

## **Key**

### **Did you answer (d) to all the questions?**

Well done! You chose the best answers to make you a very healthy eater! You have a well-balanced diet!

### **Did you answer (d) to 5 or 6 of the questions?**

You're quite a healthy eater. Try eating less junk food like burgers and sweets and drinking more water!

### **Did you answer (d) to 3 or 4 of the questions?**

OOPS! Try eating more fruit and vegetables instead of chocolates and chips!

### **Did you answer (d) to only 1 or 2 of the questions?**

OH NO! Try eating a more balanced diet and less junk food like burgers and sweets. Fruit and vegetables are really good for you and give your body the vitamins and minerals it needs to look after your blood, skin and bones. Carbohydrates like bread and cereals will give you energy while meat, fish, eggs, beans and nuts will help you build and repair your body.