

# NUTRITION 9 – TIPS FOR HEALTHY FOOD

1. Watch the video "[What do humans need to stay healthy?](#)" and tick the correct answers to each question.

- **Why** is it important to **be healthy**?

- ☐ Because it helps you have more friends.
- ☐ Because it makes you feel good.
- ☐ Because it gets you sick.
- ☐ Because it helps you live longer.



- **What can you do** to be healthy?

- ☐ Eat a good balance diet.
- ☐ Watch the TV five hours each day.
- ☐ Drink lots of water.
- ☐ Eat lots of sweets.
- ☐ Do lots of exercise.
- ☐ Carry a heavy school bag.

- What "**good hygiene**" means?

- ☐ Keeping yourself clean.
- ☐ Wash your hands only when they are really dirty.
- ☐ Wash off the germs.
- ☐ Eat only what you like.

- How do **germs travel**?

- ☐ They travel on your skin.
- ☐ They travel by car.
- ☐ They travel through the air.
- ☐ They are on dirty surfaces.
- ☐ They are only on boys.
- ☐ They travel only on your hair.



- How can you **stop germs**?

- \_\_\_ Brushing your teeth once a week.
- \_\_\_ Washing your hands before you eat.
- \_\_\_ Washing your hands after using the toilet.
- \_\_\_ Washing your trousers.



## 2. Complete the sentences and match them with their image.

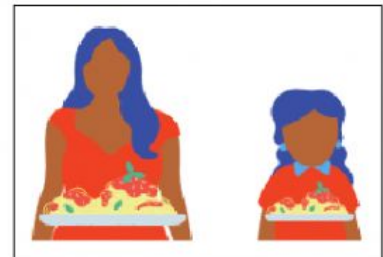
Avoid eating an excess of \_\_\_\_\_.  
Your body stores the fat it doesn't use.  
This is \_\_\_\_\_ for your health.



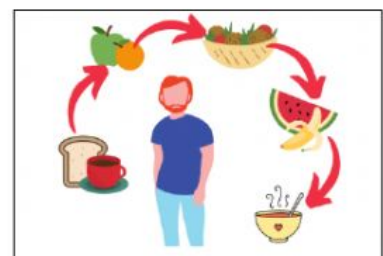
Eat the correct quantity of \_\_\_\_\_  
for your body. A lack of nutrients means  
we can get \_\_\_\_\_.



Eat \_\_\_\_\_ times a day: breakfast,  
lunch, dinner and a piece of \_\_\_\_\_  
or a yogurt between meals.



Always eat \_\_\_\_\_. It's the most  
important meal of the day. It gives us  
the \_\_\_\_\_ we need until lunch.



[CLICK HERE](#) to enjoy the video "Healthy or unhealthy Food Quiz" by Armagan Citak