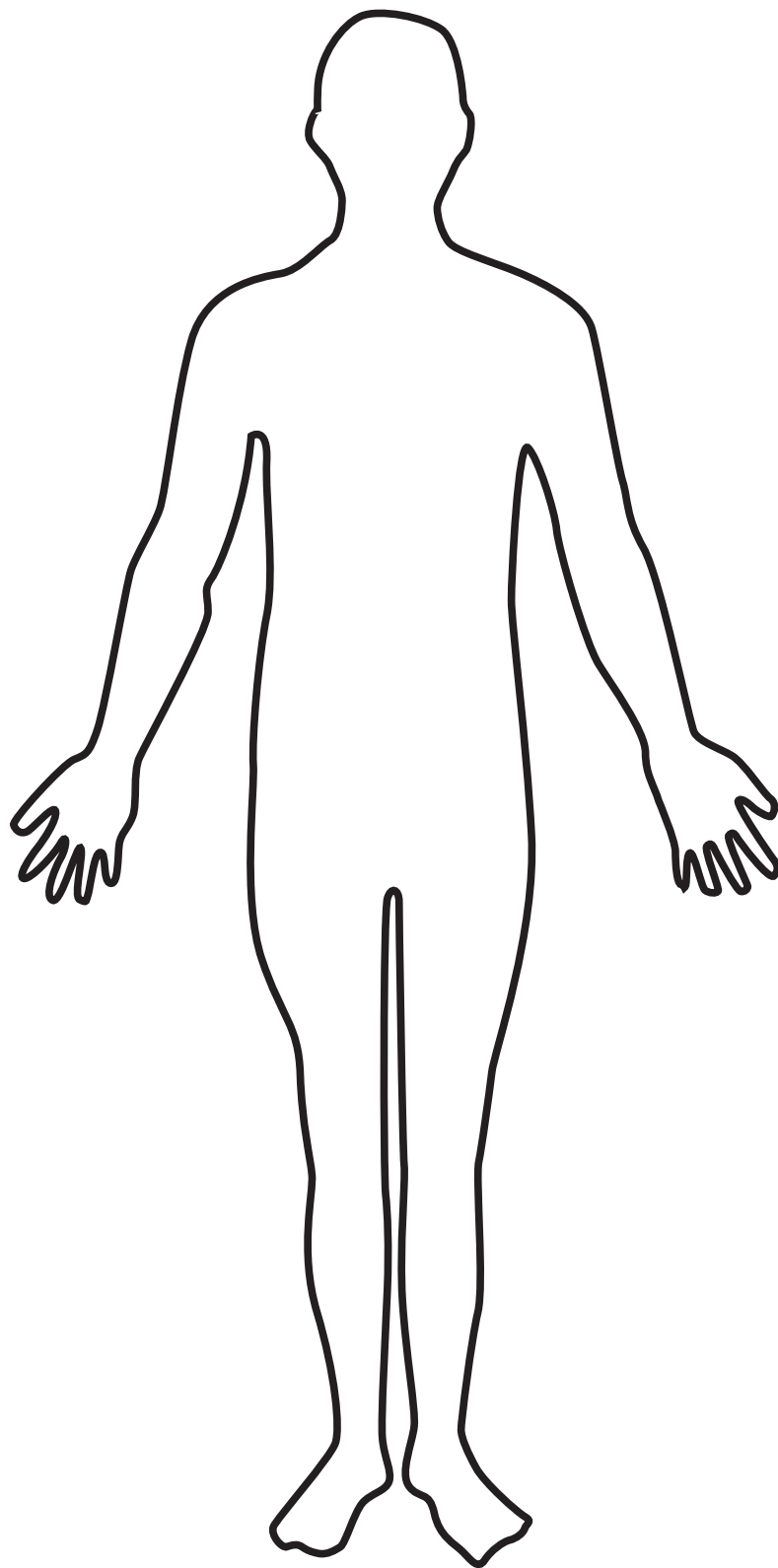
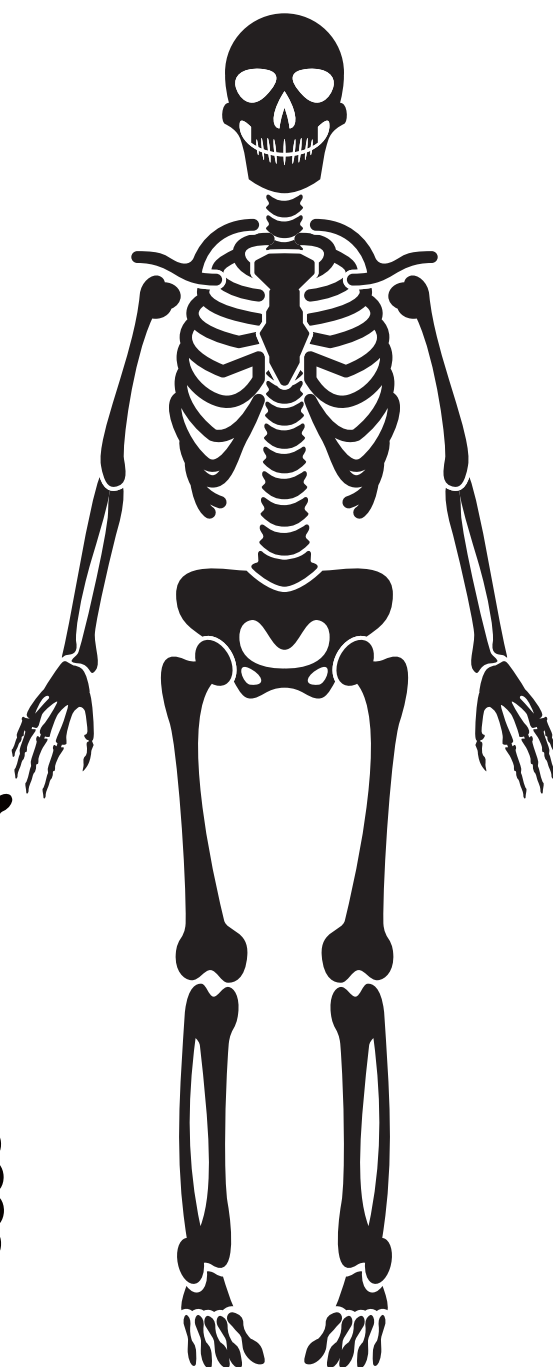
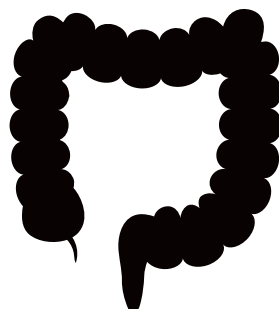
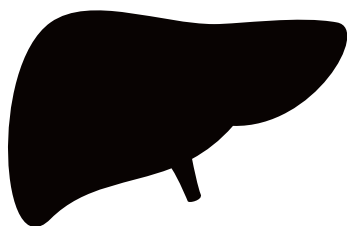
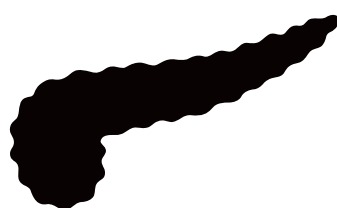
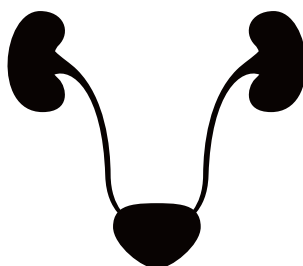
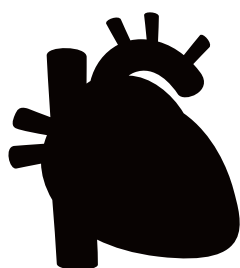
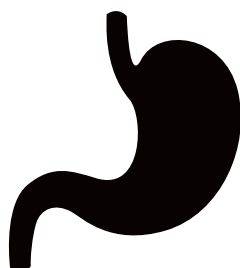
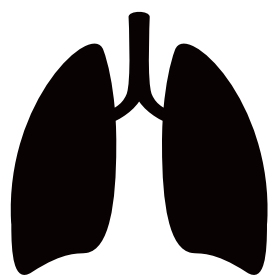


Key Stage 1 & 2



Key Stage 1 & 2



Key Stage 1

1. List what you ate yesterday and place these items under the headings.

Dairy	Proteins	Carbohydrates	Fruit & Veg	Food and drink high in fat or sugar
<i>Eg. Milk, cheese</i>	<i>Eg. Meat, fish, eggs and beans</i>	<i>Eg. Bread, rice, potatoes, pasta</i>	<i>Eg. Apples</i>	<i>Eg. Chocolate</i>

2. Did you manage your five a day?

3. Do you think you ate a balanced diet?

4. Draw the foods you think would be good to put in to a snack box for a child with type 1 diabetes.