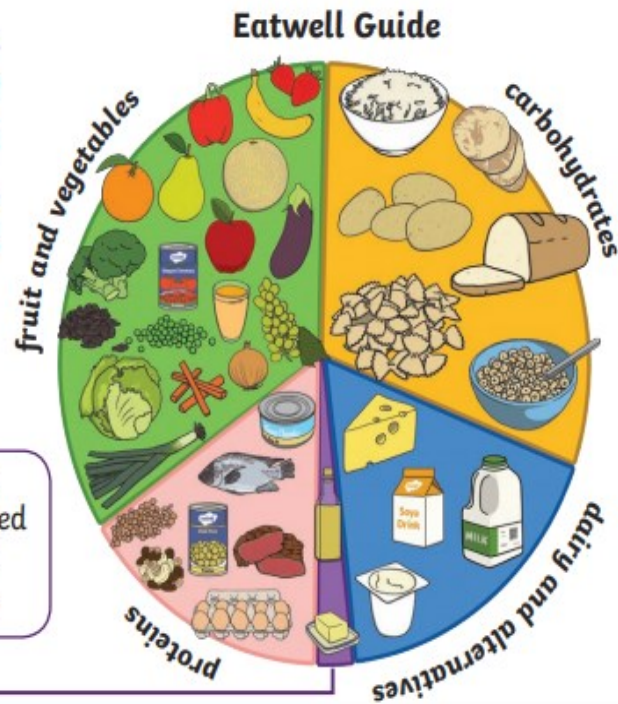




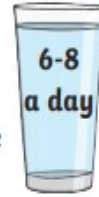
The Eatwell Guide

To grow into a healthy adult, we must eat the right types of food in the right amount and **exercise**.



oils and spreads
Choose unsaturated oils and use in small amounts.

Water, lower fat milk, sugar-free drinks including tea and coffee all count.



Eat less often and in small amounts.



Glossary

Healthy– being strong and well.

Diet– the kind of food that a person eats.

Balanced diet–a diet that has a variety of foods in it, as shown in The Eatwell Guide.

To stay alive, all animals have 3 basic needs:

air



water



food



James Lind

Born: 1716

Died: 1794

Job: ship's surgeon.

Discovered that scurvy was caused by a lack of vitamin C and eating citrus fruit containing vitamin C could cure the disease.

