



Level 1

1. Why do we need food?

We need food to keep us _____ and help us to _____.

2. What are the three examples of carbohydrates that are given in the text?

1. _____ 2. _____

3. _____

3. How many portions of fruit and vegetables do we need each day?

4. What are the three examples of dairy that are given in the text?

1. _____ 2. _____

3. _____

5. Which three vitamins does fat help us to absorb?



Level 2

1. Why is a balanced diet important?

2. What is the main reason given for the body needing carbohydrate?

3. Why do we need to include plenty of fruit and vegetables in our diet?

4. What is dairy a good source of?



Level 3

1. Why does the body need water?

2. Apart from giving us energy, what else does carbohydrate do for the body?

3. List 3 reasons why we need to include plenty of fruit and vegetables in our diet.

4. What is the function of protein? List at least 3 reasons.

5. Can you give examples of foods that we should try and avoid eating excessive amounts of? Why should we limit our intake of these foods?
