

What is the relationship between health and food?

1. Read the following list and tick what we should do to be healthy.

- Eating fish, chicken, dairy products and eggs everyday.
- Eating fish, chicken, dairy products and eggs in moderation.
- Eating fresh and seasonal foods.
- Eating processed foods.
- Using butter to fry food.
- Using olive oil.
- Only drink “energy drinks”.
- Make water your drink of choice.
- Doing physical exercise.
- Sitting on the couch all day playing video games.