**Healthy Diet Worksheet**

This table shows why we need certain nutrients and where you can you find. However, it’s all mixed up.

**Challenge 1 ---**  Can you fill in the table below with the correct columns.

|  |  |  |
| --- | --- | --- |
| Nutrient | Why we need it | Good source |
| carbohydrate | for strong bones | butter |
| fibre | as a fuel | potatoes |
| protein | vitamin C for skin and vitamin D for taking up Calcium | fruits |
| fats and oils | for storing energy | wholegrain cereals |
| vitamins | stops a person becoming dehydrated | drinks |
| calcium | for growth and repair | milk |
| Water | keeps the large intestine working well | meat and fish |

Fill this one in correctly.

|  |  |  |
| --- | --- | --- |
| Nutrient | Why we need it | Good source |
| carbohydrate |  |  |
| fibre |  |  |
| protein |  |  |
| fats and oils |  |  |
| vitamins |  |  |
| calcium |  |  |
| Water |  |  |

**Challenge 2**

Table below lists some common foods. Can you find out the different nutrients in each food? One has been done for you.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Food** | **Calories** | **Carbohydrate** | **Protein** | **Fat** | **Fibre** | **Vitamins** | **Minerals** | **#** |
| Bread 1 slice | 67 | 13 grams | 2 grams | 1 gram | 0.6 gram | 5% RDI | 5% RDI |
| cereal |  |  |  |  |  |  |  |
| cheese |  |  |  |  |  |  |  |
| chips |  |  |  |  |  |  |  |
| eggs |  |  |  |  |  |  |  |
| fish |  |  |  |  |  |  |  |
| fizzy drinks |  |  |  |  |  |  |  |
| fruit |  |  |  |  |  |  |  | |
| meat |  |  |  |  |  |  |  | |
| milk |  |  |  |  |  |  |  | |
| pasta |  |  |  |  |  |  |  | |
| rice |  |  |  |  |  |  |  | |
| vegetables |  |  |  |  |  |  |  | |