ESLWORKSHEETS

Watch the video again and complete the text with the words in the table:

grow - sweets - vegetables - potatoes -calories - fruit - butter - strong - healthy - fats - little - milk - minerals - five - bread - water - physical

Healthy foods are fundamental for our existence: they help us _____ , be strong and be _____ . We need to learn about the food pyramid and follow its steps.

The first step on the pyramid, the smallest one, is the one about _____ and _____ . It's the favoured one by all children but it is the worst one. One must eat very _____ or nothing from this step. They are delicious but they contain a high number of _____ , which are very bad for our health.
The second step is formed by meat, fish and eggs. We should eat more fish and eggs than meat.
The third step is all about dairy. This group consists of _____ , cheese and _____. We must eat these foods from 1 to 3 times a day.
The fourth step is extremely important because it evolves around _____ and _____ . These foods give us vitamins and _____ and allow us to stay in shape and be strong. Doctors recommend to eat these _____ times a day. If you do, your body will thank you.
The fifth step is the group of the carbohydrates. Here you can find cereals, _____, pasta, rice and _____ . They are also very important so you must eat them daily.
Doctors say :
we must try to eat at the same time every day;
we must drink plenty of _____ ;
everyday we must do some _____ exercise.

If we eat healthy and do exercise we will grow _____ both mentally and physically.