

Benefits of Healthy Eating

Task 3 -

Complete the table below by stating why we need each of the following things/why does our body need them and then give examples of food that provides us with them? I have completed the one for protein as an example for you.

	Why we need it.	Food sources
Protein	Protein is needed for growth and repair of body tissue.	Chicken, fish, lentils
Carbohydrates		
Fat		
Dairy		
Fruit and vegetables		
Fibre		