

Food & Drink

I need to eat three to four meals a day:

Breakfast



Lunch



Dinner



Snacks



I can eat sweets and chocolate but not too much so that I can have a healthy balanced diet.



A balanced diet contains protein, carbohydrates, fats, vitamins and minerals.

I need to eat five portions of fruit and veg a day.



There are different sources of carbohydrates and these are glucose, fructose, sucrose, lactose and starch.



I'm learning how to count the carbohydrates in my food with the help of my parents.

