Health & Fitness

Eating Healthy

When you wake up, there is a stack of donuts, cereal with extra sugar, and some juice waiting for you. That sounds great, right? It might taste good, but is that a healthy way to eat? We all like to eat those treats, desserts, and fried foods, but those were meant to be occasional splurges, not our regular diet!



Eating healthy foods is part of a healthy lifestyle. In addition to getting enough sleep, drinking enough water, and exercising, eating healthy is one of the keys to staying healthy and happy!

To eat healthy, you need to start with breakfast. Don't skip it! Cereal and milk might taste good, but it does not have enough protein to keep us moving and thinking at our best when we go to school. Eggs, cheese, and meat add some great protein to our breakfast to keep us moving all day! Protein in the morning gives you long-lasting energy, instead of a burst of energy that sugar provides, leaving you sluggish and tired after the initial energy rush wears off.



For lunch, fruits and veggies go great with nutritious foods from the other food groups. Fruits and veggies give us the minerals and vitamins our bodies need to grow and stay healthy. If we don't get enough of these key nutrients, we can't keep those colds away! Who wants to be sick all the time?

For dinner, get a nice rounded meal from ALL the food groups. A slice of pizza might be tasty, but there isn't enough nutrition there! Your belly might be full, but your body will still be craving something else. Add chunks of fresh mango or other fruits to your salads to add a touch of sweetness and vitamins you need. Nuts and seeds are loaded with minerals and healthy fats that help your brain! Above all, eat a variety of foods every day.



Finally, get enough sleep. Your body repairs itself, grows, and fights germs best when you are rested. It does a lot of work while you're sleeping so that you can be at your very best and brightest!

LIVEWORKSHEETS

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A. Multiple Choice
Choose the correct answer according to the reading.

1. **According to the text, what should be an occasional treat rather than part of our regular diet?**



- A Fruits and vegetables.
- B Donuts, desserts, and fried foods.
- C Eggs, cheese, and meat.
- D Nuts and seeds.

2. **Why is protein important at breakfast?**



- A It provides long-lasting energy and helps us stay active.
- B It makes us feel sleepy. during the day.
- C It replaces the need to drink water.
- D It prevents us from eating lunch.

3. **What do fruits and vegetables provide to our bodies?**



- A Sugar and unhealthy fats.
- B Only carbohydrates.
- C Vitamins and minerals.
- D Artificial ingredients.

4. **What happens when we get enough sleep?**



- A Our bodies stop needing nutrients.
- B Our bodies repair themselves, grow, and fight germs.
- C We no longer need physical exercise.
- D We become hungry all the time.

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Activity 2. True or False

Instructions: Read the statements and select TRUE or FALSE.

- Eating healthy is one of the keys to staying healthy and happy.
- Eating sugary foods at breakfast provides longer-lasting energy than protein.
- Nuts and seeds contain minerals and healthy fats that help the brain.

Activity 3. Matching

Match the words in Column A with their correct descriptions in Column B.

Column A	Column B
Protein	A. Help the body grow and stay healthy.
Vitamins and minerals	B. Help the brain and provide healthy fats.
Nuts and seeds	C. Provide long-lasting energy and help us stay active.

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