

## A Healthy Diet

Food Group	How many servings of each food group did Roimata and Tama eat?	
	Roimata	Tama
<b>Carbohydrates</b> (Did they choose wholegrain?)		
<b>Fruit and Vegetables</b>		
<b>Protein</b>		
<b>Dairy Foods</b>		
<b>High Sugar foods</b>		
<b>High-Fat foods</b>		

Did Roimata and Tama eat a healthy diet? \_\_\_\_\_

Can you suggest ways that Roimata and Tama could improve their diet?