

Diet

- 1 We can do many things to stay healthy. We can exercise. We can take a bath. We can brush our teeth each day. We can get enough sleep. If we do these kinds of things, we can live longer. We can be happier. And we may get sick less often.
- 2 Another part of being healthy is diet. Diet means what we eat and drink.
- 3 Our bodies need **nutrients**. These are chemicals that help our bodies grow. They give us energy. They keep us healthy. Nutrients come from food. A healthy diet has many nutrients.
- 4 A healthy diet has three parts. The first is variety. Variety means eating many different foods. Different foods give us many different nutrients.
- 5 The second is balance. Balance means the right amount from each food group. We should eat many fruits and vegetables. We should eat less sugar, fat, and meat.
- 6 The third is moderation. Moderation means not eating too much. A person should not eat more food than the body needs. Eating too much can make a person's body sick.
- 7 If we follow these suggestions, we will have a healthy diet.



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<input type="radio"/> This passage is mostly about	<input type="radio"/> An example of variety is eating	<input type="radio"/> An example of balance is getting	<input type="radio"/> An example of moderation is	<input type="radio"/> Nutrients (paragraph 3) are
<input type="radio"/> eating healthy food	<input type="radio"/> many different foods.	<input type="radio"/> up early in the morning.	<input type="radio"/> not buying vegetables	<input type="radio"/> people who like to try new kinds of food.
<input type="radio"/> exercising each day.	<input type="radio"/> only once each day.	<input type="radio"/> the right kinds of foods.	<input type="radio"/> not being rude to people.	<input type="radio"/> parts of food that help our bodies grow.
<input type="radio"/> sleeping well at night.	<input type="radio"/> with your family.	<input type="radio"/> exercise in different ways.	<input type="radio"/> not eating too much.	<input type="radio"/> activities that people do for exercise.