

What is a balanced diet?

When different foods  
provide the nutrients  
in your diet  
you are eating a  
balanced diet



What is your favourite fruit?

Which fruit has the most  
calories per portion?



What's your favourite drink?

Which one is the healthiest  
and which is the least?



Why should we only eat small  
amounts of fatty food?



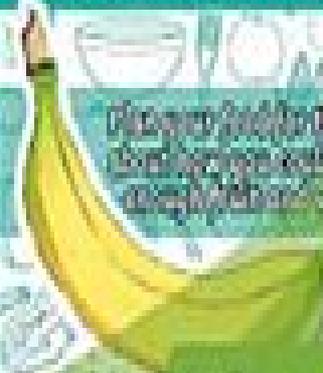
Why is it sometimes difficult  
to eat healthily?

If you're finding it difficult  
remembering what foods  
you should be eating?



How many portions of fruit and  
vegetable should you eat each day?

How many portions of fruit  
and vegetable should you eat  
each day?



ink saving Eco

# Healthy Discussion

**J Dewey**



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