

Answers - Stage 4 - A Healthy Diet:

1. One third of their diet
2. Protein
3. vegetable oils, nuts and seeds or avocados
4. Eating lots of different colours of fruit and vegetable
5. Vitamin A

V: removes, takes out, pulls out, draws out.

I: The text tells people that 'small amounts' of fat are healthy which is a clue that people should be careful not to eat too much. The text says that not all fats are healthy – saturated fats cause health problems.

V: vital

S: Protein, fat, iron

S: Various answers which demonstrate an understanding of different food groups.