

SECTION 4 - BALANCE OF GOOD HEALTH

Activity Sheet 4—Emma’s food diary

	Bread, other cereals and potatoes	Fruit and vegetables	Meat, fish and alternatives	Milk and dairy foods	Fatty and sugary foods
Mon	III	II	III	III	IIII IIII
Tues	IIII	III	II	IIII	IIII IIII
Wed	IIII	IIII	II	III	IIII II
Thurs	II	IIII III	II	II	IIII I
Fri	IIII I	IIII I	II	II	II
Sat	IIII	IIII	II	II	IIII I
Sun	IIII	IIII	I	III	IIII I
TOTAL					

- Complete the totals for Emma’s food diary.
- On which days did Emma eat 5 or more portions of fruit and vegetables?

- On which day do you think Emma’s diet was most balanced? Explain your answer.

- What does Emma need to do to make her diet more balanced?

- Write down examples of foods Emma might have eaten on Monday and Saturday to make her diet for those days healthier.

- Draw a pie chart showing the totals of food from each category eaten in the week. Compare this with the Balance of Good Health plate.

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SECTION 4 - BALANCE OF GOOD HEALTH

ANSWERS—Activity Sheet 4

	Bread, other cereals and potatoes	Fruit and vegetables	Meat, fish and alternatives	Milk and dairy foods	Fatty and sugary foods
Mon	III	II	III	III	IIII IIII
Tues	IIII	III	II	IIII	IIII IIII
Wed	IIII	IIII	II	III	IIII II
Thurs	II	IIII III	II	II	IIII I
Fri	IIII I	IIII I	II	II	II
Sat	IIII	IIII	II	II	IIII I
Sun	IIII	IIII	I	III	IIII I
TOTAL	29	32	15	19	46

- Complete the totals for Emma's food diary.
- On which days did Emma eat 5 or more portions of fruit and vegetables?
Thursday, Friday and Sunday
- On which day do you think Emma's diet was most balanced? Explain your answer.
Friday, because it reflects the Balance of Good Health the closest - eating more fruit and vegetables and bread, other cereals and potatoes than anything else and least sugary and fatty foods.
- What does Emma need to do to make her diet more balanced?
She should eat a lot less sugary and fatty foods, more fruit and vegetables and a bit more bread, other cereals and potatoes.
- Write down examples of foods Emma might have eaten on Monday and Saturday to make her diet for those days healthier.
- Draw a pie chart showing the totals of food from each category eaten in the week. Compare this with the Balance of Good Health plate.

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