

## Stage 5\_Unit 2\_Reading\_The food plate

### Exercise 1: Read and match the headings (1 – 5) with the paragraphs (a – e).

1. Fruit and vegetables \_\_\_\_\_
2. Grains, cereals and potatoes \_\_\_\_\_
3. Dairy products \_\_\_\_\_
4. Meat, fish, nuts and eggs \_\_\_\_\_
5. Fats and sugars \_\_\_\_\_

**a** These are made with milk. They contain **calcium**, which is good for both bones and teeth. Yoghurt and cheese are examples of these products too.

**b** These are good for us because they give our bodies energy. There are lots of grains to choose from, including brown rice, corn, wheat and oats.

**c** This type of foods contains **protein** and helps your body to grow and build muscles.

**d** We don't eat as many of these as we should! All vegetables contain **vitamins and minerals** that give us healthy hair and skin. They also contain **fibre**, which helps you to digest food properly. Make sure you eat whole fruit and don't drink as much fruit juice because it has a lot of sugar, which isn't good for you!

**e** We should eat foods with less salt and sugar, and we should drink fewer soft drinks too.

### Exercise 2: Read the text and choose the correct answer:

#### 1. What nutrient do dairy products like milk and cheese contain?

- A. Protein
- B. Fibre
- C. Calcium
- D. Sugar

✓ Answer: \_\_\_\_\_

#### 2. Why are grains such as brown rice and oats good for us?

- A. They help build muscles
- B. They provide us with energy
- C. They are low in salt
- D. They contain calcium

✓ Answer: \_\_\_\_\_

#### 3. What is the main benefit of foods that contain protein?

- A. They help you sleep better
- B. They help your body grow and build muscles
- C. They give your body energy

D. They protect your bones and teeth

✓ **Answer:** \_\_\_\_\_

**4. What do vegetables contain that is good for our skin and hair?**

A. Salt

B. Fibre

C. Sugar

D. Vitamins and minerals

✓ **Answer:** \_\_\_\_\_

**5. What helps with digestion according to the text?**

A. Protein

B. Calcium

C. Fibre

D. Oats

✓ **Answer:** \_\_\_\_\_

**6. Why should we drink less fruit juice?**

A. It doesn't taste good

B. It contains too much fibre

C. It has a lot of sugar

D. It contains calcium

✓ **Answer:** \_\_\_\_\_

**7. What is recommended to reduce in our diet according to the last passage?**

A. Protein and fibre

B. Salt and sugar

C. Grains and fruit

D. Vitamins and minerals

✓ **Answer:** \_\_\_\_\_

**8. Which statement is true about the text?**

A. All foods mentioned should be avoided.

B. Protein helps your bones.

C. Grains give energy and fruits contain vitamins.

D. Calcium is found in vegetables.

✓ **Answer:** \_\_\_\_\_