

NUTRITION 8 – BALANCED DIET

1. Watch the video "[Food pyramid | Healthy plate](#)" and answer the following questions.

- What's the meaning of the word "diet"?

The diet is the (1) _____ and (2) _____ we consume every day.

- What do we need to be strong and healthy?

We need to consume different types of (3) _____.

- What are grains rich in?

Grains are rich in (4) _____ and give (5) _____ to the body.

- What is better to eat: whole fruit or juice?

It is better to eat (6) _____.

- What is fruit a good source of?

Fruit is a good source of (7) _____, _____ and _____.

- What are vegetables good source of?

Vegetables is a good source of (8) _____, _____ and _____.

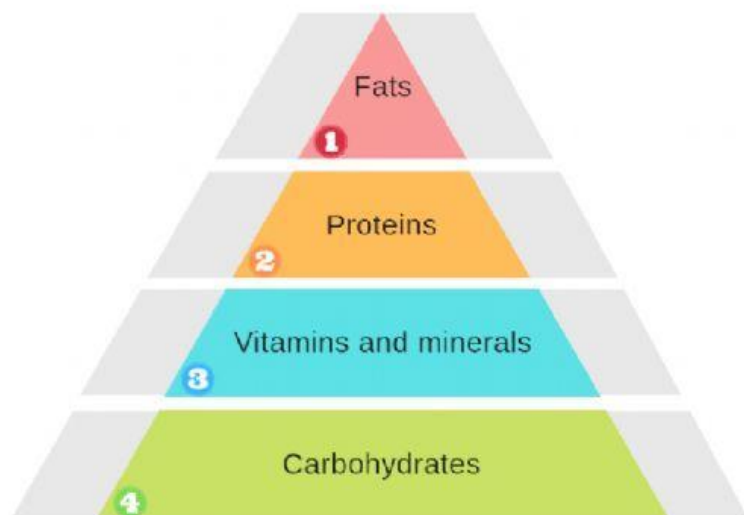
- What are meat and legumes rich in?

Meat and legumes are rich in (9) _____ and _____.

- What are dairy rich in?

Grains are rich in (10) _____, _____ and _____.

2. Classify each food by writing the number of the food group they belong.



lettuce ____



potatoes ____



strawberries ____



cheese ____



fish ____



chocolate ____



chicken ____



olive oil ____



pasta ____



bread ____



broccoli ____



water ____



pasta ____



legumes ____



pineapple ____



meat ____



onion ____



egg ____

3. Complete the sentences about the food pyramid.



1 Food with a lot of _____.
We must **only** eat this type of food _____.

2 Food rich in _____.
We must eat it _____ a week.

3 Food rich in _____ and _____.
We must eat these types of food _____.

4 Food rich in _____.
We must eat this food _____.

[CLICK HERE](#) to enjoy the video "Healthy or unhealthy Food Quiz" by Armagan Citak