

FOOD AND FEEDING

All animals, including humans, need food and water to stay alive and to move and grow. Food gives us energy.

We also need a healthy, balanced and varied diet. All animals have found different ways to make sure they get a healthy balanced diet depending on where they live, and whether they are herbivores, carnivores or omnivores.

NOW THINK ABOUT WHAT YOU EAT.

In MY DAILY MENU write down what you would eat in a day?

Now in MY HEALTHY MENU write down what you think would be the healthiest menu of the day for you.

Circle which items are in your daily menu but aren't in your healthy menu.

How many are there? _____

MENU

MY DAILY MENU

Breakfast

Lunch

Dinner

Snacks

MY HEALTHY MENU

Breakfast

Lunch

Dinner

Snacks
