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### **What is Healthy Eating?**

1. Draw the balance of good healthy plate below and explain what it shows.
2. Explain which foods count towards your five-a-day fruit and vegetable target
3. List five complex carbohydrates.
4. Why do we need to eat fats?
5. Which fats should we eat more of?
6. How often should a young girl eat fish and which types of fish should she eat?
7. Which foods should a vegetarian eat to make sure they get enough protein?
8. Which foods should a pregnant woman avoid eating and why should she avoid them?
9. Why do you need to be careful when reheating rice?
10. How should you prepare a steak to make sure it's safe to eat?