

# Always Changing & Growing Up

## Food And Health

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 healthy.

### 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 sugary drinks are fine every so often, as long as you balance your eating with

plenty of other food choices, including lots of 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.

### Your Eating Plan

Each type of food does a particular job in the body — that's why you need a good balance from from a variety of foods to meet your nutritional needs.

## 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

3. Observations about my daily eating:

---

---

---

4. Eating habits are important too! This includes taking time to eat, noticing when you are hungry and full, eating with others, and enjoying your food. What's an eating habit you could improve on and why?

---

---

---