

Healthy Eating

A balanced diet is important for us to grow and stay healthy. Eating a variety of food types gives us energy to be able to function throughout the day. When we eat a balanced diet, your body gets all the fuel and nutrients it needs to work properly.

Carbohydrates

Bread, rice and potatoes are examples of carbohydrate rich foods. These foods give us plenty of energy and provide us with fibre, iron, B vitamins and calcium. You should try and eat a lot of carbohydrates each day.

Fruit and Vegetables

Fruit and vegetables provide us with vitamins and minerals essential for keeping us healthy as well as fibre which is important for digestion. Try to eat at least five portions of fruit and vegetables a day. Potatoes do not count as a portion of vegetables.

Dairy

Dairy products are great sources of protein and calcium and are found in milk, cheese and yogurt. Protein helps our bodies to grow or repair themselves. Calcium helps to keep our bones and teeth strong. We should eat between two or three portions of dairy foods a day.

Meat, Fish, and Egg

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 every day.

Foods High in Fats and Sugar

These foods provide the body with energy, warmth and insulation around vital organs. A small amount of fat is part of a healthy, balanced diet but too much fat can lead to heart disease. 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 are meat, fish and eggs a good source of?

3. What does a small amount of fat help our body absorb?

4. Chose 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

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

☐

a) as much as you want

☐

b) none

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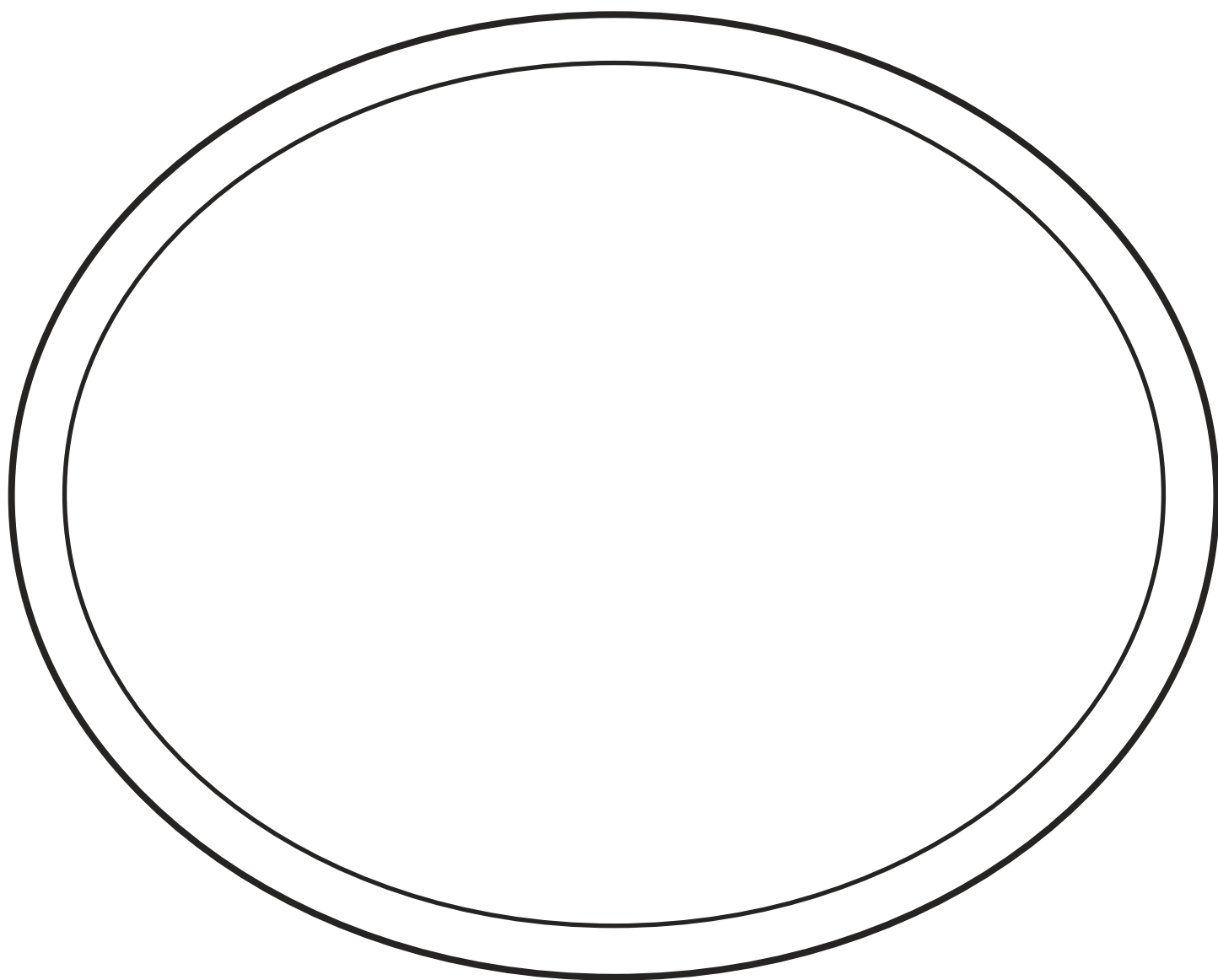
c) a small amount

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

Food Pyramid

Design a plate of food to eat which shows a balanced diet remembering to make sure you have the right amount of each food group.



Time to Write!

Imagine you are about to go to the supermarket. Write a shopping list of the things you will need to buy to have a balanced diet.

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.