

Science_Types of food

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Read the text below.

Five Food Groups

Healthy diet contains various food that contains all the nutrients that our body need to be healthy. We need to eat various foods every day because each food contains nutrients that our body needs to be healthy. However, all the various foods that we eat can be classified into five food groups. They are: foods with a lot of carbohydrate; fruit and vegetables; milk and other dairy food; meat, fish and pulses; foods with a lot of fat and sugar.

Food with a lot of carbohydrate

Foods with a lot of carbohydrate are foods like cereal, bread, spaghetti, rice and crackers.

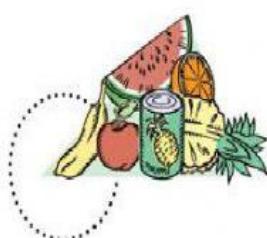


Carbohydrates give you energy. You can do your activities every day by eating carbohydrates.

You will be weak if you don't eat enough carbohydrates.

Fruit and vegetables

Vegetables are foods like broccoli, carrots, green beans. Vegetables help keep you healthy and feeling good. Some fruits are apples, pears, grapes, and blueberries. Fruits fight off infections and help you heal when you get hurt.



Milk and other dairy foods

The milk and other dairy group includes foods like milk, yogurt, cheese, ice cream and



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pudding. Foods from this group have calcium, which helps to grow strong bones and healthy teeth.

Meat, fish and pulses

Meat, fish and pulses group includes foods like hamburgers, chicken, fish, eggs, beans and nuts. Foods from the meat fish and pulses group are full of protein to help you build strong muscles.



Foods with a lot of fat and sugar

Of course, our body needs fat and sugar. Fat helps to absorb some vitamins. Just like carbohydrate, sugar gives us energy. However, we can only eat this food in a small amount. Eating too much of the food in this group is not good for our health. The examples are: candy, soda, pizza, french fries, etc.



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