



Date: Today is _____, November _____, 2021.

Name: _____ Class: 6th _____

UNIT 5 LESSON 4: YOUR HEALTH

A. Read and choose.

1. Take a shower often and go to bed	early successful
2. Try to get some	balanced exercise once or twice a day.
3. It's important to eat a	possible balanced meal three times a day.
4. Getting enough sleep is a healthy	habit. exercise.

B. Read. Then, answer the questions.

Skills Tip

Skim the reading for main ideas.

Balanced Meals

Did you know that eating balanced meals is good for your health? A balanced meal has food from all six food groups. Your age and how much you exercise can tell you how much to eat from each group.



The first food group is called grains. Foods like bread, rice, and pasta are in this group. The next two groups are vegetables and fruits. Next comes the dairy group, which has foods like cheese and yogurt in it. After that is the meat and beans group. The last group is called oils. You can find oils in foods like nuts, fish, and some vegetables.

1. What kind of meals are good for your health?

_____ are good for your health.

2. How many food groups are in a balanced meal?

There are _____ in a balanced meal.

3. Where can you find oils?

You can find oils in _____, _____ and some _____.

4. What is the first group called?

The first _____.

5. What are some foods in the dairy group?

The dairy group has foods like _____ and _____.

C. Look at the pictures and read. Then, drag and drop.

The food pyramid is divided into six horizontal sections, each with a central dot. To the right of the pyramid are six labels in colored boxes, each corresponding to a section of the pyramid:

- Oil (Blue box, top section)
- Meat and Beans (Red box, second section)
- Dairy Products (Yellow box, third section)
- Vegetables (Green box, fourth section)
- Fruits (Pink box, fifth section)
- Grains (Orange box, bottom section)

To the left of the pyramid are six boxes containing food items for a drag-and-drop activity:

- Top box: Wheat stalks, bread, and butter.
- Second box: A variety of fruits including apples, oranges, and grapes.
- Third box: Various dairy products like milk, cheese, and yogurt.
- Fourth box: Various vegetables including broccoli, carrots, and tomatoes.
- Fifth box: A variety of meats and beans.
- Sixth box: A variety of grains including rice, wheat, and corn.

D. Read the chart. Then, write.

Food Groups	Breakfast	Lunch	Dinner
Grains		X	
Vegetables		X	X
Fruits	X		X
Dairy	X	X	X
Meat and Beans		X	X
Oils		X	

1. How often do you eat foods from the grains group?

I eat foods from the grains group once a day.

2. How often do you eat foods from the dairy group?

I eat foods from the dairy group _____.

3. How often do you eat foods from the meat and beans group?

I eat foods from the meat and beans group _____.