READING COMPREHENSION TEST

FOOD GROUPS

There are five food groups. Each group is a type of food that gives you certain kinds of nutrients that you need to grow and be healthy. The Grains and Cereals Group is the first group. You probably eat the most of this group during the day. It includes things like potatoes, breads, rice, pulses, pasta and wheat products. This group give us energy to work, play and learn.

The Fruit and Vegetables (veggies) Group is the second group. Sometimes they are separated into two groups, but they are very similar. You should eat lots of them every day. You should eat veggies and fruits, onions, carrots bananas, peas and strawberries are included in this group. Different colours of veggies and fruits give us different minerals and vitamins. So try different colours during the day. Our body cannot produce vitamins and minerals, so we need to get them from the food we eat, as they are necessary for our body to function properly. The most important ones are iron and calcium.

The third group is The Dairy Group. It is made up of milk, cheese, butter and yogurt. These have plenty of calcium and proteins to help you grow. They made your muscles and bones strong.

The Proteins Group includes meat, fish, poultry but also nuts, beans, eggs and pulses. These foods have also plenty of minerals. Proteins provide materials for growth and to repair our body.

The last group is The Fats, Oils and Sugars Group. These are mainly sweets, treats and pastries that we love to eat but they have a very low nutritional value. Junk food belongs to this group.

It is very important to eat the right amount of each food group every day. Most of our food should come from whole grains, vegetables and fruits. Treats or junk food should be eaten not very often.

1. What does the Grains and Cereals Group provide?

a) Energy to work, play and learn
b) Sugar and fat
c) Calcium for bones
d) Vitamins only

2. Which foods belong to the Dairy Group?

a) Meat, fish and beans
b) Bread, rice and pasta
c) Fruits and vegetables
d) Milk, cheese, butter and yogurt

3. How many food groups are mentioned in the text?

a) Three

b) Five

c) Four

d) Six

4. Why should junk food be eaten only occasionally?

a) Because it has low nutritional value

b) Because it is expensive

c) Because it contains vegetables

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d) Because it helps build muscles

5. Why are vitamins and minerals essential for the body?

a) Because the body can produce them easily

b) Because they make food taste better

c) Because the body cannot produce them and needs them to function properly

d) Because they give instant energy

6. Why should people eat vegetables and fruits of different colours?

a) Because they taste better
b) Because they are cheaper
c) Because they contain sugar
a) Because different colours provide different vitamins and minerals

7. Why are proteins important for the body?

a) They only give energy

c) They contain sugar

b) They help repair and grow the body

d) They replace vitamins

8. Do you think it is easy to follow a balanced diet every day? Why or why not?

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9. Which food group do you think people eat too much of today?

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10. Why is it important to eat more whole grains, vegetables and fruits than sweets?

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