Reading/listening Comprehension

Read/listen to the following passage and answer the questions that follow.

The Six Food Groups

Nutrition is all the foods we eat and the different ways our bodies use this food. Food is made up of nutrients. Nutrients are substances that the body uses to grow and keep healthy. No one food has all the nutrients our bodies need. We must eat from the six food groups so we can get what is called a balanced diet. Everything we eat and drink is called our diet. The six food groups are:

1. Staple foods: such as rice, oats, ground provisions and wheat products.
2. Legumes: which are peas, beans, nuts. Example: gungo, peanut
3. Dark green leafy and yellow vegetables: such as callaloo and pumpkin
4. Foods from animal sources: fish, chicken, duck, beef, milk, cheese, eggs.
5. Fruits: such as mangoes, ripe bananas, limes, soursops, pears, tomatoes
6. Fats: these are oils, margarine, butter, avocado pears and fats from the meats and fish we eat

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Select the best response for each question.

1. Nutrients are used for a. Malnutrition b. Growth and health c. Stopping growth	**2. There are ___ food groups** a. Five b. Six c. eight
3. Everything we eat and drink is called our____ a. diet b. water c. bodies	**4. Food is made up of____** a. Iron b. Balance c. nutrients
5. The six food groups are a. staples, wheat, yam, dasheen, cocoa, flour b. legumes, animal sources, fats, fruit, vegetables, staples c. fruits, fats, fish, cheese, milk, beans	**6. Two examples of legumes not mentioned in the passage are** a. chick peas & broad beans b. tin peas & nut crackers c. melon seeds & pumpkin seeds
7. We get lots of fats from some foods. Can you find a group here? a. Carrots, peas, cabbage b. Beef, eggs, cheese c. Melon orange butter	**8. What might happen if you do not eat a balanced diet daily?** a. get fat b. malnourished c. grow tall

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