Food for Health



☐ Different food helps your body in different ways. Some food helps your body grow. Other food gives you energy.
There are four food groups. The fruit and vegetable group is the first. The meat group is the second. The milk group is the third. The bread and cereal group is the fourth. You need food from each group every day.

☐ Eat fruit and vegetables four or more times every day. This food helps keep you healthy. It helps your eyes and skin. It is good for your teeth, too.

☐ There is more to the meat group than just meat. Fish and eggs are in this food group. Chicken and turkey are, too. So are nuts and beans.
All this food helps you grow and be strong. You need to eat it twice a day.

☐ Food in the milk group helps your teeth and bones stay healthy. You need two to three cups of milk each day. You can drink milk or you can eat food made with

☐ Food in the bread and cereal group is made from plants called 'grains'. Grains give you energy. You can choose any grain food you like.

☐ Your diet is what you eat and drink. Good diet helps you stay healthy. Drink water. Eat healthy food at mealtimes. Eat different food. Choose food from the four food groups.

☐ Sometimes you are hungry between meals. You may ask for a snack. Food from the four food groups makes good snacks.

☐ All in all, healthy food is your good friend when it comes to staying healthy. Do not forget about your behaviour at the table, too. It is necessary to sit straight and eat slowly with a closed mouth. That way you will not only show your good manners, but your body will also digest your food better.

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LIVEWORKSHEETS