

# HEALTHY EATING

Watch  the video and fill in the gaps:

## Kid's Healthy Eating Plate



grow   food pyramid   healthy eating   body   bad   every day   meat   eggs   little   rice  
fats and sweets   be healthy   fish   be strong   one to three   cheese   five   potatoes   milk  
dairy   minerals   strong   daily   vitamins   cereals   pasta   butter   bread

The video is about

Healthy foods are fundamental for our existence they help us

,  and  .



We need to learn about the  and follow its steps.

The first Step is about  .

It is the worst one; we must eat  from this step. They are very  for our



The second step is formed by   
 and

It is important to eat this food  .

The third step is all about .

It consists on   and .

You must eat this food from  times a day.



Fruit and vegetables feed our body with  and

and allow us to stay safe and .

Doctors recommend eating them  times a day.

The fifth step is the group of

and  You must eat them .

Choose the four correct sentences:

Doctors and nutritionists experts recommend:

To eat at different time every day

To eat in front of the television

To eat with the family

To eat at the same time every day

To drink coke

To do plenty of physical exercises

To play computer games

To drink water