

ACTIVITY 2 WHAT MAKES A HEALTHY DIET?

Find out what Sarah eats on her expedition and learn how to make sure you eat a healthy diet.

STARTER

What types of food do we need to stay healthy? Watch the video of Sarah talking about what she eats each day. Can you list what she eats and drinks?

1	6
2	7
3	8
4	9
5	10

Q1

What are the different types of food that we eat? From the list above can you arrange the foods into different types? Look at the photos to remind you.

Bread & cereals

Meat & fish

Milk & cheese

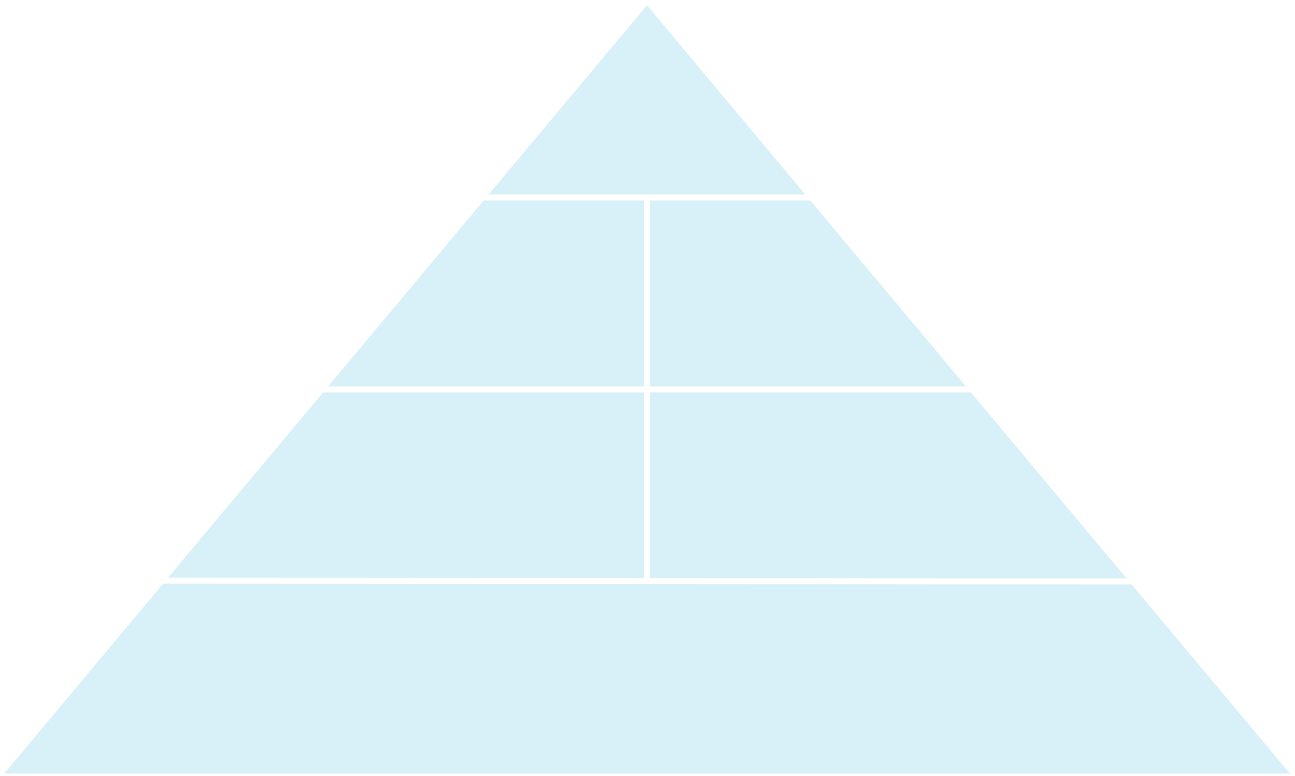
Sugary & fatty foods

Fruit

Vegetables

Q2

How much of the different types of food do we need each day? Fill in the food pyramid thinking about the different foods we need to eat. The bigger the box, the more we need to eat of that type of food.



Bread and cereals

Meat and fish

Milk and cheese

Fruit

Vegetables

Sugary and fatty foods

Q3

Discuss in pairs and then make a short list of all the things that you eat. Are they healthy or unhealthy?

Healthy	Unhealthy
1	1
2	2
3	3
4	4