**The David Beckham Academy**

 **Football Food**

**Footy is a great game for keeping you fit, but to perform at your best, you need to eat the right foods too. This food wheel shows how to choose a balanced diet.**

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1. **Fruit and vegetables.**
2. **Bread other cereals and potatoes.**
3. **Milk and dairy foods.**
4. **Food containing fats or sugar.**
5. **Meat, fish and alternatives.**

**Use the wheel above to help you answer these questions.**

**Write the letters in the boxes.**

1. **B**
2. **D**
3. **C**
4. **E**
5. **A**