

Name: \_\_\_\_\_

# Unit 5: Food and Health

**Instructions:** Read the text below and answer the questions.

There are 5 food groups. Each food group is a type of food that gives you nutrients that you need to be healthy and for your body to grow.

The first group is protein. We need foods containing proteins to help our bodies to grow and repair themselves. Some examples of protein include meat, milk, eggs and fish.

The next group is carbohydrates. The foods in this group give our body energy in order to carry out our daily lives. Bread, chips, pasta and rice are examples of food that contain carbohydrates.

The vitamins and minerals are the second group. You should eat a lot of these every day because it keeps our body healthy. Different coloured fruits and vegetables in this group have different nutrients.

Fibre is the fourth group. This food group helps us to digest our food and keeps our intestines healthy. Some examples include fruit, vegetables, cereals and brown bread.

The final food group is fats. Fats provide energy and help in building up our body. We should not take too much fats in our diet. Examples of fats include cakes, butter, biscuits and cheese.

It is important to eat the right amount of foods from all the food groups. Do not just eat one kind of food. Most of our food should come from the carbohydrates group and the vitamins and minerals group.



**Instructions: Based on the text above answer True (T) or False (F).  
Correct the false sentence.**

Eg. There are six food groups.

F

There are five food groups

1. The first food group help our bodies to grow and repair themselves.

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2. We should eat fruits and vegetables one time a week.

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- 3.. Different coloured fruits and vegetables have different nutrients.

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4. We should take a lot of fats in our diet.

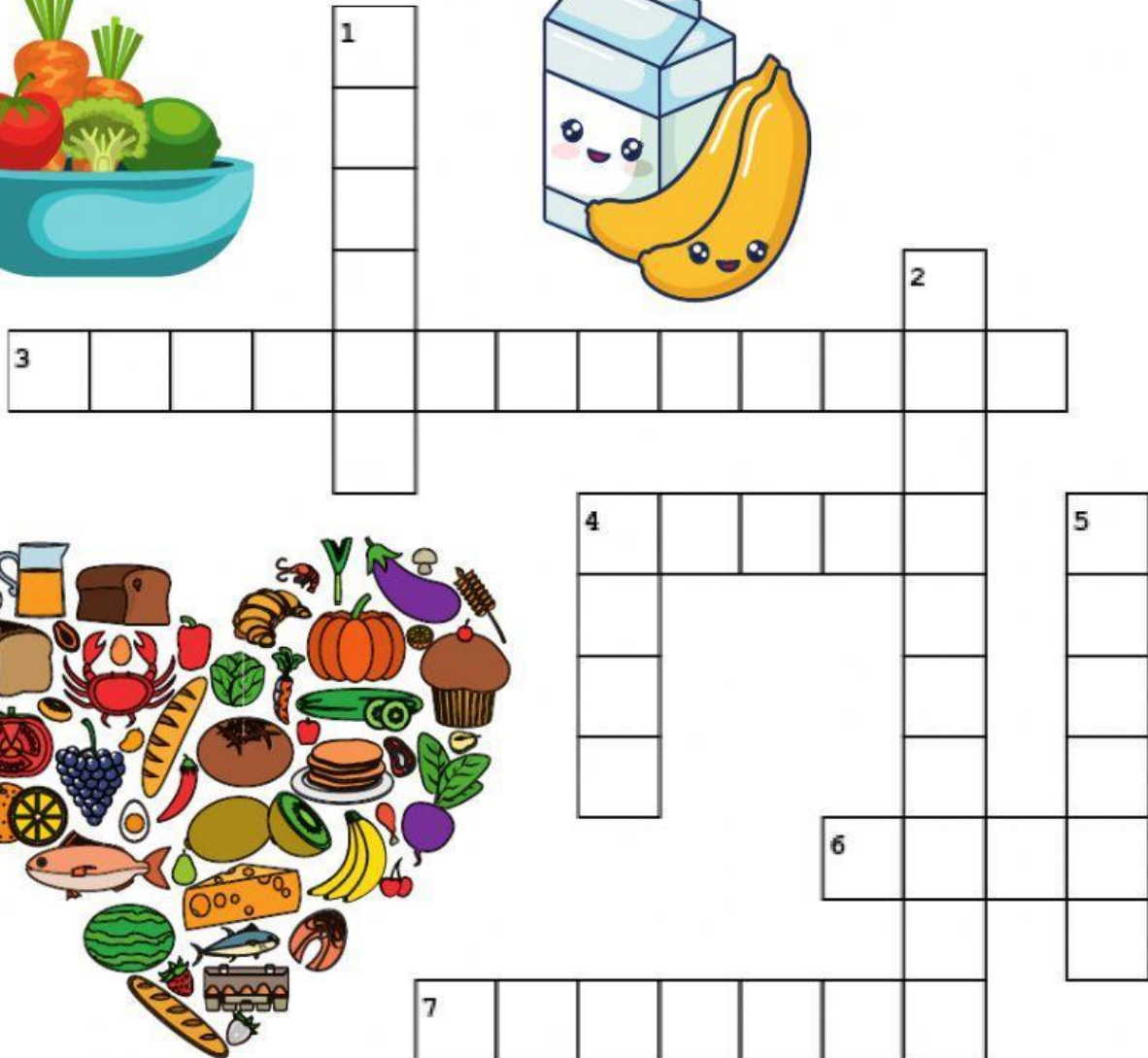
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5. Some examples of carbohydrates are meat, milk, eggs and fish.

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# Food Crossword Puzzle



## Across

3. This food group gives our body energy
4. This food group helps us digest our food
6. This drink comes from a cow
7. Another word for deer meat

## Down

1. Another word for the meat of a goat
2. A person who does not eat meat
4. The number of food groups
5. A small meal eaten between meals