

## For Read/Write Learner

**Read the following text carefully and identify the generic structure of the text!**

### Choosing Healthy Foods: A Step-by-Step Guide

Selecting healthy foods is essential for maintaining a balanced diet and promoting overall well-being. Here's how to make nutritious choices when grocery shopping or planning meals.

**Grocery list (optional)**

- Nutrition labels (optional)

1. Plan Ahead: Make a list of healthy ingredients you'll need.
2. Read Labels: When purchasing packaged foods, read the nutrition labels carefully.
3. Incorporate Variety: Aim for a diverse selection of foods to ensure you're getting a wide range of nutrients.
4. Opt for Lean Proteins: Choose lean sources of protein such as poultry, fish, beans, lentils, tofu, and low-fat dairy products.
5. Include Plenty of Fruits and Vegetables: Fill half of your plate with fruits and vegetables at each meal.
6. Watch Portion Sizes: Be mindful of portion sizes to avoid overeating.
7. Stay Hydrated: Drink plenty of water throughout the day to stay hydrated.

By following these steps and making conscious choices, you can select healthy foods that nourish your body and support your overall health and well-being. Remember to prioritize whole, nutrient-rich foods and make gradual changes to your eating habits for long-term success.

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## Choosing Healthy Foods Made Easy

### Introduction:

Picking healthy foods is vital for feeling good. Here's how to do it without stress.

### Materials:

- Grocery list (optional)
- Nutrition labels (optional)

Arrange the steps into correct order! Drag and drop to correct number

### Steps:

Get your proteins from lean sources like chicken, fish, beans, and tofu.

Check the labels when buying packaged foods.

Plan Your Meals for the week and make a list of what you need.

Try to eat less packaged foods with lots of added sugars, unhealthy fats, and artificial stuff.

Drink plenty of water and avoid sugary drinks.

Use smaller plates and bowls to control how much you eat.

1. ....
2. ....
3. ....
4. ....
5. ....
6. ....