NUTRITIONAL NEEDS

We need to eat to meet our nutritional needs, but people often make their food choices for reasons other than nutrition. The availability of foods and their cost, the taste and appearance of foods, personal food likes and dislikes, convenience, religious and cultural practices and traditions, health and medical conditions, etc. are reasons why people eat the foods that they eat.

The foods in people's diets around the world are very different from each other, but all good diets must be composed of a variety of different foods that provide all of the food energy and other nutrients in the amounts needed. For most people, a good meal will be based on a starchy food, sometimes referred to as a "staple" food, as it forms the basis or main portion of the meal, and a variety of other foods (side dishes) that provide the additional protein, vitamins and minerals needed for a good, healthy diet.

Staple foods are usually starchy carbohydrates such as rice, pasta, bread, couscous, maize (corn), potatoes, and foods made from wheat, rice, rye, barley or oats. The other foods eaten with the meal should include generous amounts of vegetables and fruits; good amounts of legumes; smaller amounts of meat, poultry, eggs or fish and milk and milk products, such as cheese and yoghurt. The greater the variety of side dishes served with the staple food, the greater the chance that all the needed nutrients are included in the meal.

LIVEWORKSHEETS

A. **Find the word or phrase in bold in the passage that means:**

1. more than is necessary; large

_____

2. containing a lot of starch which provides the body with energy

_____

3. seeds in a pod, such as peas and beans

_____

4. the way something looks

_____

5. an amount of food for one person

_____

6. relating to the substances in food that help you to stay healthy

_____

7. consist of

_____

8. the kinds of food that a person usually eats

_____

LIVEWORKSHEETS

B. Choose the best answers.

1. The text is mainly about _____.
   a. what we should eat to be healthy
   b. the careful food choices we need to make
   c. the different reasons we eat what we eat and a healthy diet
   d. eating habits and dining customs
2. According to the first paragraph, people tend to eat _____.
   a. the foods they like b. foods that are rich in nutrients
   c. more food than their body needs d. the foods that are unhealthy
3. A healthy, balanced diet consisting of several food groups provides _____.
   a. everything you need to satisfy your hunger
   b. large quantities of protein
   c. only a small amount of carbohydrate
   d. all the required nutrients in proper amounts
4. What is a staple food?
   a. A food that plays an important role in a healthy diet.
   b. A food that is high in nutrients but low in calories.
   c. A food that makes up a significant portion of a person's diet
   d. A food that provides a large amount of starch.
5. Which is not considered as a starchy carbohydrate?
   a. spaghetti b. fruit salad c. breakfast cereals d. toast
6. Which is not true about a healthy diet?
   a. Eat a variety of foods in proper amounts.
   b. Make starchy foods the basic of most meals.
   c. Eat plenty of fruit and vegetables.
   d. Limit consumption of milk and dairy products.

LIVEWORKSHEETS