What is food?

My definition of food is; ______________

Foods I like:

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A Healthy Diet

Write down what you ate yesterday. Then check the table to see if you ate something from each of the food groups. Use a colour to underline each of the foods you ate.

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
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</thead>
<tbody>
<tr>
<td>Carbohydrates</td>
<td>Protein</td>
<td>Fat</td>
<td>Vitamins</td>
<td>Minerals</td>
</tr>
<tr>
<td>Potatoes</td>
<td>Meat</td>
<td>Eggs</td>
<td>Vegetables</td>
<td>Milk</td>
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<tr>
<td>Bread</td>
<td>Fish</td>
<td>Cheese</td>
<td>Fresh fruit</td>
<td>Fish</td>
</tr>
<tr>
<td>Cereals</td>
<td>Beans</td>
<td>Nuts</td>
<td>Meat</td>
<td>Meat</td>
</tr>
<tr>
<td>Pasta/rice</td>
<td>Chicken</td>
<td>Oils</td>
<td>Milk</td>
<td>Eggs</td>
</tr>
<tr>
<td>Fresh fruit</td>
<td>Cheese</td>
<td>Butter/marg</td>
<td>Fruit Juice</td>
<td>Vegetables</td>
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</tbody>
</table>

To stay healthy you should eat mostly from the first list Carbohydrates and not too much from the Fats list. Try not to have too many of these: - chips, sausages, hamburgers, bacon, crisps, sweets, peanuts, chocolate, cakes, biscuits, fizzy drinks. Don’t forget to eat at least 5 lots of fruit and vegetables every day.
<table>
<thead>
<tr>
<th></th>
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<th>Fat</th>
<th>Vitamins</th>
<th>Minerals</th>
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<tbody>
<tr>
<td><strong>Breakfast</strong></td>
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<td><strong>Lunch</strong></td>
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<td><strong>Dinner</strong></td>
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<td><strong>Snack</strong></td>
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# A Designed Diet

This diet is for a person who is:

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<tbody>
<tr>
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<tr>
<td><strong>Dinner</strong></td>
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<tr>
<td><strong>Snacks</strong></td>
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</tbody>
</table>