

MY DIET WORKSHEET

Look at the two pie charts, the ideal 'plate of good health' from the NHS Eat Well site and the one you have drawn that shows the 'plate' showing the balance of food groups in your diet.

1. Do you think this is a good picture of your diet?
2. Did you think about the size of each portion? Do you think that this factor matters, when you are drawing up a tally of each time you ate something belonging to a food group?
3. How could you improve collecting your data?
4. How similar are the two charts?
5. Which food group is your diet short of?
6. Which food group are you eating too much of?
7. How do you think you could improve your diet? Give some examples of changes that you could make when you make choices about what you eat.