

HEALTHY EATING

Watch the video and fill in the gaps with the words from the box.



healthy vegetables nothing sweets dairy doctors experts
grow delicious vitamins five fats daily proteins fruit
 shouldn't water cereals exercise body

Healthy foods are fundamental for our existence. They help us _____, be strong and be _____. To eat healthily we need to learn about the food pyramid and follow its steps.

The first step on the pyramid, the smallest one is the one about _____ and _____. It's the favourite one by all children, but it is the worst one. One must eat very little or _____ from this step. Pastries and sweets are _____, but they contain a high number of calories which are very bad for our _____. In fact, many _____ agree that this sector is very bad for our health.

The second step is formed by _____: meat, fish and eggs. It is very important to vary these foods every single day - you _____ just eat meat because you don't like fish. In fact, we should eat more fish and eggs than meat.

The third step is all about _____. This group consists of milk, cheese and butter. I especially like yoghurts. We must eat these foods from one to three times a day.

The fourth step is extremely important because it evolves around _____ and _____. These foods fill our bodies with _____ and minerals

and allow us to stay in shape and be strong. Doctors recommend to eat these _____ times a day. If you do, your body will thank you.

The base of the pyramid, the fifth step, is the group of the carbohydrates. Here you can find _____, bread, pasta, rice and potatoes. They are also very important, so we must eat them _____ as well as following the different steps in the pyramid. We need to take into account the advice of doctors and nutrition _____.

Eating with family will always be beneficial and also drink plenty of _____, but most importantly, every day we must do some kind of physical _____. If you eat healthy and do exercise, you will grow strong both mentally and physically.

2. Answer shortly the following questions about the text!

- 1.) What do healthy foods help us?
- 2.) Which step of the pyramid is the worst for our health?
- 3.) Should we eat more fish and eggs or meat?
- 4.) How do we call milk, cheese and butter?
- 5.) Why are fruit and vegetables so important?
- 6.) Which food is at the base of the pyramid?
- 7.) Name all the five steps of the pyramid!
- 8.) What will help you stay strong and healthy?
- 9.) What must we drink?
- 10.) What must we do every day besides healthy eating?

