

# Healthy Eating

Food keeps us healthy and helps us grow. Food provides us with energy to be able to function throughout the day. By eating a balanced diet, your body obtains the fuel and nutrients it needs to function properly. Your body needs minerals to make hormones, build bones and regulate your heartbeat. Water flushes out toxins, transports nutrients to cells and performs other vital bodily processes.

## Carbohydrates

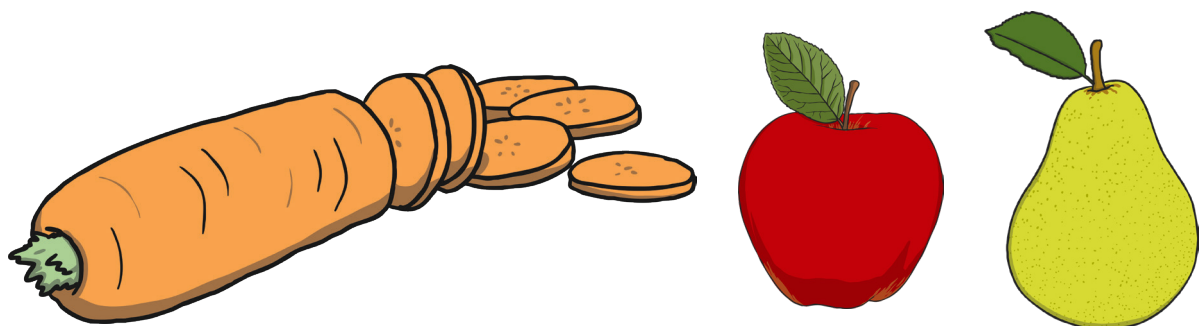
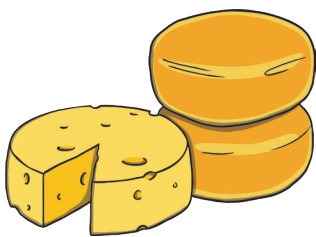
Bread, rice and potatoes are examples of carbohydrate rich foods. These foods give us plenty of energy. You should try and eat a lot of carbohydrates each day. As well as energy, carbohydrates provide us with fibre, iron, B vitamins and calcium.

## 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. A diet high in fibre can also reduce your risk of heart disease, stroke and some cancers. Try to eat at least five portions of fruit and vegetables a day. Remember that potatoes do not count as a portion of vegetables.

### Dairy

1. 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. Protein builds, maintains, and replaces the tissues in your body. Your muscles, organs, and immune system are made up mostly of protein. Calcium helps to keep our bones and teeth strong. We should eat between two or three portions of dairy foods a day.



### **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?

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2. What is the function of protein?

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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?

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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

c) healthy

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

a) Necessary

b) optional

c) excellent

c) extra

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

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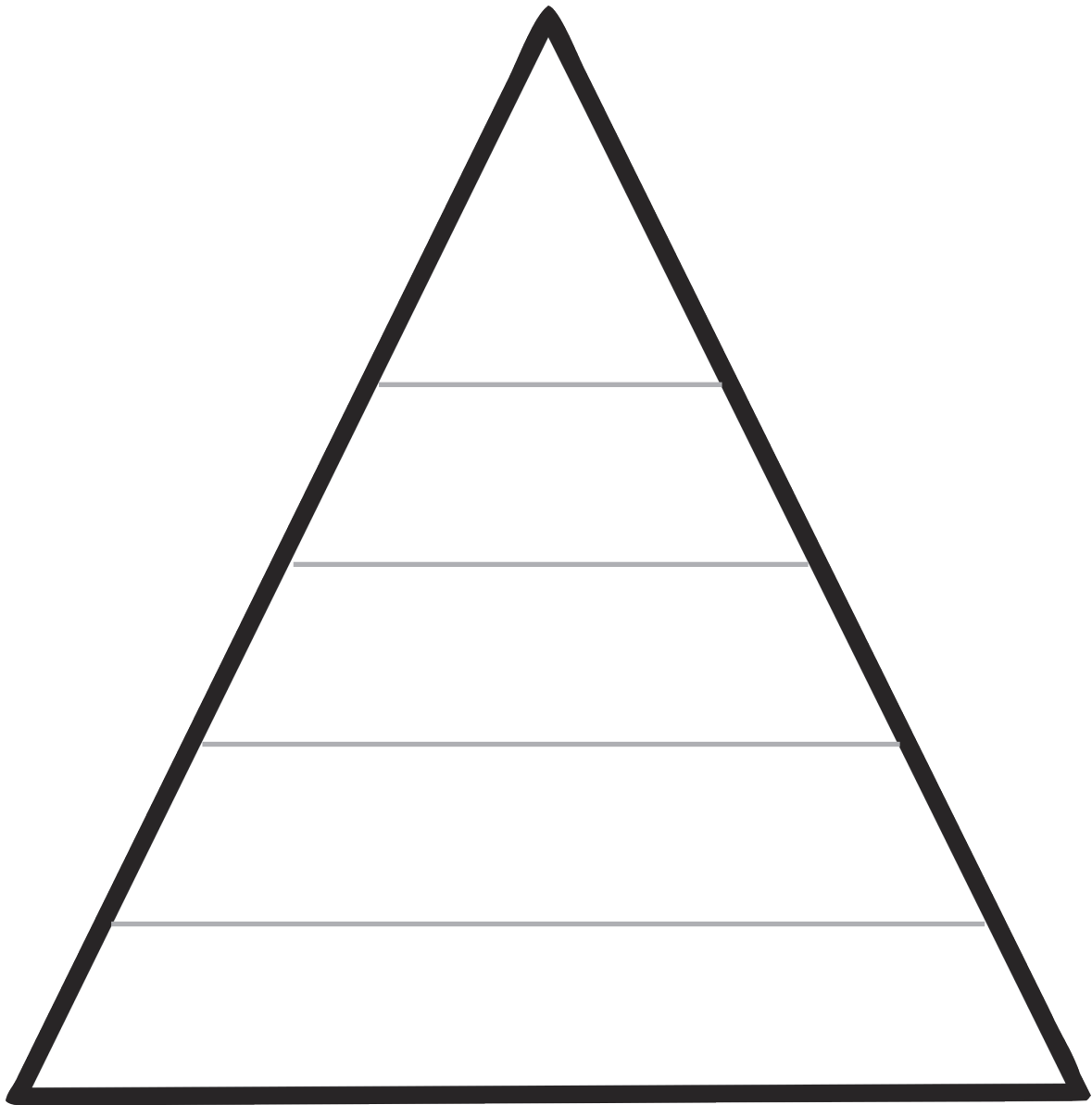
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## Food Pyramid

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.

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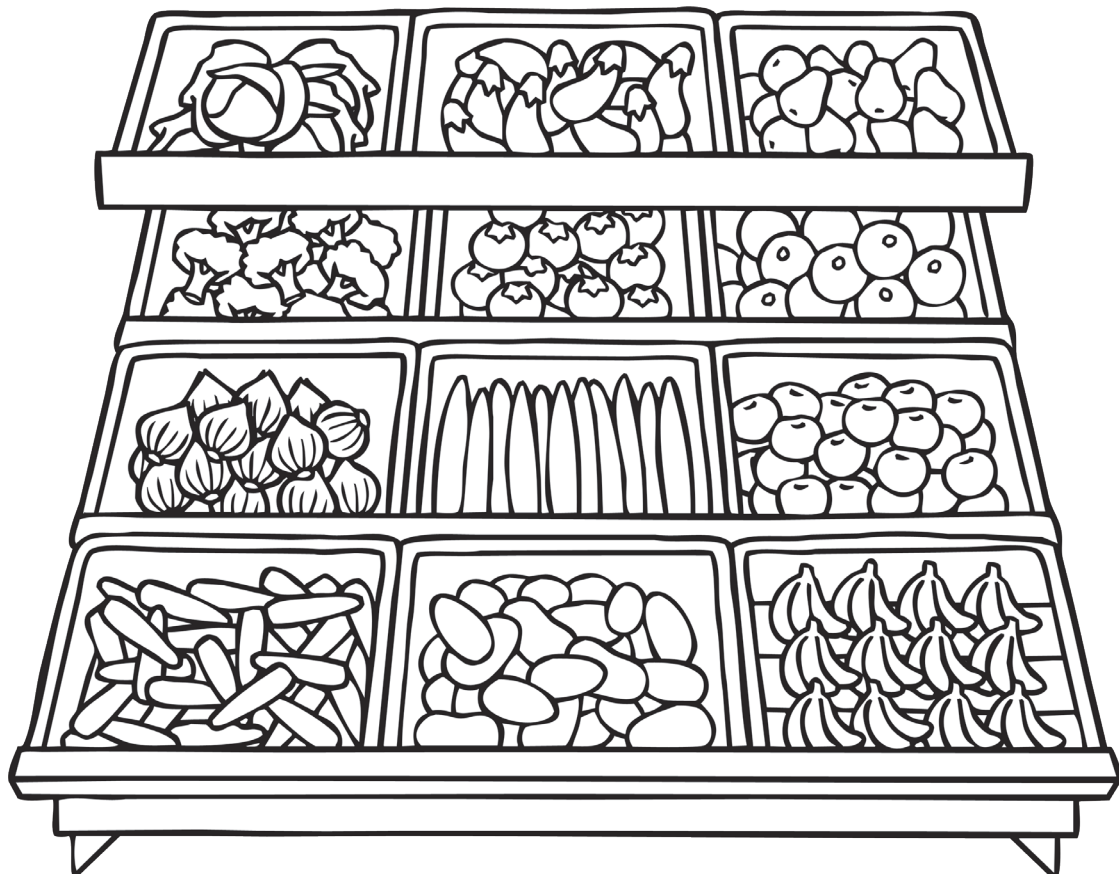
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# Answers

1. Why is a balanced diet important?

**A balanced diet is important because your body will obtain the fuel and nutrients it needs to function properly.**

2. What is the function of protein?

**Protein helps our bodies to grow or repair themselves. It builds, maintains and replaces the tissue in your body.**

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?

**Fat is an example of a food we should try to avoid eating excessive amounts of.**

**This is because too much fat in your diet can raise cholesterol, which increases the risk of heart disease.**

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.

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

a) rest

b) work

c) eat

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healthy.

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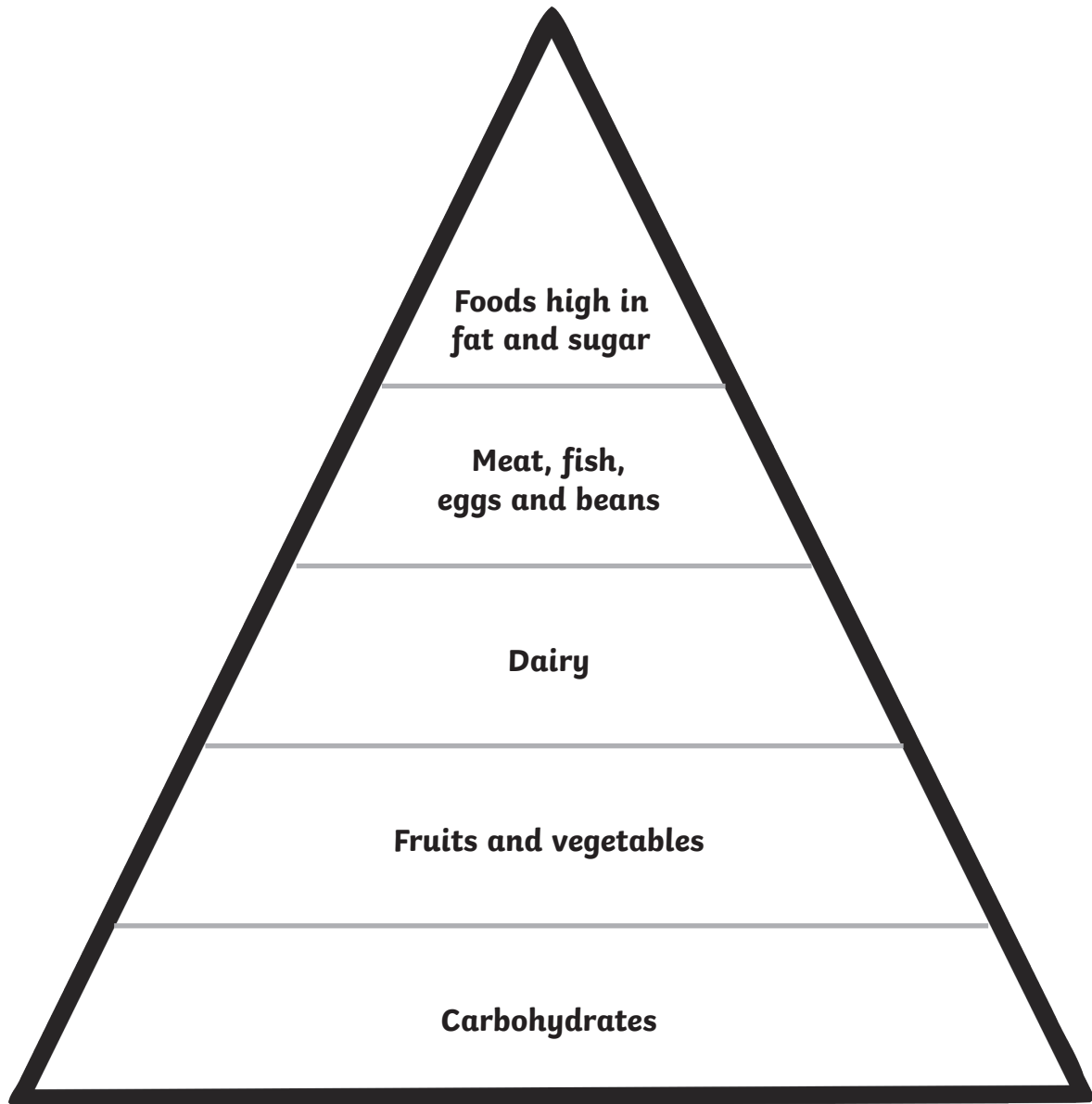
healthy eating is vital for a healthy body many people eat too much unhealthy food like readymade meals sweets and chocolates instead people should eat more fruit and vegetables fruit is an ideal snack because it tastes sweet it is easy to take with you and is very good for your body

**Healthy eating is vital for a healthy body. Many people eat too much unhealthy food like ready-made 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 it is very good for your body.**

# Answers

## 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.

**Pupils' own responses, which includes information about: vitamins and minerals essential for keeping us healthy; fibre being important for digestions; eating at least five portions a day.**