



Date: September 3rd

## A HEALTHY DIET, A HEALTHY LIFE

### 1- Read the text.

Everyone needs to eat food. Farmers grow fruits, vegetables, rice, and wheat for people to eat. They also raise animals for meat and milk. People around the world eat lots of different food. Different countries have different typical dishes.

What are the typical dishes in your country?

What are your favorite dishes?

What are the names of the foods below?

Where in the world are they popular?



Now read and discover more  
about food around the world!



## Food for Life

Everyone needs food to live. It gives you energy to work and play. It also gives you nutrients to grow well and stay healthy. Do you eat a balanced diet with lots of different nutrients?

### Proteins

Your body needs proteins to build muscles. Proteins are also important for healthy hair and fingernails. You can get lots of proteins from meat, fish, and eggs. Dairy products, like milk, cheese, and yogurt, also contain proteins. Many people don't eat animal products, but they can get proteins from plant products. Pulses, like beans and lentils, are rich in proteins. Many grains, nuts, and seeds have proteins, too. Which of these foods do you eat?



### Carbohydrates

Carbohydrates give your body energy. You can get carbohydrates from grain products like rice, bread, and pasta. Your body digests these foods slowly, so they give you energy for many hours. Some vegetables, like potatoes, also have lots of carbohydrates. What grains and vegetables do you eat?

Sugar is also a carbohydrate. Your body digests sugar quickly, so it gives you energy right away. Don't eat too many sweet foods like candy or ice cream, and remember that you can also get sugar from naturally sweet foods. Have a bowl of fruit with a little honey!



We also need to drink lots of water to stay healthy. Did you know that about 70% of your body is water?



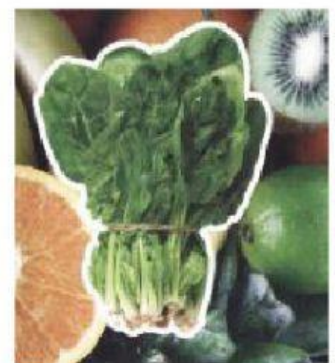
## Fats

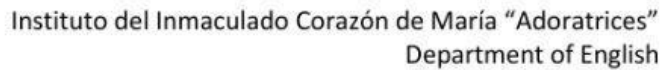
You need to eat some fats to grow well and stay healthy. Your body also stores fats for extra energy, and to keep you warm in winter. Some types of meat and fish have a lot of fats. Dairy products, like butter and cheese, have fats, too. You can also get fats from plant products like nuts, seeds, and vegetable oils. Be careful – too many fats can make you fat!



## Vitamins

Your body needs vitamins to stay healthy and fight diseases. Vitamin A keeps your skin healthy. You can get vitamin A from orange fruits and vegetables like carrots or pumpkins. Dark green vegetables, like spinach, have lots of vitamin A, too. Dairy products give you vitamin B for healthy blood. You can also get vitamin B from meat, fish, and eggs. Vitamin C helps your body fight diseases. You can get vitamin C from citrus fruits like oranges and lemons.





Your body also needs minerals. You need calcium for strong bones and healthy teeth. Dairy products, like milk and yogurt, are good sources of calcium. You also need iron for healthy blood. You can get iron from red meat and eggs, or from vegetables like broccoli and spinach. Salt is also an important mineral, but be careful! Too much salty food is bad for you.



- a) You can't live if you don't eat food ☐
- b) You can find fat in vegetables. ☐
- c) Vegetarians don't have protein in their diet ☐
- d) 70 % of our body is water. ☐
- e) Calcium, salt and iron are minerals ☐

The diagram illustrates the five major classes of nutrients, arranged in two rows. The top row contains three boxes: Proteins (yellow), Carbohydrates (blue), and Fats (red). The bottom row contains two boxes: Vitamins (green) and Minerals (grey). Each box is divided into two horizontal sections, with the top section containing the nutrient name and the bottom section being empty.

| Proteins | Carbohydrates | Fats |
|----------|---------------|------|
|          |               |      |

| Vitamins | Minerals |
|----------|----------|
|          |          |