

Eating a Balanced Diet



We need **carbohydrate** in our food to give us energy.

Foods which give us energy include:
bread, cereals, pasta, potatoes



Some foods provide **vitamins** and **minerals** which keep our skin healthy and help us fight colds.

These foods include: **fruit and vegetables**



Eating food containing **protein** helps us to grow strong.

Foods for growth include:
meat, fish, nuts, tofu



To keep our bones and teeth strong we need **calcium**.

Foods which provide this include:
milk, cheese, other dairy products, soya milk