

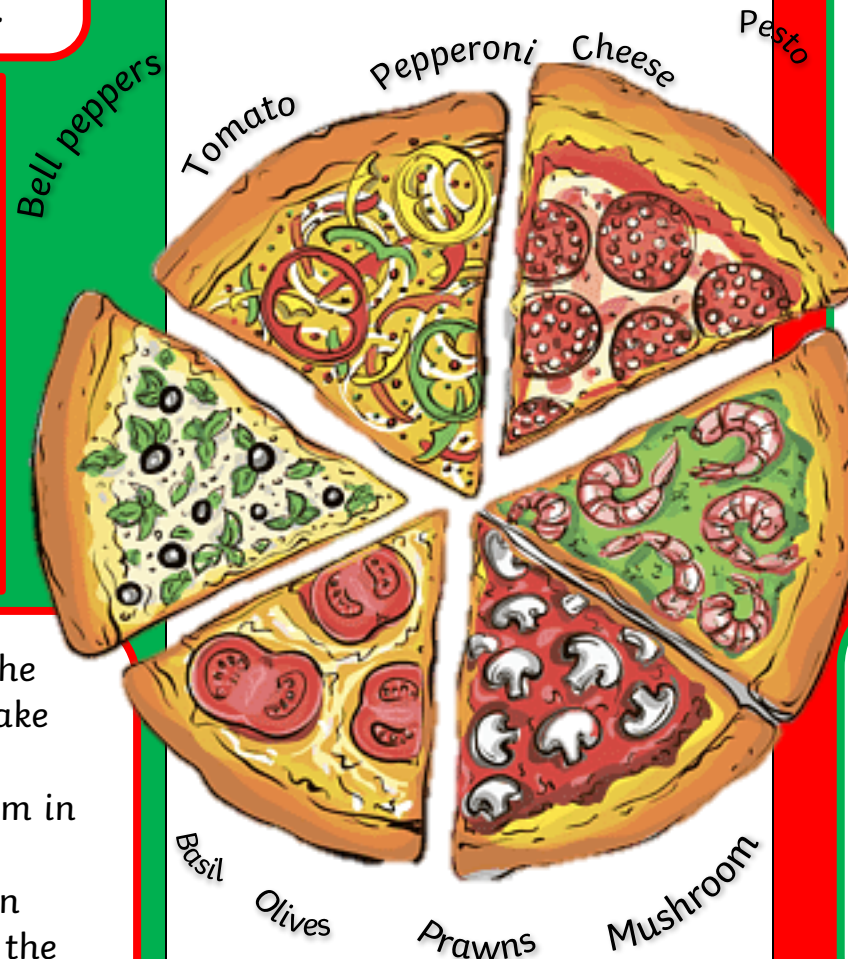
Introduction

Pizza can be a part of a well-balanced meal, providing carbohydrates, fats, and protein in one delicious slice.



The Eatwell Plate highlights the different types of food that make up our diet and shows the proportions we should eat them in to have a well-balanced and healthy diet. Pizza *can* contain ingredients from each area of the Eatwell Plate.

Perfect



Key Vocabulary

Balanced diet – this means that you eat a variety of food types so that all your nutrition needs are met.

Nutrition needs – this is what our bodies need to work and grow properly.

Nutrition – this is what our bodies get when we eat food.

Vitamins and minerals – healthy foods contain different vitamins and minerals that our bodies need to function correctly.

Yeast – yeast is a living thing. It takes in nutrition from food and produces a gas called carbon dioxide, which is the same gas that makes the bubbles in Cola. Yeast is used in bread-making to make the dough rise.



Pizza

