Healthy lifestyle – Healthy diet

Dan the food man answers your questions

Q: I'm a vegetarian. My friends say my diet is bad because there's no protein in it. Is this true?

Marcel, New York, USA

Dan: That's a good question, Marcel. Protein is very important in your diet. It gives you strength. There's protein in meat and fish but if you're vegetarian and you don't eat meat or fish, don't worry. There's also protein in nuts, eggs, milk and cheese.

Q: I love biscuits, chocolate and ice cream. Is this a problem?

Linda, Manchester, UK

Dan: I like those things too, Linda, but there are a lot of carbohydrates, sugars and fats in sweet foods so I only eat them once or twice a week. Carbohydrates aren't always bad for you. There are carbohydrates in bread, pasta and rice and you need them for energy. But a lot of sugar and fat is bad for you. A healthy diet has got protein, carbohydrates, vitamins, minerals and some fats.

Q: I know that fruit is very important, but it's so boring! What can I do?

Sue, London, UK

Dan: Don't worry, Sue! It's true that fruit contains a lot of vitamins and minerals but they are also in foods like vegetables, fish and meat. Vitamins and minerals are important because they help your body to work properly. Try a smoothie. Put some bananas, apples, strawberries and yoghurt with some orange juice in a blender. It's great!

NEW WORDS:
strength- сила
carbohydrates- въглехидрати
fats- мазнини
contain- съдържа
properly- правилно
blender- пасатор

2. Read the text again and complete the information

	Examples	Why they're important
Protein	(?)	(?)
Carbohydrates	(?)	(?)
Vitamins and minerals	(?)	(?)

Read the website again and answer the questions.

1 Does Marcel eat meat?

2 What are Linda's favourite foods?

3 Does Dan like chocolate?

4 How often does Dan eat sweet foods?

5 What does Sue think of fruit?

6 What's in Dan's smoothie?

3. Terry is doing a project on sports diets for school. Listen to his interview with Carla, a marathon runner, and complete Terry's notes about Carla's diet.

	Food	Drink
• During training	Carbohydrates, ...	(?)
• The night before the race	(?)	(?)
• The morning of the race	(?)	(?)
• During the race	(?)	(?)

3 Label the diagram on the website with the words in the box.

- carbohydrates
- dairy foods
- fruit and vegetables
- protein
- fats and sugars

1_____ 2_____ 3_____

4_____ 5_____