

S2 - Scottish Dietary Goals

<https://www.youtube.com/watch?v=UIQ1Hyq9HG0>

1. What does a balanced diet mean?
2. Base meals on starchy foods such as _____
3. When eating fruits and vegetables these can come in many forms such as tinned, _____ and _____.
4. Name two sources of oily fish.
5. What consequences are there for our health when eating too much salt?

Create your own 'Top Tips' for eating a healthy diet. These could include ways to include the dietary advice in your diet.