

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:** _____