

Why should we eat healthily ?

Eating right Year 4

Read and listen the text below carefully:

Eating right means choosing healthy food every day. We should eat different types of food like fruit and vegetables, grain, dairy, and meat. Fruit and vegetables give us vitamins that help us stay healthy. Meat and eggs have proteins that help our body grow strong. Rice and bread are grain foods that give us carbohydrates for energy. Drinking milk is also good because dairy helps make our bones strong.

Healthy food helps us feel good and stay active. If we eat too much fast food, we may feel tired and unhealthy. It is important to eat balanced meals and drink enough water every day. We should try to eat more fruit and vegetables and less sugary snacks. When we eat right, our body becomes strong and ready to learn and play.

