

Eating for Life

What do these people need to think about when choosing what to eat?

An office worker

You can think about the following;

- How active will this person be during the day?
- What foods will they have to be careful not to eat too much of?
- What foods ¹ can they eat as much as they like of?

2.

3.



An older person

You can think about the following;

- How active will this person be?
- What parts of the body will they need to look after?
- Which foods will help with this?

1.

2.

3.

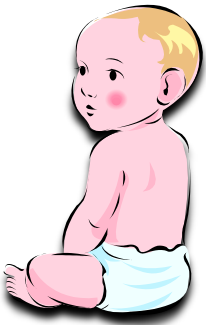


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A growing baby

You can think about the following;

- What foods will a baby need plenty of to grow big and strong?
- Can a baby eat all types of food like you do?
- What food will they eat lots of?
- What foods will they miss out?



1.

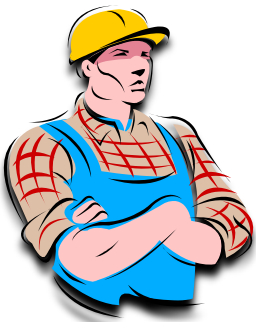
2.

3.

A person with a physically demanding job (e.g. builder, soldier)

You can think about the following;

- How active will this person be?
- Which meals will be important for providing energy?
- What foods will help keep them going throughout the day?



1.

2.

3.



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A pregnant woman

You can think about the following;

- What will she have to think about carefully when choosing what to eat?
- What type of foods will be important to eat?
- Are there any foods she should avoid?



- 1.
- 2.
- 3.

A sportsperson or athlete

You can think about the following;

- How active will this person be?
- What foods will be important for providing lots of energy?
- As well as food, what do sportspeople need to have plenty of?



- 1.
- 2.
- 3.

Can you write down **three things** that might be special about these diets?

An astronaut

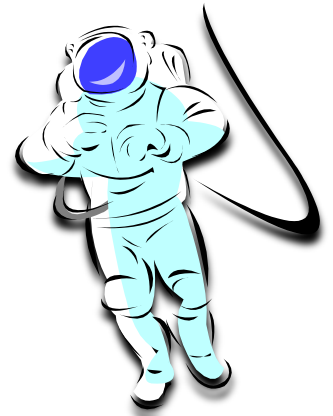
You can think about the following;

- What will they have to think about carefully when choosing what to eat?
- What features of their lifestyle will affect their food choice?
- What food will they eat lots of?
- What foods will they miss out?

1.

2.

3.



An older person



1.

2.

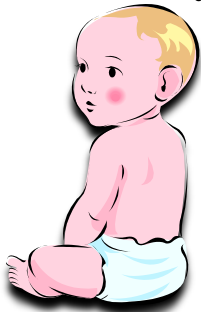
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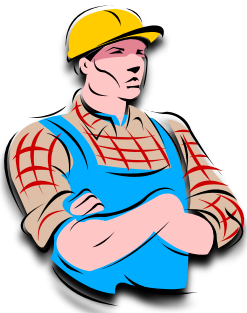
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- 2.
- 3.

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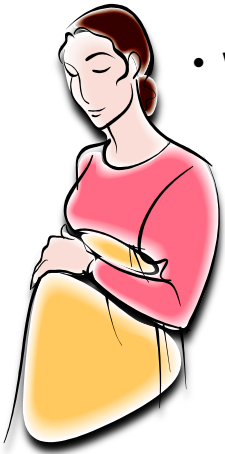
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- 2.
- 3.

A sportsperson or athlete



- 1.
- 2.
- 3.