

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