

## Food - A balanced diet

**Previous Learning:** Foods can be found in different food groups  
**Next Steps:** To develop a healthy meal or drink

|               |  |
|---------------|--|
| Alternative   | Changing an ingredient to something different. For example using diet cola instead of full sugar cola or eating a piece of fruit instead of a bag of crisps. |
| Diet          | The food and drink that a person or animal usually eats.   |
| Balanced diet | Eating a variety of foods from all five different food groups.   |
| Evaluation    | When you look at the good and bad points about something, then think about how you could improve it.   |
| Expensive     | Something that costs a lot of money.   |
| Healthy       | When everything in your body and head feels good.  |
| Ingredients   | Items that make up a mixture e.g. foods that make a recipe.  |
| Nutrients     | Substances in food that all living things need to make energy, grow and develop.   |
| Packaging     | The packet or container, which holds a product safe, ready to be sold. It has information on about the product.  |
| Refrigerator  | A large kitchen appliance that keeps food and drink cold so that it will keep fresh for longer.  |
| Sugar         | An ingredient which is used to make food taste sweet. It comes from the sugar cane plant or from sugar beet.   |

The five different food groups are:

1. Carbohydrates
2. Fruits and vegetables
3. Protein
4. Dairy
5. Foods high in fat and sugar



**Hidden sugars:** Many unexpected food products can have high amounts of **sugar** such as pasta sauces and fizzy pop.

A jar of tomato pasta sauce



20 grams

One plain white bagel



6 grams

One granola bar



8 grams

Fruit fromage frais pot



10 grams