

Healthy Eating: Fuel for Life Word Mat

Learning objective: To understand the importance of a balanced diet and identify key nutritional vocabulary required for a healthy lifestyle.

Key Vocabulary

Use this word mat to help you understand the components of a healthy diet. The terms are grouped into three categories: Nutrients, Food Groups, and Lifestyle Choices. Read the definitions carefully to support your PSHE learning.

Why is it importa...	Explain the differ...	Max is feeling tir...
Define 'portion si...	Give one example...	