

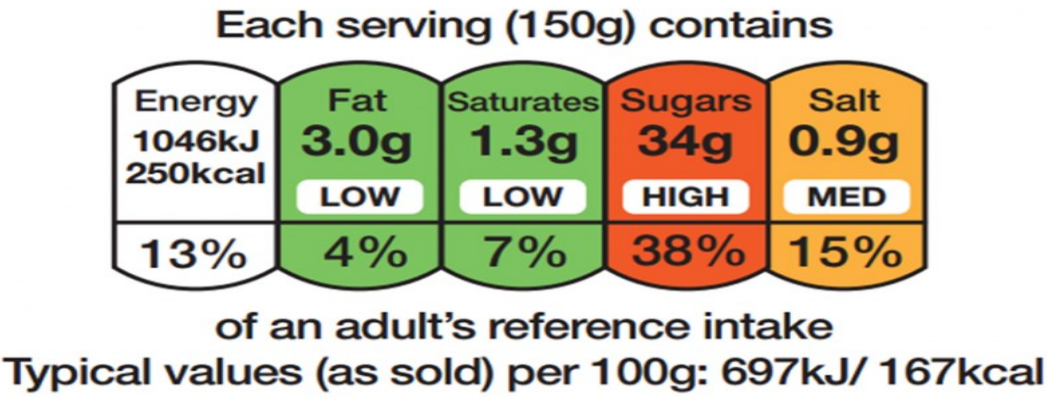
What makes a healthy plate—Animals Including Humans

Vocabulary	Definition
Balanced Diet	A diet consisting of different types of food and providing enough nutrients needed for good health.
Calorie	A unit used to measure the amount of energy a food provides.
Vitamins	A nutrient in food that helps the body grow, develop and fight illness.
Minerals	A nutrient in food, which helps the body to grow, stay healthy and fight illness.
Sugar	A substance found naturally in some foods or added to foods to make them sweet.
Fibre	A type of carbohydrate found in plant based foods that helps the digestive system to work properly.
Nutrient	A substance that animals and plants take in so they can live and grow.

Eatwell Plate



Food Labelling
Tells shoppers what’s inside the foods they buy. The words and colours tell the shopper whether the amounts are low (green), medium (amber) or high (red).



Food Group	Uses	Examples
Fruit & Vegetables	Provides fibre to help digestion. They also contain vitamins and minerals to keep the body healthy.	Broccoli, Carrots, Apples, Strawberries
Carbohydrates	Provide the body with energy.	Pasta, Potatoes, Bread, Rice
Proteins	Needed for building, repairing and maintaining body tissues that makes up muscle and skin.	Meat, Fish, Eggs
Dairy	Keep muscles, bones, nerves, teeth, skin and vision healthy.	Milk, Cheese, Yogurt
Fats	needed for energy, warmth and to protect the organs.	Oil, Butter, Chocolate