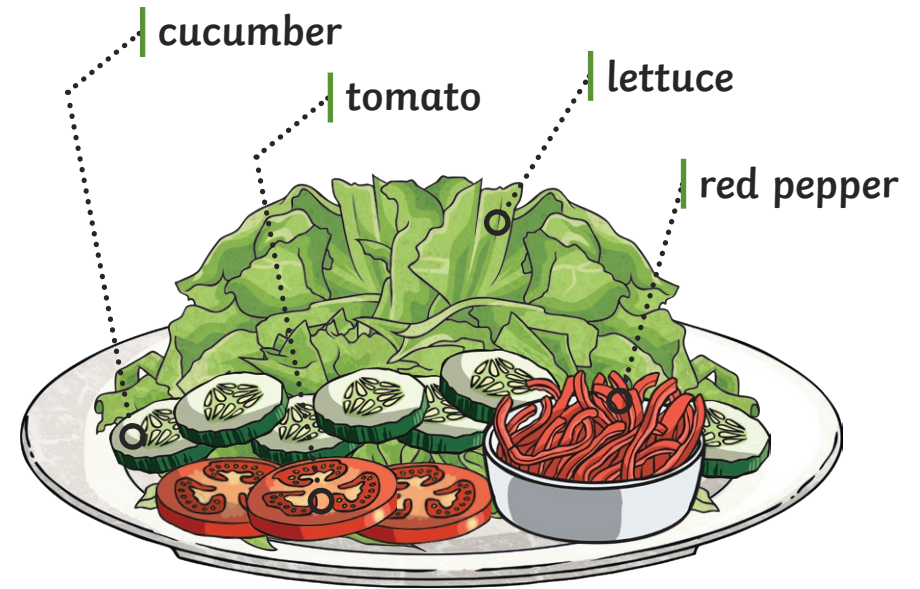


Sophie says that this meal provides all the nutrients that humans need to be healthy.

Do you agree?

Explain your reasons and any additions or changes you would make to this meal.



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## Reasoning Card ①

Sophie says that this meal provides all the nutrients that humans need to be healthy.

Do you agree?

Explain your reasons and any additions or changes you would make to this meal.

### Example answer:

*Accept any answer which refers to the meal providing many of the nutrients needed to be healthy but not all of them.*

*e.g This meal provides vitamins, minerals, water, some limited carbohydrates and some fibre. However, this meal does not provide all of the nutrients that humans need because protein and fat as well as more carbohydrates are also needed.*