Lesson 4 Your Health

A Circle.

1. Take a shower often and go to bed (early. / successful.)

2. Try to get some (balanced meal / exercise) (once or twice a day. / three times a day.)

3. It's important to eat a (possible / balanced meal) (once or twice a day. / three times a day.)

4. Getting enough sleep is a healthy (habit. / exercise.)

B Read and write.

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?

_____

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

_____

3. What can tell you how much to eat from each group?

_____

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C Write.

1. Where can you find oils?

_____

2. What is the first food group called?

_____

3. What are some foods in the dairy group?

_____

D What about you? Fill in the chart. Then write.

The food groups	Breakfast	Lunch	Dinner
grains			
vegetables			
fruits			
dairy			
meat and beans			
oils			

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

I eat foods from the grains group _____ a day.

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

_____

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

_____

E Think and write.

Do you eat balanced meals three times a day? What are some ways that your meals could be more healthy?

_____

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