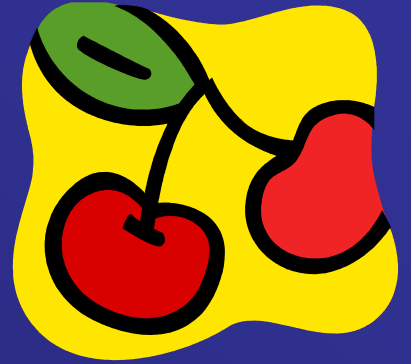




# Fresh fruit and vegetables

- These contain fibre and vitamins.

How does fibre keep us healthy?



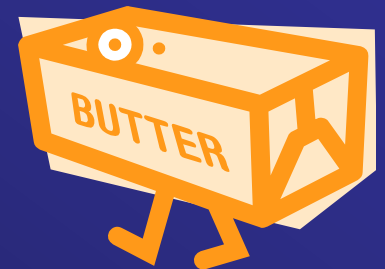
How do vitamins keep us healthy?



# Fats

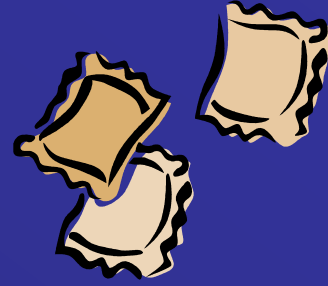
- We need some fats in our diet, but not many.
- Fats give us energy and can be stored in the body to be used when the body needs energy.

Butter and cooking oils are fats.



Cheese and nuts are also high in fat.

# Carbohydrates



Rice, pasta, cereals and bread contain carbohydrates.

Carbohydrates give us lots of energy that our bodies can easily use.

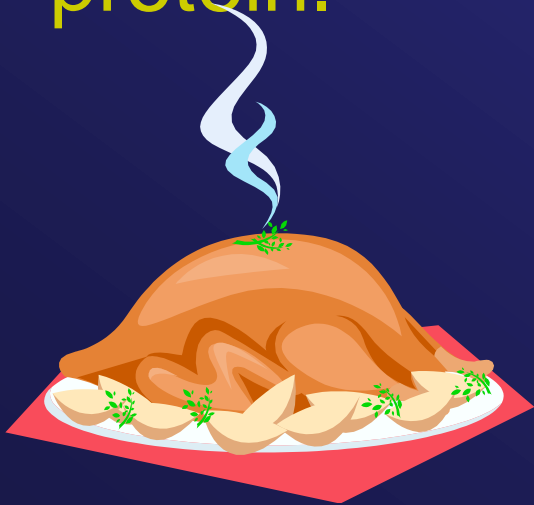
Why do you think athletes often eat lots of carbohydrates?

# Protein



Protein helps our bodies to grow and repair themselves.

Cheese, fish, meat, milk and nuts contain protein.



# Calcium

Dairy products like cheese, milk and yoghurt contain lots of calcium.

We need calcium to build strong and healthy bones and teeth.





# Do you eat a healthy diet?

