

Subject: English  
Project 2- Week 2

TOPIC: HEALTHY FOOD



READ.

Food groups



We all need to eat healthy food. Potato chips, cookies and Candy are delicious, but you cannot eat a lot of it and be healthy. Eating healthy food is good for our bones, muscles and even our hair and nails. It is important to choose from all of the food groups that you can find in your house. For example, grains are important for getting you the **fiber** that your digestive system needs, and you can find them in rice, **oatmeal** and bread. Milk, yogurt, butter and cheese are important to get strong bones because these dairy products have a lot of calcium. Proteins like beans, fish, meat and nuts are as important as eggs and chicken in your daily diet. And finally, combining everything with a lot of vegetables and fruits will help you to receive the **minerals** and vitamins that your body needs.



Why is this food group important to eat at your meals?

Look at the pictures according to the vocabulary.



**Vegetables:** They have vitamins, minerals, and fiber that help our body do it's job like pump blood through our body, digest food, and clean out our cells.





• **Fruits:** They have vitamins and phytonutrients that keep us from getting sick (vitamin C) and even avoid diseases.



• **Protein:** Helps us to grow muscles!



• **Grains:** Give us energy to run and play



### Dairy products



cheese



yogurt



milk



ice cream



butter



cottage cheese



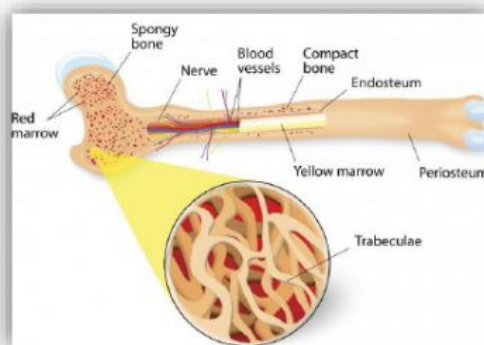
sour cream



whipped cream



kefir



• **Dairy:** Helps build our bones.

1.- Test your family. Ask your family the following questions:

a. What does 50% (per cent) refer to in the reading?

b. Give two examples of dairy products.

c. Do dairy products contain calcium?

d. Give two examples of grains.

**2. Choose the best answer for each question.**

- a. What food will help you to get strong bones?  
1. protein      2. fruits      3. dairy      4. grains
- b. Eating healthy food will make you  
1. sorry      2. sick      3. strong      4. important
- c. If you eat vegetables and fruits you will get  
1. minerals      2. fat      3. water      4. bones
- d. Grains help you because they provide  
1. proteins      2. grains      3. vitamins      4. fiber

**GLOSSARY**

**3. Write the definition of the following words**

Choice.:

Stay healthy:


Bone:

Candy:

**Activity 3.- Planning a week of meals. Talk about what kinds of meals are best for you and why.**

DAY	BREAKFAST	LUNCH	DINNER
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			



- 4. -**  Listen to a conversation between two teenage friends about habits. List the good habits and bad habits that are mentioned in their conversation.

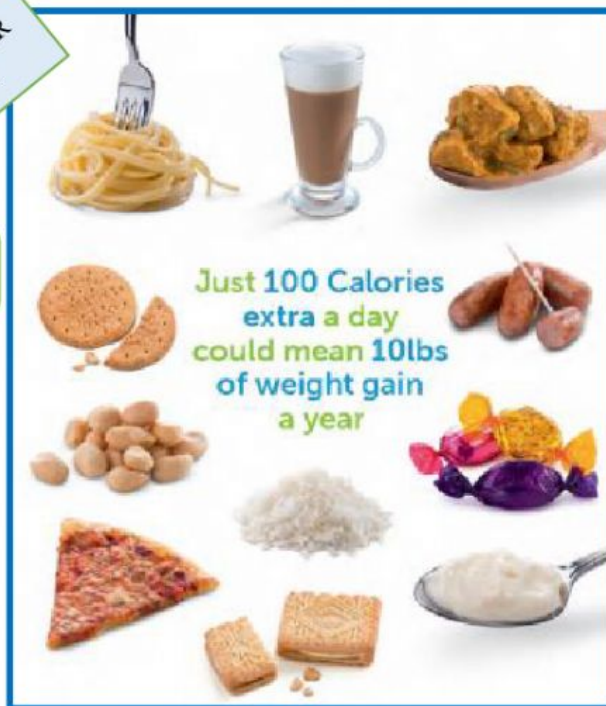
GOOD HABITS	BAD HABITS





REMEMBER  
THAT

And those extra calories can be burned up by  
a 20 to 30 minutes brisk daily walk?.



Miss Anita Quisiguiña and Miss Mayra Medina, English teachers.