

## You are what you eat

### 1 Pre-reading

Read and check (✓) for you.

How often do you ...

	Often	Sometimes	Never
1 eat fast food?			
2 drink fizzy drinks?			
3 eat fruits and vegetables?			
4 eat breakfast?			
5 eat candy and chocolate?			

### 2 Reading

Read the text. Do you eat a balanced diet?

## BALANCING ACT!

If you want to be healthy, a balanced diet is very important. Food gives us the energy and nutrients we need to live. There are no good and bad foods, but we need to get the right amount of each type of food to be strong and fit. Junk food and fast food are high in fat and sugar. These foods might be delicious, and it's OK to enjoy them sometimes, but don't forget "an apple a day keeps the doctor away".

### The five food groups

Everything we eat is from one of the five different food groups. Every day, our bodies need protein, carbohydrates, and healthy fats to give us energy and good health.



#### Protein foods

This group includes meat, fish, and eggs, as well as beans and nuts. These foods have protein and this helps us grow.



#### 3 Fruits and vegetables

It is very important to eat fruits and vegetables. These foods help our digestion and have lots of vitamins and minerals.



#### 2 Grains

Bread and cereals are in this group. These foods give us energy.



#### 4 Dairy

These foods have calcium, which is important for our bones and teeth.



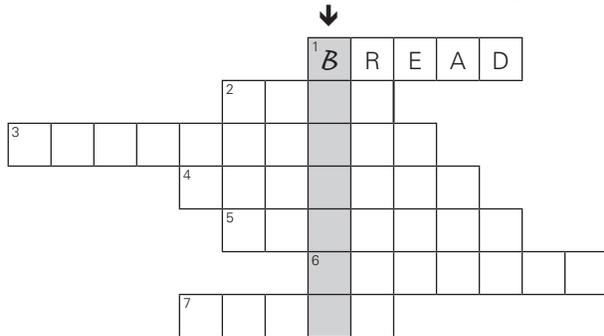
#### 5 Oils and sugars

These foods are not very good for us, so it is important not to eat them often.

**If you have a balanced diet, you will have more energy for school, for friends, and for your hobbies!**

**3 Vocabulary**

Complete the crossword and find the missing word.



- 1 I want to make a sandwich. I have some cheese and ... . (5)
- 2 I love all kinds of ... – beef, pork, chicken, and lamb. (4)
- 3 Carrots, peas, and broccoli are all ... . (10)
- 4 You can find lots of ... C in oranges. (7)
- 5 Iron is a very important ... . You can find it in green vegetables like spinach. (7)
- 6 ... is a mineral that you can find in milk and other dairy products. (7)
- 7 ... are white and hard. There are lots of them inside our bodies. (5)

**4 Reading**

Do an Internet search for *healthy diet* and label the diagram below with the food groups from exercise 2.



**5 Writing**

Look at the plate in exercise 4 and answer the questions. You can visit this website to help you:

[www.choosemyplate.gov/food-groups](http://www.choosemyplate.gov/food-groups)

- 1 Which foods does the plate tell us to eat often? .....
- 2 Which foods does the plate tell us not to eat often? .....
- 3 Is your diet healthy? Why/Why not? .....

**6 Reading**

Find more information about healthy diets in the Internet. Then read the "dos and don'ts" below and write *T* (true) or *F* (false). You can visit these websites to help you:

[www.nutrition.gov](http://www.nutrition.gov)

[kidshealth.org/teen/food\\_fitness/nutrition/pyramid.html](http://kidshealth.org/teen/food_fitness/nutrition/pyramid.html)

- 1 Do eat a variety of foods from different food groups.
- 2 Don't eat fruits and vegetables with every meal.
- 3 Do eat lots of fish.
- 4 Do eat lots of fat and sugar.
- 5 Do be active every day.
- 6 Do eat the same as a boy if you are a girl.

**7 Project**

Keep a food journal. Follow these steps:

- Write down what you eat for breakfast, lunch, snacks, and dinner for three days.
- Look at your journal and write five sentences about your diet.
- Compare your sentences with your classmates. Discuss how your diet can be healthier.

**Believe it or not!**  
The healthiest, low-calorie drink in the world is water!

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