

LO - To consider what would happen if you don’t eat the correct amount of each food group.

**Biological challenges**

**Challenge: 4B4**

The Eat well Guide comprehension

Use the NHS website link to help you answer the questions.

<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

1. What does the Eat well guide tell us?

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1. What do most people not eat enough of?

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1. How many portions of fruit and vegetables should people eat each day?

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1. Fruit and vegetables are a good source of what 3 things?

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1. What do starchy foods give us?

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1. How many portions of fish should we eat each week?

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