**A Balanced Diet**

* Think about the food a toddler might eat compared to an adult athlete.
* Now choose five different types of people​ (e.g. a child, teenager, athlete, parent etc.) and draw a plate of food that will ensure they are eating a healthy, balanced diet.
* Underneath each plate, you must justify why you have chosen these foods.
* Think about the calorie intake each of these individuals might need.
* Can some people have more of one type of food group? If yes, why can they?

