

- 1 From the following word box write down the names of the food substances that provide us with energy.

air carbohydrates
fat fibre minerals
vitamins water

- 2 Why do you think a postman needs more energy than a secretary?
- 3 In many parts of the world people are starving, while in the United Kingdom many people are overweight. Look at the charts on the right showing how much two different people eat.
- a Why do you think Ratan is so overweight?
- b Suggest a problem Ratan might get by being obese.
- c If Ratan wanted to slim down, what should he do about his diet?
- d What else could Ratan do, apart from change his diet?
- e Why do you think Jarler is so thin?
- f What nutrients are missing from Jarler's diet?
- g Suggest a problem this could cause.

Ratan's food on a typical day		Jarler's food on a typical day	
Food	Energy (kJ)	Food	Energy (kJ)
porridge	630	boiled rice	4600
bacon and eggs	2000	sweet potatoes	1500
milk	500	milk	500
coffee with sugar	210	beans	250
orange juice	150	bread	1000
beefburger	1700		
chips	1200		
sweetcorn	350		
baked beans	500		
boiled sweets	1000		
biscuits	450		
chocolate	1400		
tea with sugar	170		
chicken soup	440		
roast lamb	1300		
rice	2320		
Brussels sprouts	180		
ice cream	500		
cake	500		
TOTAL	15 500	TOTAL	7850

I CAN...

- describe what a balanced diet is
- explain why a balanced diet is needed
- explain why some people need more food than others
- describe some problems caused by not getting a balanced diet.