

A Balanced Diet

An Amazing Fact !

During his career as an entertainer, French performer Monsieur Mange-Tout (Mr. Eat-It-All) ate bikes, shopping trolleys, beds, televisions and even a small aeroplane!

To keep healthy, there are some foods we should only ever eat in small amounts. No aeroplanes or other metals are included!

Look at this list of foods. Write each one in the correct section of the plate.

Food List
chocolate
muesli
peas
roast beef
doughnut
wholemeal loaf
cheese spread
cabbage
pasta
crisps
pitta bread
fromage frais
haddock
mushroom
cheddar cheese
cauliflower

