

#Jenny



Finally I get this ebook, thanks for all these I can get now!

#Rio



Cool! I'am really happy

#Markus Jensen



I did not think that this would work, my best friend showed me this website, and it does! I get my most wanted eBook

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My friends are so mad that they do not know how I have all the high quality ebook which they do not!

#Diego Butler



so many fake sites. this is the first one which worked! Many thanks


A balancing act

Background knowledge
A healthy diet is a balanced combination of food for growth and repair, energizing food, and vitamins and minerals. You also need food that contains fibre. You cannot digest fibre, but it helps move food through your digestive tract. The amount of food you need depends on how active you are and how much you are growing. If you eat too little, you can suffer from malnutrition because your body is not getting the nutrients it needs. If you eat too much, you can become overweight, which can lead to health problems such as diabetes.

Science activity
Here are some meals with an item missing from each one. Decide what food item you would add to make each meal part of a balanced diet. Write the name of the item and which food group it is from.

1 • Baked potato • Cabbage • Cheese	2 • Pizza (cheese and tomato topping)
3 • Baked rice • Grilled lamb chop • Bacon	4 • Chicken drumsticks • Pear
5 • Lettuce • Spring onions • Grated carrots • Bread	6 • Fried egg • Bacon • Toast • Pickling

Science investigation
Collect pictures of food and make a collage of a healthy dinner. Be mixing them on paper plates. Label each food group.



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