

A healthy diet

1. Choose the correct option: **A healthy diet helps us to...**



eat nutrients
stay healthy
stay unhealthy

2. What is a healthy diet? Complete the concept

A healthy diet is _____. It provides
_____ and _____.

nutrients
balanced
energy
healthy



The _____ diet is the traditional diet
in _____. It consists of lots of _____
and _____, olive ____, fish and _____
among other foods.

3. Complete the table with the nutrients that the following food/meals have

FOOD/MEALS	CARBOHYDRATES	PROTEINS	FATS&SUGARS	VITAMINS	MINERALS
	+	+	+	+	+
	+	+	+	+	+
	+	+	+	+	+