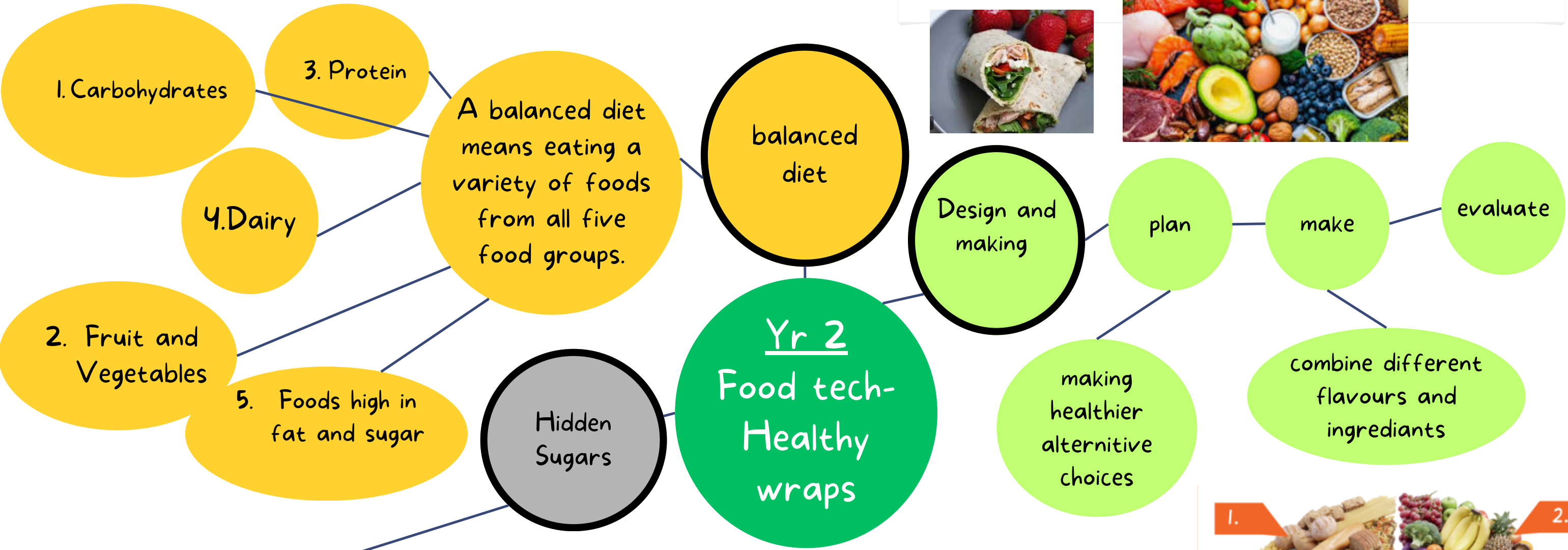


Balanced diet	Eating a variety of foods from all five groups
Alternative	Changing an ingredient to something different
Healthy	When your body and head feel good
Nutrients	Substances in food that help us grow and get energy
Ingredients	Foods that make up a recipe

- What is a balanced diet?
- Can you name the five food groups?
- Why do some foods have hidden sugars?
- What ingredients make a healthy wrap?
- What healthier alternative could you choose?
-



Some foods have hidden sugars that we might not expect.

Hidden sugars: Many unexpected food products can have high amounts of sugar such as pasta sauces and fizzy pop.			
A jar of tomato pasta sauce	One plain white bagel	One granola bar	Fruit fromage frais pot
			
20 grams	6 grams	8 grams	10 grams

