

Name _____

Eating the Rainbow: The Magical Benefits of a Balanced Diet

Open-Ended Response Answer Key

1. Answers may vary but should include potential physical effects like lack of energy and potential mental effects like feeling less focused or sluggish.
2. A balanced diet can positively impact long-term health and well-being by reducing the risk of chronic diseases, promoting healthy growth and development, and supporting overall vitality.
3. The meal plan should include foods from all five main food groups (fruits, vegetables, grains, protein, and dairy) for breakfast, lunch, and dinner, with specific food choices and portion sizes.
4. It is important to read food labels and make informed choices when grocery shopping because it helps you choose healthier options, control your intake of nutrients like sugar and sodium, and make choices that align with your dietary goals and preferences.

