Part 7

Read the text. Choose the right words and write them on the lines.

The Eatwell Plate



The eatwell plate defines the different types of food we should eat and in what proportions. It 1) _____ some simple rules. The plan 2) _____ of eating five servings of fruit and vegetables each day, including whole grains, and having more fish, poultry, beans, and less red meat. It also 3) _____ that nutritional needs vary depending on your gender and age. A balanced diet 4) _____ you maintain your weight and provides you with the nutrients that you require.

Example: define / defines / defining

1 explains / explaining / explain

2 consisting / consist / consists

3 says / consisting / days

4 helps / says / help

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