Figure 1.

Protein n = 10 ‘You still need to have some other things in the food groups like protein’ B7

Fruit/vegetables/vitamins n = 46 ‘Eat lots of fruit and veg’ B10

Hydration n = 11 ‘You also need a lot of fluid’ G1

Knowledge of healthy food/ a balanced diet

Carbohydrates n = 6 ‘And get like carbohydrates’ G18

Fats/poor diet

Good balance of fats +ve n = 15 ‘You need some fat because that makes you healthy as well’ G2

Too much fat/dairy –ve n = 12 ‘It can kill you if you have too much dairy’ B9

B = Boy, G = Girl