

Week 2 Healthy Eating

Let's

The logo consists of the word 'Talk' in a white, sans-serif font, where each letter is contained within a hand-drawn style speech bubble. The letters are colored blue, purple, orange, and green from left to right.

Name _____

What is a balanced diet?

A worksheet for a 'Balanced Diet' activity. The page features a large, light blue speech bubble in the upper right corner containing the text 'balanced diet?'. In the bottom right corner, there is a smaller, white speech bubble with a blue outline containing the question 'What are the different food groups?'. The rest of the page is blank, with horizontal blue lines for writing.

What are the different food groups?