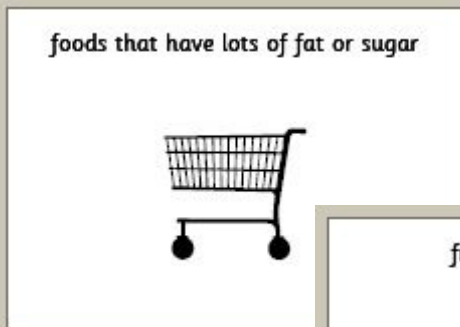
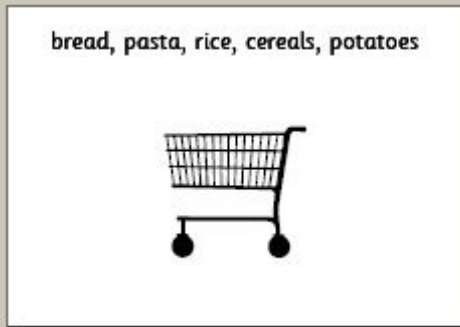


# 288. Healthy Eating Posters and Worksheets



## GLOSSARY

**Calcium** the part of food used to build and keep your bones and teeth strong.

**Carbohydrates** the part of food that gives you energy.

**Dairy products** foods that are made from milk.

**Diet** what a person chooses to eat or drink.

**Energy** the power needed for your body to work and stay alive.

**Exercise** physical activity (sports, walking, playing) that helps to keep your body fit and healthy. Exercise can help you to use up the extra fat you don't need.

**Fast Food** food that is quick and cheap to cook

**Fat** the part of food that gives you energy. You only need a small amount of fat every day otherwise, if you have too much, you become too ... fat!

**Fibre** the rough part of fruits, vegetables and other plants we eat that can't be digested. It helps carry food through your body and helps you go to the toilet.

**Food** things that you eat or drink that help you to grow, keep you healthy, give you energy or keep you warm.

**Food groups** there are five main food groups

**Minerals** the part of food that you need to make your body work properly

**Nutrients** the part of food (such as a vitamin or a mineral) that your body needs to stay healthy and grow. Foods that have lots of nutrients are said to be nutritious.

**Protein** the part of food that helps you to build strong muscles, keeps your heart and lungs healthy, makes hair, skin and bones and helps you fight germs

**Raw** food that hasn't been cooked

**Tofu** a healthy food made from cooked soybeans.

... person who doesn't eat any meat or fish.

... part of food that your body needs to stay healthy. You need only ... of vitamins but they are very important.

low quality samples only

Food groups - draw and label. One main mat with healthy plate and five worksheets (one per food group) all A4.

Glossary of words used.