Unit 5: Food and Health

Instruction: Read the passage. Then, match the bold words to their meanings.

Children need healthy and balanced food to **complement** their growing bodies. Balanced food includes the right amounts of food belonging to certain food groups, such as protein, vitamins and minerals, carbohydrats, and fats.

A food pyramid is a pyramid-shaped illustration that gives you a picture of the various food items and their appropriate **proportions** that children must eat.

Children are involved in a lot of **physical** activities. So, they need carbohydrates as a **source** of energy. Grains are a **source** of carbohydrates. Children need minerals and vitamins too. Vegetables and fruits are a good source of these **nutrients**.

Milk and dairy products provide the required amount of calcium, vitamins and proteins for bone growth and building strong teeth. Meat, beans, and fish are rich in proteins that are **essential** in building and replacing the tissues in the body. Fats occupy a small portion of the food pyramid. Children require an **adequate** amount of fats and oils as they are still going through a developmental phase and are involved in a lot of physical activities that **require** energy.

1 complement	portions
2 proportions	where something originates from
3 physical	important
4 source	supplement
5 nutrients	something that provides nourishment
6 essential	enough
7 adequate	need
8 require	relating to the body

LS 3.2.3 *Guess the meaning of unfamiliar words from clues provided by title, topic and other known words*

LIVEWORKSHEETS