

Reading

What food is good for you?

Exercise 1. Pair work. Ask a partner: "In which category do we put ...?"

Broccoli Beans Rice Grapes Bananas Pasta Crackers Milk
Cheese Fish Yogurt Peaches Cabbage Lettuce Peas Meat Chicken

Fruit	Vegetables	Grains	Protein	Dairy



The Food Plate You Need

We all eat food to get the energy our body needs. Sometimes, we do not make the **choices** that help us **stay healthy**. The image you see here represents a healthy way of eating: 50% of our daily diet should include fruits and vegetables. Eat meat, beans and nuts because they have the protein you need. When you choose dairy products like milk, cheese or yogurt, you get calcium for your **bones**. Finally, remember to include some grains like rice, pasta or bread. Healthy choices will get you the food you need, but you can also have candy like chocolate or marshmallows sometimes!