



GK

Balanced Diet



What is a balanced diet?

Healthy food includes carbohydrates, proteins, minerals, lipids, vitamins and roughage. When these are present in required quantity to provide all the essential nutrients, it is termed as balanced diet.

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Who am I?

Read each set of clues.

Then draw a line to the matching fruit or vegetable.

I am yellow.

Take off my peel before you eat me.

I have a hard, thorny outside.

My yellow inside is super sweet!

I am green and have seeds inside.

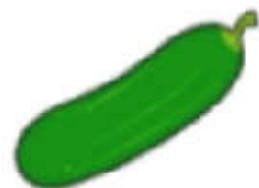
Eat me in your next salad.

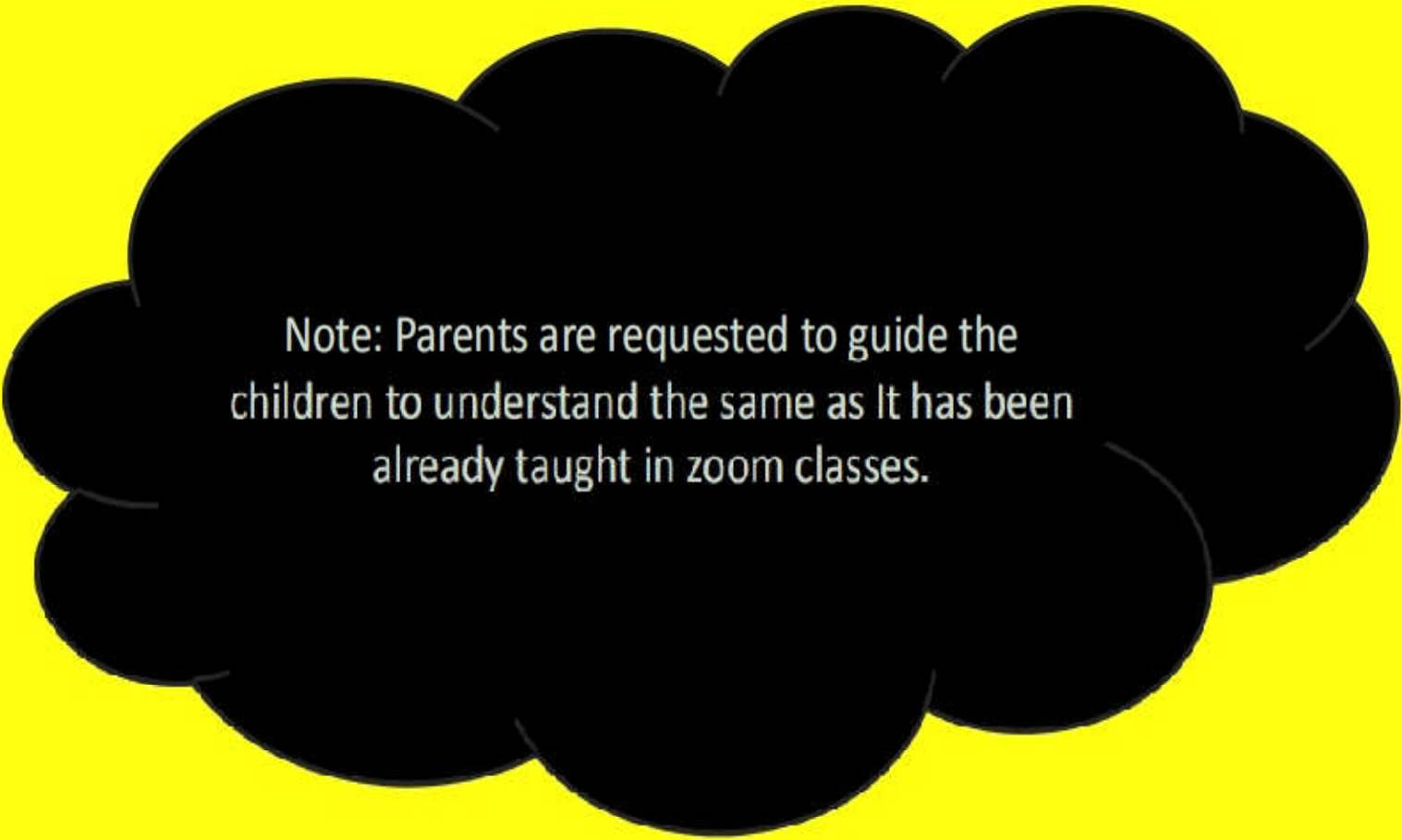
I am orange and grow down deep in the soil.

You eat my root.

I have a green, hard rind.

I am usually eaten in the summer.





Note: Parents are requested to guide the children to understand the same as It has been already taught in zoom classes.