

Name \_\_\_\_\_

Date \_\_\_\_\_

## Life Skills - "Carrots or candy?" – Making Healthy Choices

Carrots or candy? What would your choice be? If you prefer the taste of carrots then you are one of the lucky ones, because, of course, carrots are much better for you than candy!

Making healthy food choices doesn't mean that we can't ever eat candy. But it does mean that most of the food we eat should be good for us. Healthy food choices mean a healthy heart, healthy lungs, healthy bones and healthy muscles. The best way to make good choices is probably to think of the four main food groups as pieces of a healthy puzzle. To complete the puzzle we need all four pieces. Let's look at the pieces one by one:

The first piece is made up of grain products; this includes breads, cereals, rice, couscous and pasta. You need between 4 and 6 servings of these every day. Whole grain is good!

The second piece is made up of fruits and vegetables, like apples, oranges, broccoli, and courgettes. You should have 5 or 6 servings from this group. To make the best choices see how colourful you can make your plate. Dark green and orange vegetables are very good for you.

The third piece of the puzzle is made up of meat and other proteins, like fish, chicken, eggs, dried beans, lentils and nuts. The last piece of the puzzle is the milk products, like milk itself, cheese and yogurt.

Butter is also a milk product and provides our body with fat. Other fats include salad dressing, mayonnaise, cooking oil and margarine. We need so little of these everyday (about 2 tablespoons) that we won't give them a puzzle piece of their own!

Name \_\_\_\_\_

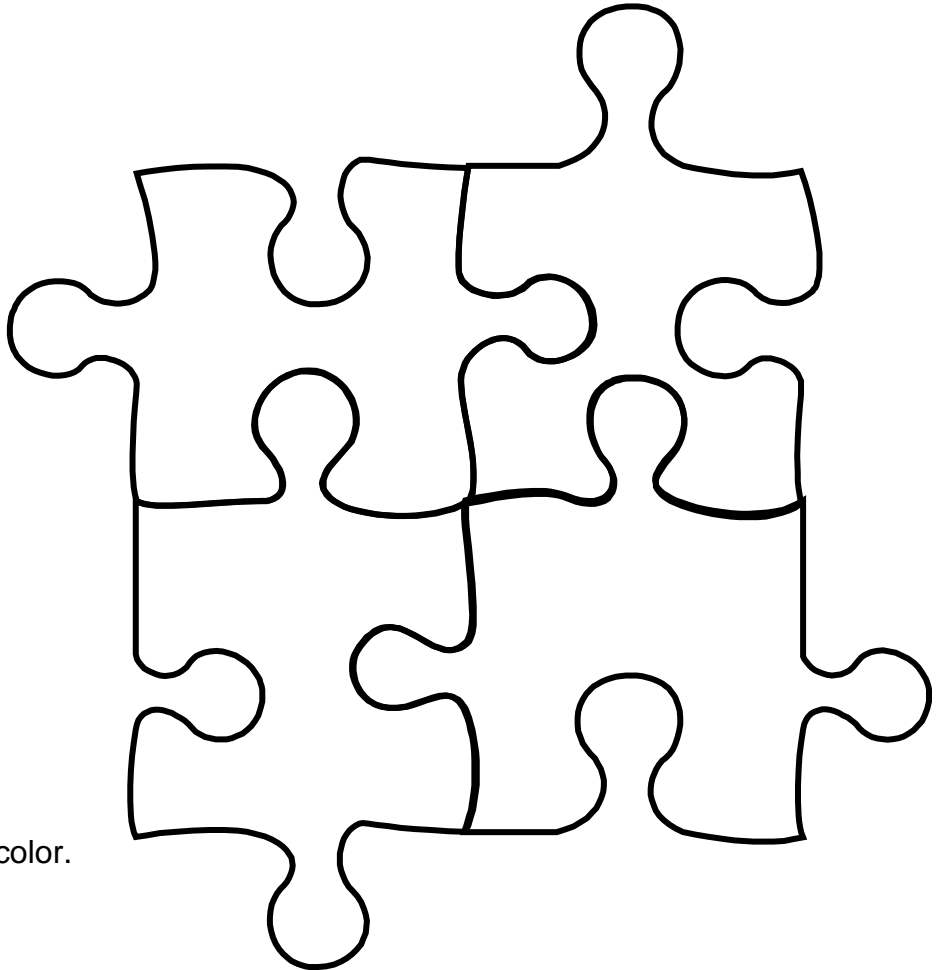
Date \_\_\_\_\_

**Life Skills - “Carrots or candy?” – Making Healthy Choices  
Questions**

A: Building the puzzle

Here are four puzzle pieces.  
Can you give each one  
the name of a food group?

When you have done that,  
color each piece a different color.



Name \_\_\_\_\_

Date \_\_\_\_\_

**Life Skills - "Carrots or candy?" – Making Healthy Choices  
Questions (Cont'd)**

B: Fill in the food



Now give the heading of each column the same color as you gave the food groups in the puzzle. Under each color, fill in all the foods you can think of which belong to this group.

Name \_\_\_\_\_

Date \_\_\_\_\_

## Life Skills - "Carrots or candy?" – Making Healthy Choices Answers

### Activity A

1. Grain products
2. Milk products
3. Meat products
4. Fruit and vegetables

### Activity B

These include but are not limited to:

Grain products	Milk products	Meat products	Fruit and vegetables
Bread Bagels Cereal Couscous Rice Rolls	Cheese Milk Yoghurt	Beef Chicken Eggs Fish Lamb Lentils Nuts Peanut butter Pork	Apples, Bananas Beans Broccoli Butternut Carrots Cauliflower Grapes Oranges Peaches Squash