

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. Unhealthy foods are things like chocolate, crisps, sweets and processed foods. 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. 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).

Fruit and Vegetables

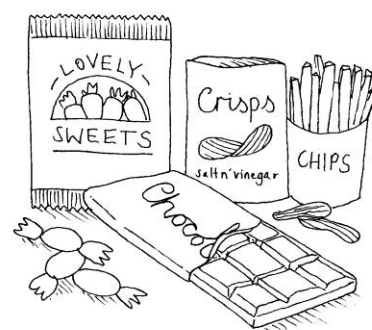
To be healthy it is recommended that we eat five portions of fruit and vegetables a day. One piece of fruit can be one portion. This means if you ate one banana and one orange you would have eaten two portions of fruit. Eighty grams of vegetable is called one portion. If we had eighty grams of carrot 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 energy and lots of vitamins and minerals. Foods like broccoli and oranges are very high in Vitamin C which our body uses to keep us healthy. 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 gives us so much energy, our bodies cannot use it all, so they store it as fat. This can lead to heart



HEALTHY

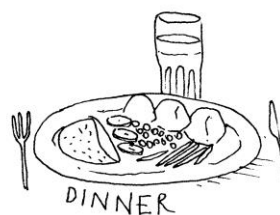
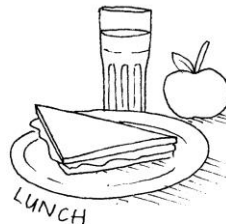


UNHEALTHY

disease and obesity. A lot of salt is also bad for our bodies and can damage our bones and internal organs. It is okay to eat these unhealthy foods but only 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.

Three Meals a Day

To be as healthy as we can be we need to eat three meals a day made up of carbohydrate, protein and fruit and vegetables. Carbohydrates



are foods like potatoes and rice. Protein is meat, like chicken, beef or eggs. Food like porridge with fruit or 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 one adjective to describe unhealthy foods? (AF5/AF3)
6. How do you feel about healthy eating after reading this passage? Why? (AF3)
7. 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.
8. Can you name one vitamin we find in fruit and vegetables? (AF2)
9. Put these subjects in the text in the order they come up in. (AF4)
 1. Drinking water
 2. A balanced diet
 3. The effects of sugar
 4. Portion sizes of fruit and vegetables
10. 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 use to keep us healthy
vitamins	when someone is very overweight and in danger of getting very sick
11. Design a meal that contains 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 one adjective to describe unhealthy foods? (AF5/AF3) **Harmful, risky, delicious, tasty, etc.**
6. How do you feel about healthy eating after reading this passage? Why? (AF3) **Various answers if justified.**
7. If you want anymore information about how to eat healthy which two places would help you learn? (AF7)
 - a. **The internet.**
 - b. **Factual books in the library.**
 - c. Story books.
 - d. Films.
8. Can you name one vitamin we find in fruit and vegetables? (AF2) **Vitamin A/B/C etc.**
9. Put these subjects in the text in the order they come up in (AF4/AF2)
 1. Drinking water (4)
 2. A balanced diet (1)
 3. The effects of sugar (2)
 4. Portion sizes of fruit and vegetables (3)
10. 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
11. Design a meal that contains carbohydrate, protein and vegetables. (AF2/AF7) **Potatoes, chicken and broccoli/ rice, beef and peppers etc.**