



P 2. Literacy 1 A, lesson 1

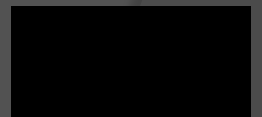
Balanced Diet

What is a balanced diet?

A balanced diet is a meal containing all food values in their correct amount.

Examples of a balanced diet

1. meat + rice + cabbage + water melon
2. eggs + posho + pineapple + vegetables
3. milk + bread + mangoes



Importance of a balanced Diet

1. A balanced diet keeps us healthy
2. A balanced diet makes us strong
3. A balanced diet helps us to grow well.



Activity:

- 1. What is a balanced diet?**
- 2. Why should we eat a balanced diet?**
- 3. Write two examples of food that contain vitamins.**
- 4. Mention three classes of food.**