

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

# FOOD



One of the basic human needs is food. Food is important to life. The kind of foods eaten and their nutritional value have a direct effect on one's health and well-being. Therefore, it is important to eat healthy foods.

Food choices are influenced by the following factors:

- Location (Where people live)
- Cultural patterns and social interaction: (traditions festivals, homecomings, family gatherings, )
- Eating habits (bingeing, overeating, hunger)
- Accessibility (Income, purchasing power)
- Availability (local production, imports)
- Advertisements
- Food preparation (Fried, baked, jerked, boiled)

No one food gives all the nutrients that the body needs to stay healthy, so it is best to eat a variety of different foods every day. The foods

that make up the daily food requirement should be low in fat and high in vitamins, minerals and fiber.

Foods that are high in fat, sugar and sodium (salt) should be consumed in small amounts.

### **Dietary tips for children and adolescents**

- Eat lots of different foods every day to be healthy.
- Fruits are healthy and tasty snacks which provide vitamins, minerals and fiber
- Don't skip meals, especially breakfast; it can lead to overeating. Skipping breakfast can also cause a lack of concentration for school work.
- Drink water daily
- Share food with family and friends

### **ASSIGNMENT**

Read the passage. Choose **true** or **false** to describe the statements that follow.

1. Food is a basic need for all people.
2. Where someone lives affects the food they eat.
3. Television and internet ads can affect the type of food a person eats.
4. It is healthy to eat the same food daily.

5. You should only eat a small amount of food that is high in fat, sugar and salt.
6. It is healthy to skip lunch every once in a while.
7. You should drink water every day.
8. The food we eat does not affect our health.