

Healthy Eating Meal Plan - Comprehension

Section A

1. Why is it important to choose healthy things to eat and drink? (C6/2b)

2. When should you eat greasy foods like chips or burgers? (C6/2b)

3. How many times a day should you have a snack if you're hungry? (C6/2b)

4. What is the best thing to drink for your body? (C6/2b)

Section B

5. What are the three types of food that most calories should come from? (C6/2b)

6. What should your food be low in? (C6/2b)

7. What could you eat instead of crisps and sweets? (C6/2b)

8. Name one example of how water helps our bodies. (C6/2b)

### Section C

9. How many calories per day should a seven- or eight-year-old have? (C6/2b)

10. What should your food choices be? (C6/2b)

11. Why do you think it would be good to swap chips for veggie-fries every now and again? (P5/2d)

12. What can be the problem if you don't drink enough water? (C6/2b)

### Section D

13. How many calories should a tall, very active, eight year old have per day? (P5/2d)

14. What would be a good way of balancing having a burger? (C6/2b)

15. Why do you think making homemade meals instead of shop-bought food can be healthier? (P5/2d)

16. Why is it important to eat a balance of nutritious foods? (C6/2b)