

Always Changing & Growing Up



To feel good now and to prepare you for a healthy adult life, it's a good idea to make sure that your eating habits are healthy and that you get enough physical activity to stay fit.

Food For Life

Healthy eating means choosing a variety of foods to give you the vitamins and minerals you need, and enough calories to supply energy for all the activities you enjoy. French fries, candy and soda are fine every so often,

as long as you balance your eating with plenty of healthier food choices, including lots of fresh fruits and vegetables. A balanced, daily intake of food is important at every age, but it's particularly important when your body is growing and changing into its adult shape.

Your Eating Plan

Each type of food does a particular job in the body — that's why you need a good balance from all the food groups to meet your nutritional needs. How healthy is your way of eating?

Activities

- 1. List the foods that you eat over a five-day period (Monday to Friday), using the chart below.
- 2. Identify which of these foods provides you with: fat, carbohydrates, protein, vitamins, minerals and fibre. Ask your teacher for help if needed.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
BREAKFAST					
LUNCH					
DINNER					
SNACKS					

- 3. My daily eating is balanced/unbalanced because:

- 4. To make healthier food choices I could: