

WHY DO I EAT?

Legumes and Animal Products

Beans and peas are legumes. Legumes come from plants, but scientists group them with animal products because they are similar to animal products in some ways. Legumes and animal products both help our body grow. Any food that comes from an animal is an animal product. Milk comes from cows, so it is an animal product. Meat comes from animals, so it is also an animal product. Fish, ¹ chicken, and ² are more examples of animal products.

Grains and Tubers

Tubers are starchy vegetables that grow underground, but some scientists group them with grains because they are similar to grains in some ways. Tubers and grains both give our body a lot of energy. Bread, rice, ³ , and ⁴ are examples of foods in the grains group. Potatoes and yucca are examples of tubers.



Fruits and Vegetables

Fruits are the parts of plants that we eat and that have seeds. Apples, ⁵ , and ⁶ are examples of fruits. Vegetables also come from plants. Lettuce and cucumbers are examples of vegetables.



What does the Eat Well Plate tell us? Look at the Eat Well Plate on page 4, read and underline to complete the text.

The Eat Well Plate

The **Eat Well Plate** is a guide to achieving a healthy diet. It can help people decide what foods to eat and in what proportions. The Eat Well Plate shows that a healthy diet is **balanced**, which means that you should eat foods from the three food groups in different proportions / **the same proportions**. Within some food groups, however, the Eat Well Plate recommends that you **eat more** / **the same amount** of certain foods. For example, according to the plate, you should eat more legumes than animal products. It's important to note that the Eat Well Plate **does** / **doesn't** recommend the exact quantities of food you should eat. The exact quantity of food you should eat will depend on your age, gender, and the amount of physical activity you do. It's also important to note that fats and sugars, such as candy and oil, **do** / **do not** appear on the Eat Well Plate because you should not eat them every day.