

# PSHE Autumn 1 —Healthy Eating

## Balanced Diet



## Nutrients



## Promoting healthy eating

## Vocabulary

1	Consumer	Who will purchase certain foods?
2	Balanced	Having the right amount of certain foods in our daily diet.
3	Nutrient	Fibre, fats, proteins in a food.
4	Promotion	Persuading people to eat healthy by using advertisements.
5	Overweight	Average weights for people.
6	Media	Who are the public we are trying to influence?
7	Vitamins and minerals	Sources food in food products.

