Institución educativa fiscal "13 de abril"

Name: .....

A. READ THE TEXT AND WRITE TRUE (T) OR FALSE (F) IN THE QUESTIONS BELOW. (15%)

HEALTHY FOOD

Healthy Eating Food keeps us healthy and help us grow.

Food provides us with energy to be able to function throughout the day. By eating a balanced diet, your body obtains the fuel and nutrients it needs to function properly. Your body needs minerals to make hormones, build bones and regulate your heartbeat.

Carbohydrates Bread, rice and potatoes are carbohydrate rich foods. These foods give us energy. You should try and eat a lot of carbohydrates each day.

Fruit and vegetables provide us vitamins and minerals essential for keeping us healthy as well as fibre which is important for digestion. A diet high in fibre can also reduce your risk of heart disease, stroke and some cancers. Try to eat at least five portions of fruit and vegetables a day.

Dairy products are great sources of protein and calcium and are found in milk, cheese and yogurt. Protein helps our bodies to grow or repair themselves.

Protein builds, maintains, and replaces the tissues in your body. Your muscles, organs, and immune system. Example Meat, Fish, Eggs and Beans These foods are a good source of protein, vitamins and minerals in your diet.

These foods help the body to grow and repair itself and keep hair, skin, muscles and nails strong. High in Fats and Sugar These foods provide the body with energy, Too much fat in your diet can raise cholesterol, which increases the risk of heart disease. A small amount of fat is part of a healthy, balanced diet. Fat is a source of essential fatty acids such as omega-3 because the body cannot make them itself. Fat helps the body absorb vitamins A, D and E. To be healthy, nutritious food is needed to provide energy for the body. A variety of food is needed in the diet because different foods contain different substances that are needed to keep you healthy.

LIVEWORKSHEETS

1. The food pyramid is not important.

TRUE FALSE

2. Drink 6 glasses of water per day is necessary in our diet.

TRUE FALSE

3. Fruits and vegetables provide us of vitamins and minerals

TRUE FALSE

B. Complete a Healthy Food basket (25%)
(DROP AND DRAG THE HEALTHY AND UNHEALTHY FOOD IN THE CORRESPONDING BASKET)



LIVEWORKSHEETS