

Reading Task: The Eatwell Plate

The Eatwell Plate is a guide used in the United Kingdom to help people eat a healthy and balanced diet. It shows the different types of food we should eat, and in what proportions. It is designed for most people over the age of five.

The plate is divided into five sections. Each section represents a food group. These groups are:

1. **Fruit and Vegetables**

This group should make up about one-third of what we eat every day. It includes fresh, frozen, tinned, and dried fruit and vegetables. Eating a variety of colours and types is important. The aim is to eat at least five portions a day.

2. **Starchy Foods**

This includes foods such as bread, rice, pasta, potatoes and cereals. Wholegrain or higher-fibre versions are better for your health. This group also makes up around one-third of our daily food.

3. **Protein Foods**

This group includes beans, pulses, fish, eggs, meat and other proteins. It's a good idea to eat more beans and pulses, and less red or processed meat. Two portions of fish a week, including one oily fish such as salmon or mackerel, are recommended.

4. **Dairy and Alternatives**

Milk, cheese and yoghurt are in this group. Plant-based alternatives like soya drinks can also be included. Try to choose lower-fat and lower-sugar options when possible.

5. **Oils and Spreads**

These should be eaten in small amounts. It is better to use unsaturated oils, like olive or sunflower oil, rather than saturated fats such as butter.

The Eatwell Plate helps people make healthier food choices. It is not about strict diets, but about balance and variety over time. Drinking plenty of water and staying physically active are also important parts of a healthy lifestyle.

Comprehension Questions

A. True or False:

1. The Eatwell Plate is only for children under five.
2. You should eat at least five portions of fruit and vegetables each day.
3. Red meat is the best kind of protein according to the Eatwell Plate.
4. Dairy alternatives like soya drinks can be part of a healthy diet.
5. All oils and fats should be avoided completely.

B. Answer the questions:

1. What are the five food groups shown on the Eatwell Plate?
2. Why are wholegrain starchy foods better than white versions?
3. How often should you eat fish, and what kind is recommended?
4. What should you remember when choosing dairy products?
5. What is the main message of the Eatwell Plate?