

Healthy Eating

Eating a Balanced Diet

It is very important for us to eat healthy food so that our bodies and minds can work properly. Healthy foods include fruit and vegetables as well as nuts, beans, eggs and milk. Meat and fish can also provide a huge amount of minerals and vitamins like iron, magnesium and calcium. However, some people are vegetarians and don't eat any meat at all. As long as they eat plenty of other healthy food, this does not mean they are unhealthy. Unhealthy foods are things like chocolate, crisps, sweets and processed foods. Whilst it is okay to eat these things sometimes, it is important to eat more healthy foods than unhealthy ones. This is called a balanced diet. People who eat a balanced diet are less likely to get diseases because they have a stronger immune system (what your body uses to fight off illness) or suffer from heart attacks and strokes.

Fruit and Vegetables

The Government recommends that we eat at least five portions of fruit and vegetables a day. One piece of fruit can be considered as one portion. This means if you ate one banana and one orange you would have eaten two portions of fruit. Eighty grams of vegetable is called one portion. If we had 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 a large dose of vitamins and minerals which our body uses to keep us healthy. Each vitamin has a different purpose in the body. Vitamin C, for example, can be found in oranges and broccoli, and is very good at helping our bodies fight off colds and flu. Vitamin D is needed to help our bodies absorb calcium, and can be found in eggs, milk and fish. In total we need to eat five portions of fruit and vegetables every day to make sure we have all of the nutrients our bodies and minds need. Did you eat five portions yesterday?!

Salt and Sugar

Unhealthy foods (things like chocolate, crisps and sweets) normally have a lot of salt and sugar in them. This is to give them extra flavour but large amounts of these things are very bad for us. Sugar can cause tooth decay as well as other diseases. Because sugar provides us with so much energy, our bodies cannot use it all, so they store it as fat and that can lead to heart disease and obesity. A lot of salt has bad side effects for our bodies and can damage our bones and internal organs. Whilst it is okay to eat these unhealthy foods, we must only eat them in small amounts, and only when we eat healthy foods as well.

Unhealthy foods are also foods that have been fried in lots of oil, or have been processed in a factory. Whilst some foods, like milk, need to be processed to make them safe, lots of foods are processed so much that they lose all of their nutritional value (their vitamins and minerals). Processing foods also normally means adding more salt and sugar to them as well as preservatives so that they last longer without going bad.

Three Meals a Day

The Government also recommends that we eat three meals a day made up of three food groups - carbohydrate, protein and fruit and vegetables. Carbohydrates are foods like potatoes and rice and protein is meat, like chicken, beef or eggs. They also recommend that for our evening meal half of our plate should be fruit and vegetables, one quarter should be protein and the other quarter carbohydrates. Food like porridge with fruit or wholemeal toast is a very healthy breakfast and will give us plenty of energy for the rest of the day. Lots of people eat cereal for breakfast but we have to be careful with this because it 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. A healthy lunch might be a sandwich with ham or cheese and salad, and a piece of fruit.

Drinking water is also very good for us as it contains lots of vitamins and minerals. We should be drinking eight glasses of water a day to stay fit and healthy. Even though soft drinks, like Coke and Fanta, might taste nice they also contain a lot of sugar with none of the minerals found in water.

Megan Dunsby

Healthy Eating

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

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

3. 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.

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

5. Can you think of three adjectives to describe unhealthy foods? (AF3/AF5)

6. How do you feel about healthy eating after reading this passage? Do you think its important? Why or why not? (AF3)

7. Can you think of some of the reasons people might be vegetarians? (AF3)

8. What is the importance of eating oranges and broccoli? (AF2)

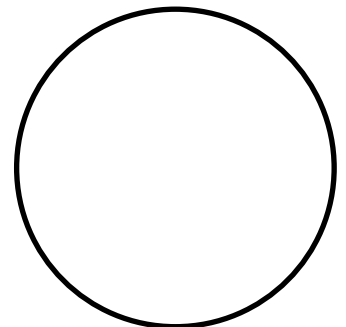
9. Do you think this text was written to...? (AF6)
 - a. inform
 - b. advertise
 - c. entertain
 - d. none of the above

11. Match these words with their meanings. (AF2)

| | |
|-----------------|---|
| processed foods | foods that have been made or changed from their natural form in a factory |
| obesity | contained in food that our bodies uses to keep us healthy |
| vitamins | when someone is very overweight and in danger of getting very sick |
| calcium | a group of people in charge of governing a country or state |
| government | a mineral needed to help bones grow and stay strong |
| soft drinks | a flavoured, fizzy beverage |

12. The text is broken up into sections that are headlined with summaries of what the paragraphs are about. Why do you think the author has used these? (AF4)

13. Using the plate across, design a meal that contains the right amount of carbohydrate, protein and vegetables. (AF2/AF7)



Healthy Eating

1. How many portions of fruit and vegetables do we need to eat a day to be healthy? (AF2) **Five**
2. Why is salt and sugar added to unhealthy foods? (AF2) **To give it more flavour.**
3. 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
4. Do you think you eat a balanced diet? Explain your answer. (AF3) **Various answers if justified.**
5. Can you think of three adjectives to describe unhealthy foods? (AF3/AF5) **Harmful, risky, delicious, tasty, etc.**
6. How do you feel about healthy eating after reading this passage? Do you think its important? Why or why not? (AF3) **Various answers if justified.**
7. Can you think of some of the reasons people might be vegetarians? (AF3) **They do not like the taste of meat or the idea of killing animals.**
8. What is the importance of eating oranges and broccoli? (AF2) **They provide Vitamin C which supports your immune system.**
9. Do you think this text was written to...? (AF6)
 - a. **inform**
 - b. advertise
 - c. entertain
 - d. none of the above

11. Match these words with their meanings. (AF2)

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| processed foods | _____ | foods that have been made or changed from their natural form in a factory |
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| government | _____ | a mineral needed to help bones grown and stay strong |
| soft drinks | _____ | a flavoured, fizzy beverage |

12. The text is broken up into sections that are headlined with summaries of what the paragraphs are about. Why do you think the author has used these? (AF4) **It makes the information easier to read.**

13. Using the plate below design a meal that contains the right amount of carbohydrate, protein and vegetables. (AF2/AF7)

