

Keeping Healthy – Food



You will need to look in a variety of books, leaflets and encyclopaedias to find the answers to these questions. If you have access there are some good web sites and CD Roms that will also help.

What are the best food types for providing energy?

List some of these sorts of foods.

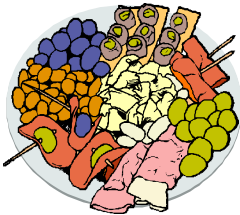


One food type provides energy but, it is very important that you don't eat too much of this food type. Why is this?

Which food type helps you to grow? (This Type also helps your body to repair itself.)

What do fruit and vegetables contain, and why are these healthy?

What is provided by fruit and vegetables that helps food move through the gut?



Draw and label some foods that contain lots of fats and oils.

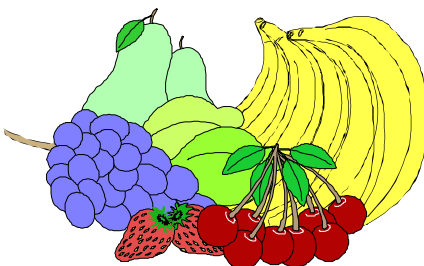
Draw and label some foods that contain lots of sugar and starch.

Copy and complete these sentences.



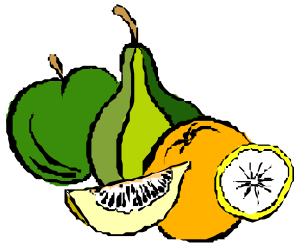
Foods high in _____ provide slow release energy, whereas foods high in _____ provide quick release energy. _____ and _____ are both _____ .

Can you explain what might happen if you eat too much fat and sugar?



Remember to stay healthy we need a *varied* and *balanced* diet.



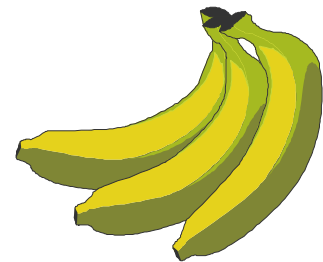
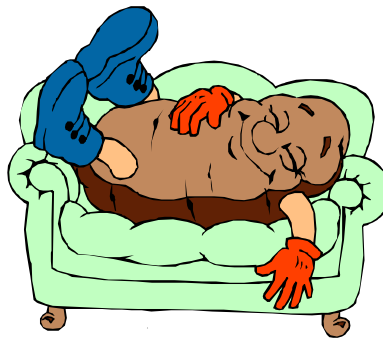
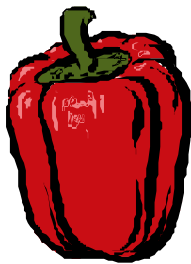


Food Types



Copy the table at the bottom of the page and then try to match all of the foods in the table at the top into the correct group.

| | | | | |
|-------------|-----------------|-------------------|-------------|-------------|
| Chicken | Wholemeal bread | Wenslydale Cheese | Tuna | Salad Cream |
| Milk | Yoghurt | Banana | Eggs | Jam |
| Apple | Lamb | Spaghetti | Tomato | Potato |
| Sweetcorn | Coke | Lettuce | Ice Cream | Cod |
| Beef burger | Pork Pie | Rice | Crumpets | Peanuts |
| Baked Beans | Porridge | Doughnuts | Onions | Honey |
| Mars Bar | Sunflower Oil | Sausage | Chewing Gum | Butter |



| Energy Foods | | Fats | Growth Foods (Proteins) | Foods containing fibre |
|---------------|--------|------|-------------------------|------------------------|
| Carbohydrates | | | | |
| Starches | Sugars | | | |
| | | | | |
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