

## Year 8 Food and Digestion homework

Put the title **Healthy Eating** in your book. Read the newspaper report below and answer these questions (in sentences) in your book. You may cut and stick the report in your book.

- 1) What is meant by junk food or fast food?
- 2) Why do you think a lot of children eat junk or fast food
  - a) at home?
  - b) in school
- 3) Why is it important to eat fresh fruit and vegetables?
- 4) Find out all you can about why we need to include the following in our diet
  - a) vitamin C
  - b) iron
  - c) vitamin A
  - d) calcium
  - e) vitamin B group
  - f) iodine

### Survey shows junk food is favourite

#### Kids ditch Salad for The chips

JUNK food is children's first love at lunchtime, a survey disclosed today.

Pizzas, burgers and hot dogs are top of the menu for school dinners, with pupils giving scarcely a second thought to healthy eating.

Fresh fruit is losing out to junk food. Children eat only 60% of the fruit they did 4 years ago.

  
