Diet

1 We can do many things to stay healthy. We can exercise. We can take a bath. We can brush our teeth each day. We can get enough sleep. If we do these kinds of things, we can live longer. We can be happier. And we may get sick less often.

2 Another part of being healthy is diet. Diet means what we eat and drink.

3 Our bodies need **nutrients**. These are chemicals that help our bodies grow. They give us energy. They keep us healthy. Nutrients come from food. A healthy diet has many nutrients.

4 A healthy diet has three parts. The first is variety. Variety means eating many different foods. Different foods give us many different nutrients.

5 The second is balance. Balance means the right amount from each food group. We should eat many fruits and vegetables. We should eat less sugar, fat, and meat.

6 The third is moderation. Moderation means not eating too much. A person should not eat more food than the body needs. Eating too much can make a person's body sick.

7 If we follow these suggestions, we will have a healthy diet.

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This passage is mostly about	An example of variety is eating	An example of balance is getting	An example of moderation is	*Nutrients* (paragraph 3) are
eating healthy food	many different foods.	up early in the morning.	not buying vegetables	people who like to try new kinds of food.
exercising each day.	only once each day.	the right kinds of foods.	not being rude to people.	parts of food that help our bodies grow.
sleeping well at night.	with your family.	exercise in different ways.	not eating too much.	activities that people do for exercise.

LIVEWORKSHEETS