

NUTRITION 9 – TIPS FOR HEALTHY FOOD

1. Watch the video "[What do humans need to stay healthy?](#)" and tick the correct answers to each question.

- **Why** is it important to **be healthy**?

- ☐ Because it helps you have more friends.
- ☐ Because it makes you feel good.
- ☐ Because it gets you sick.
- ☐ Because it helps you live longer.



- **What can you do** to be healthy?

- ☐ Eat a good balance diet.
- ☐ Watch the TV five hours each day.
- ☐ Drink lots of water.
- ☐ Eat lots of sweets.
- ☐ Do lots of exercise.
- ☐ Carry a heavy school bag.

- What **"good hygiene"** means?

- ☐ Keeping yourself clean.
- ☐ Wash your hands only when they are really dirty.
- ☐ Wash off the germs.
- ☐ Eat only what you like.

- How do **germs travel**?

- ☐ They travel on your skin.
- ☐ They travel by car.
- ☐ They travel through the air.
- ☐ They are on dirty surfaces.
- ☐ They are only on boys.
- ☐ They travel only on your hair.



• How can you **stop germs**?

- ___ Brushing your teeth once a week.
- ___ Washing your hands before you eat.
- ___ Washing your hands after using the toilet.
- ___ Washing your trousers.



2. Complete the sentences and match them with their image.

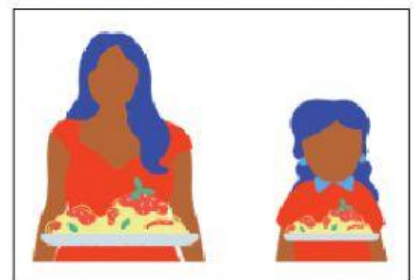
Avoid eating an excess of _____.
Your body stores the fat it doesn't use.
This is _____ for your health.



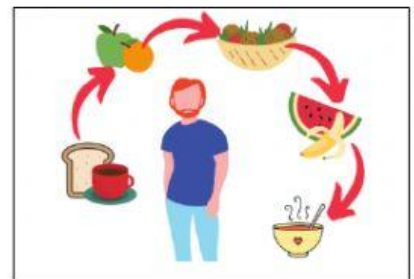
Eat the correct quantity of _____
for your body. A lack of nutrients means
we can get _____.



Eat _____ times a day: breakfast,
lunch, dinner and a piece of _____
or a yogurt between meals.



Always eat _____. It's the most
important meal of the day. It gives us
the _____ we need until lunch.



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