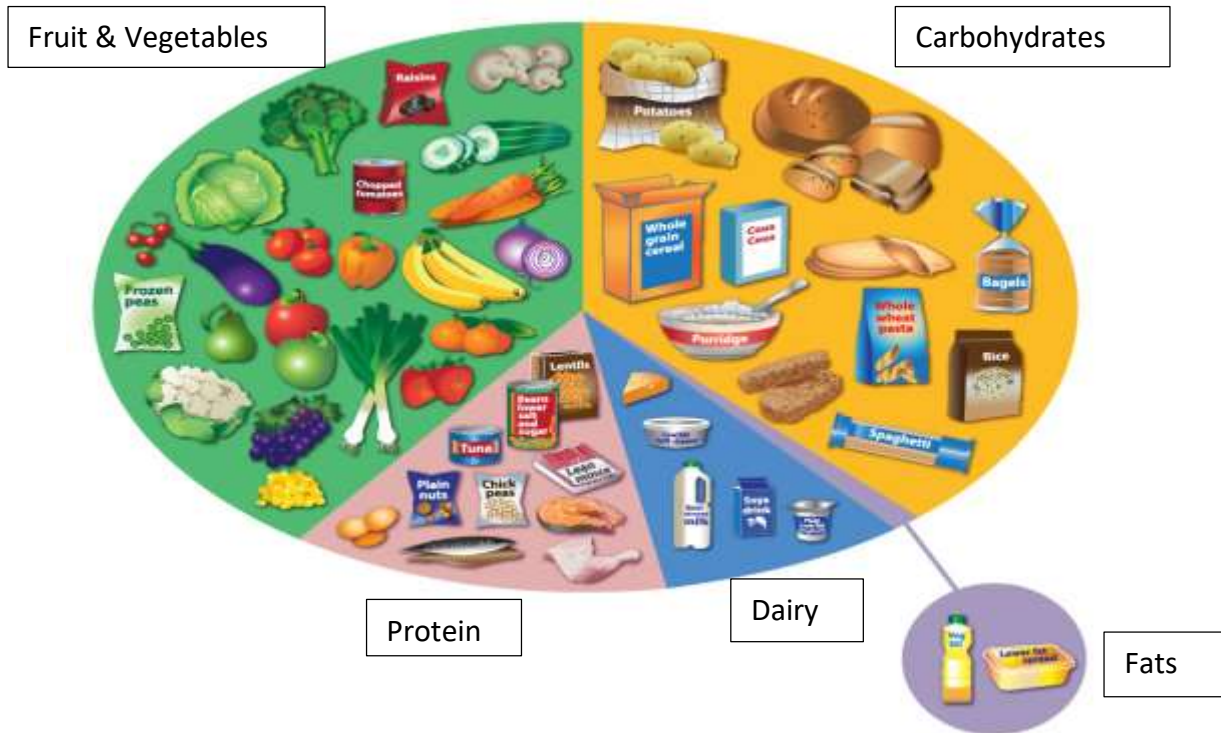


# Healthy Eating

What do you need and in what quantities?

The good-food plate shown below is what should constitute a healthy, balanced diet.



## Why do you need a balanced diet?

### Carbohydrates

These give you the energy you need to move around all day and to do the things you need to and want to.

### Fruit & Vegetables

These are full of vitamins and minerals your body needs to keep your skin and blood healthy.

### Protein

Your muscles need protein in order to grow – they are very important for children to grow.

### Dairy

This is needed to have strong bones and teeth.

### Fats

We don't want too many of these, but they can be useful for short term, instant energy.