

# HEALTHY MEALS

## MATCH

CALORIES

CARBOHYDRATES

MILK PRODUCTS

FAT

FIBRE

MINERALS

PROTEIN

VITAMINS

PRODUKTY MLECZNE

TŁUSZCZ

WĘGLOWODANY

WITAMINY

KALORIE

BŁONNIK

BIAŁKA

MINERAŁY

MATCH THE FOOD ITEMS IN THE PHOTO WITH THE WORDS IN THE BOX

DRAG THE NUMBERS

bread and pasta

meat and fish


sweets

fruit and vegetables

milk and butter



READ THE BLOG AND COMPLETE THE SENTENCES



**Healthy meals**  
by Harry

We need protein for our brains, fibre to make food go through our bodies and carbohydrates for energy. Vitamins and minerals help us grow and help us stay healthy.

**Breakfast**  
In the morning you need to be active, so have a healthy breakfast. I like cereal with milk and a glass of orange juice. Carbohydrates in cereal give you energy, the milk has minerals and orange juice has Vitamin C. In fact, all fruit has lots of vitamins.

**Lunch**  
For lunch I usually have chicken and tomato sandwiches with brown bread. It's better than white bread because it has more fibre. Chicken has protein, so you can do well in class! 😊 And tomatoes have fibre and Vitamin E. I only put a little butter because it has fat and it isn't good for your health.

**Dinner**  
I like fish or meat for dinner because it has protein. Red meat also has important minerals. I add potatoes, pasta or rice - they have carbohydrates - and green vegetables for fibre and vitamins.

**Snacks**  
I try not to eat sweets or chocolates! Sugar and fat have lots of calories, so they're not good for you! Have an apple, a cereal bar or a salad instead. I sometimes boil an egg for an egg sandwich because milk products (eggs, milk, cheese, yoghurt, butter) have protein and minerals.

- 1 \_\_\_\_\_ is good for our brains.
- 2 We get energy from \_\_\_\_\_ in cereal.
- 3 There are \_\_\_\_\_ in all types of fruit.
- 4 There is \_\_\_\_\_ in butter.
- 5 Green vegetables have \_\_\_\_\_ and vitamins.
- 6 There are lots of \_\_\_\_\_ in food with sugar and fats.
- 7 Milk products have protein and \_\_\_\_\_.

COMPLETE THE TABLE WITH THE FOOD ITEMS

APPLE BUTTER FISH MILK RICE POTATOES

VITAMINS	
FIBRE	
MINERALS	
PROTEIN	
FAT	
CARBOHYDRATES	

WATCH