

Meat, Fish, Eggs and Beans

These foods are a good source of protein, vitamins and minerals in your diet. These foods help the body to grow and repair itself and keep hair, skin, muscles and nails strong. We should eat some of these foods a day.

Foods High in Fats and Sugar

These foods provide the body with energy, warmth and insulation around vital organs. Too much fat in your diet can raise cholesterol, which increases the risk of heart disease. A small amount of fat is part of a healthy, balanced diet. Fat is a source of essential fatty acids such as omega-3 because the body can't make them itself. Fat helps the body absorb vitamins A, D and E.

To be healthy, nutritious food is needed to provide energy for the body. A variety of food is needed in the diet because different foods contain different substances that are needed to keep you healthy.



Questions

1. Why is a balanced diet important?

2. What is the function of protein?

3. Can you give examples of foods that we should try and avoid eating excessive amounts of? Why should we limit our intake of these foods?

4. Choose the word closest in meaning to the underlined word.

With a balanced diet, your body obtains the fuel and nutrients it needs to function properly.

a) rest

b) work

c) eat

d) healthy

5. Fruit and vegetables provide us with vitamins and minerals essential for keeping us healthy.

a) necessary

b) optional

c) excellent

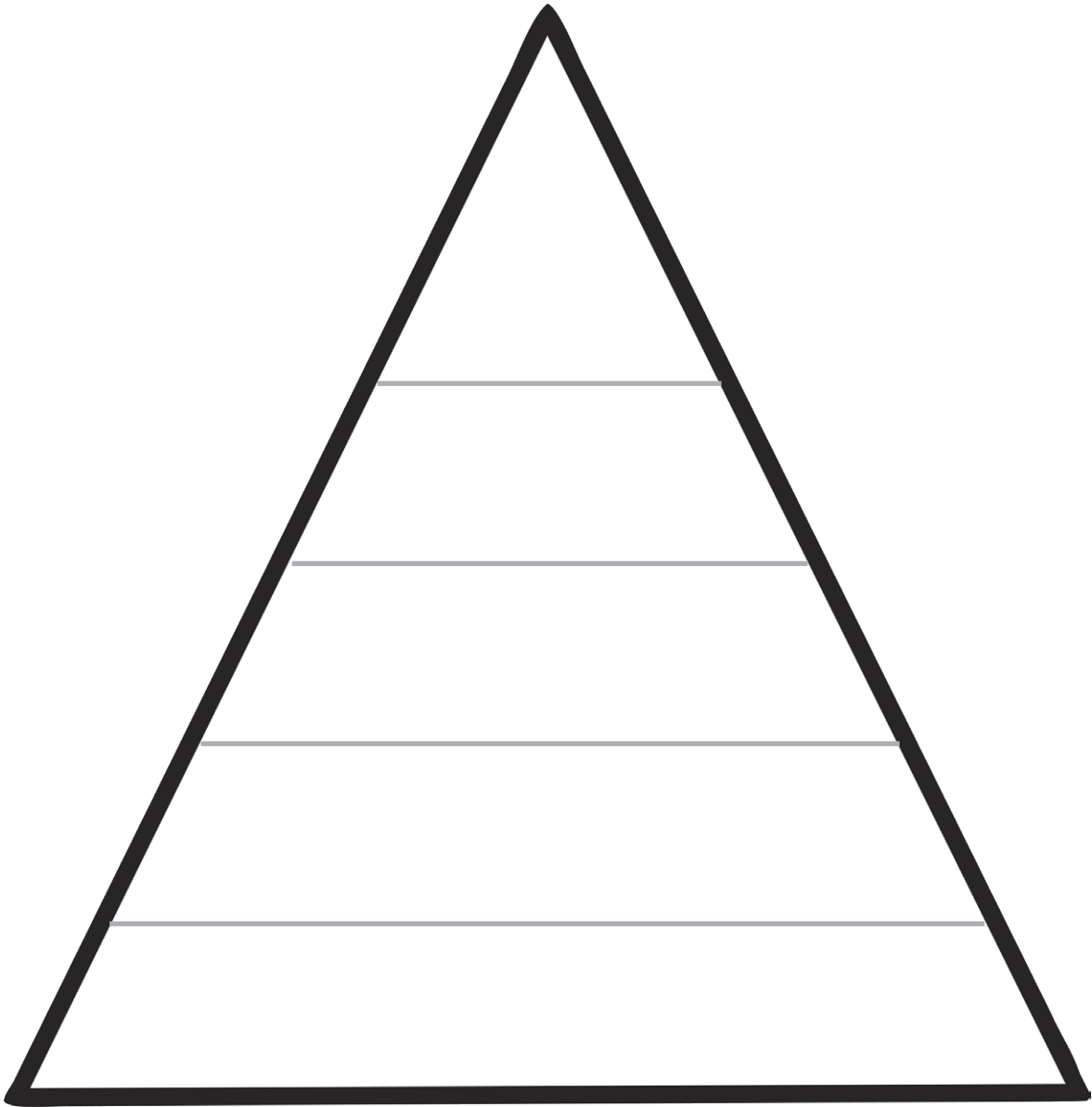
d) extra

6. Rewrite this passage using capital letters, commas and full stops.

healthy eating is vital for a healthy body many people eat too much unhealthy food like readymade meals sweets and chocolates instead people should eat more fruit and vegetables fruit is an ideal snack because it tastes sweet it is easy to take with you and is very good for your body

Food Pyramid

A food pyramid is a useful tool often used to teach people about healthy eating. After reading the information above, please create a food pyramid containing the advised foods and suggested portions. Remember the foods that you should eat most of are at the bottom of the pyramid.



Time to Write!

Imagine you are a journalist in a children's magazine. Write a paragraph about why it is important to eat fruit and vegetables.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.