

Healthy Eating

Eating a Balanced Diet

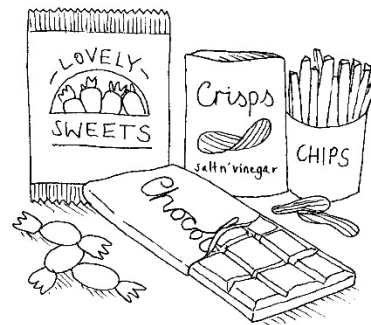
It is very important for us to eat healthy food. Eating healthy food means that our bodies and minds can work properly. Healthy foods include fruit and vegetables. Unhealthy foods are things like chocolate, crisps and sweets. It is okay to eat these things sometimes, but it is important to eat more healthy foods than unhealthy ones. This is called a balanced diet.

Fruit and Vegetables

To be healthy we need to eat five portions of fruit and vegetables a day. One piece of fruit can be one portion. This means if you ate one banana and one orange you would have had two portions of fruit. Eighty grams of vegetable is called one portion. If we ate eighty grams of carrot and eighty grams of cabbage for dinner then we would have eaten two portions of vegetables. Fruit and vegetables are important because they give us energy and lots of vitamins. Our body uses vitamins to keep us healthy. In total we need to eat five portions of fruit and vegetables every day. Did you eat five portions yesterday?!



HEALTHY



UNHEALTHY

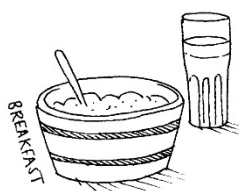
Salt and Sugar

Unhealthy foods normally have a lot of salt and sugar in them to give them extra flavour.

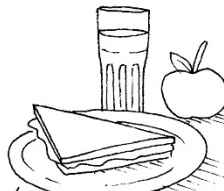
Unhealthy foods are things like crisps, chocolate and sweets. A lot of salt and sugar is bad for our body and can make you very sick if you eat too much. That is why it is important to only eat small amounts of these foods. Unhealthy foods are also foods that have been fried in lots of oil.

Three Meals a Day

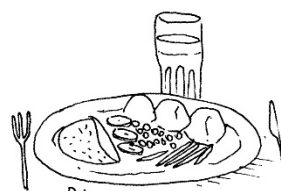
To be healthy we need to eat three meals a day. Breakfast is the most



BREAKFAST



LUNCH



DINNER

important meal of the day because it helps you concentrate for the rest of the day. Foods like porridge or toast can be a healthy breakfast to eat. Lots of people eat cereal for breakfast but sometimes this can have a lot of sugar added to it. Foods like fruit, nuts and yoghurt are all healthy foods to snack on in between meals. Drinking water is very good for us. We should be drinking eight glasses of water a day to stay fit and healthy.

Megan Dunsby

Healthy Eating

1. How many portions of fruit and vegetables do we need to eat a day to be healthy? (AF2)

2. Make a list of the fruit you ate yesterday. (AF3)

3. Why is salt and sugar added to unhealthy foods? (AF2)

4. What does a balanced diet mean? (AF2)
 - a. Measuring everything you eat.
 - b. Only eating eighty grams of vegetables.
 - c. Eating more healthy food than unhealthy food.
 - d. Never eating any unhealthy food.

5. Do you think you eat a balanced diet? Explain your answer. (AF3)

6. Can you think of one adjective to describe unhealthy foods? (AF3/AF5)

7. How do you feel about healthy eating after reading this passage? Why? (AF3)

8. If you want anymore information about how to eat healthy which two places could help you learn? (AF7)
 - a. The internet.
 - b. Factual books in the library.
 - c. Story books.
 - d. Films.

9. Can you name one vitamin we find in fruit and vegetables? (AF7)

Healthy Eating

1. How many portions of fruit and vegetables do we need to eat a day to be healthy?
(AF2) **Five.**
2. Make a list of the fruit you ate yesterday. (AF3) **Various answers.**
3. Why is salt and sugar added to unhealthy foods? (AF2) **To give it more flavour.**
4. What does a balanced diet mean? (AF2)
 - a. Measuring everything you eat.
 - b. Only eating eighty grams of vegetables.
 - c. **Eating more healthy food than unhealthy food.**
 - d. Never eating any unhealthy food.
5. Do you think you eat a balanced diet? Explain your answer. (AF3) **Various answers if justified.**
6. Can you think of one adjective to describe unhealthy foods? (AF3/AF5) **Harmful, risky, delicious, tasty, etc.**
7. How do you feel about healthy eating after reading this passage? Why? (AF3)
Various answers if justified.
8. If you want anymore information about how to eat healthy which two places could help you learn? (AF7)
 - a. **The internet.**
 - b. **Factual books in the library.**
 - c. Story books.
 - d. Films.
9. Can you name one Vitamin we find in fruit and vegetables? (AF7) **Vitamin A/B/C etc.**