



Date: Today is \_\_\_\_\_, November \_\_\_\_\_, 2021.

Name: \_\_\_\_\_ Class: 6<sup>th</sup> \_\_\_\_\_

## UNIT 5 LESSON 4: YOUR HEALTH

### A. Read and choose.

1. Take a shower often and go to bed	early	successful
2. Try to get some	balanced exercise	once or twice a day.
3. It's important to eat a	possible balanced	meal three times a day.
4. Getting enough sleep is a healthy	habit.	exercise.

B. Read. Then, answer the questions.

## Skills Tip

Skim the reading for main ideas.

### Balanced Meals

Did you know that eating balanced meals is good for your health? A balanced meal has food from all six food groups. Your age and how much you exercise can tell you how much to eat from each group.



The first food group is called grains. Foods like bread, rice, and pasta are in this group. The next two groups are vegetables and fruits. Next comes the dairy group, which has foods like cheese and yogurt in it. After that is the meat and beans group. The last group is called oils. You can find oils in foods like nuts, fish, and some vegetables.

1. What kind of meals are good for your health?

\_\_\_\_\_ are good for your health.

2. How many food groups are in a balanced meal?

There are \_\_\_\_\_ in a balanced meal.

3. Where can you find oils?

You can find oils in \_\_\_\_\_, \_\_\_\_\_ and some \_\_\_\_\_.

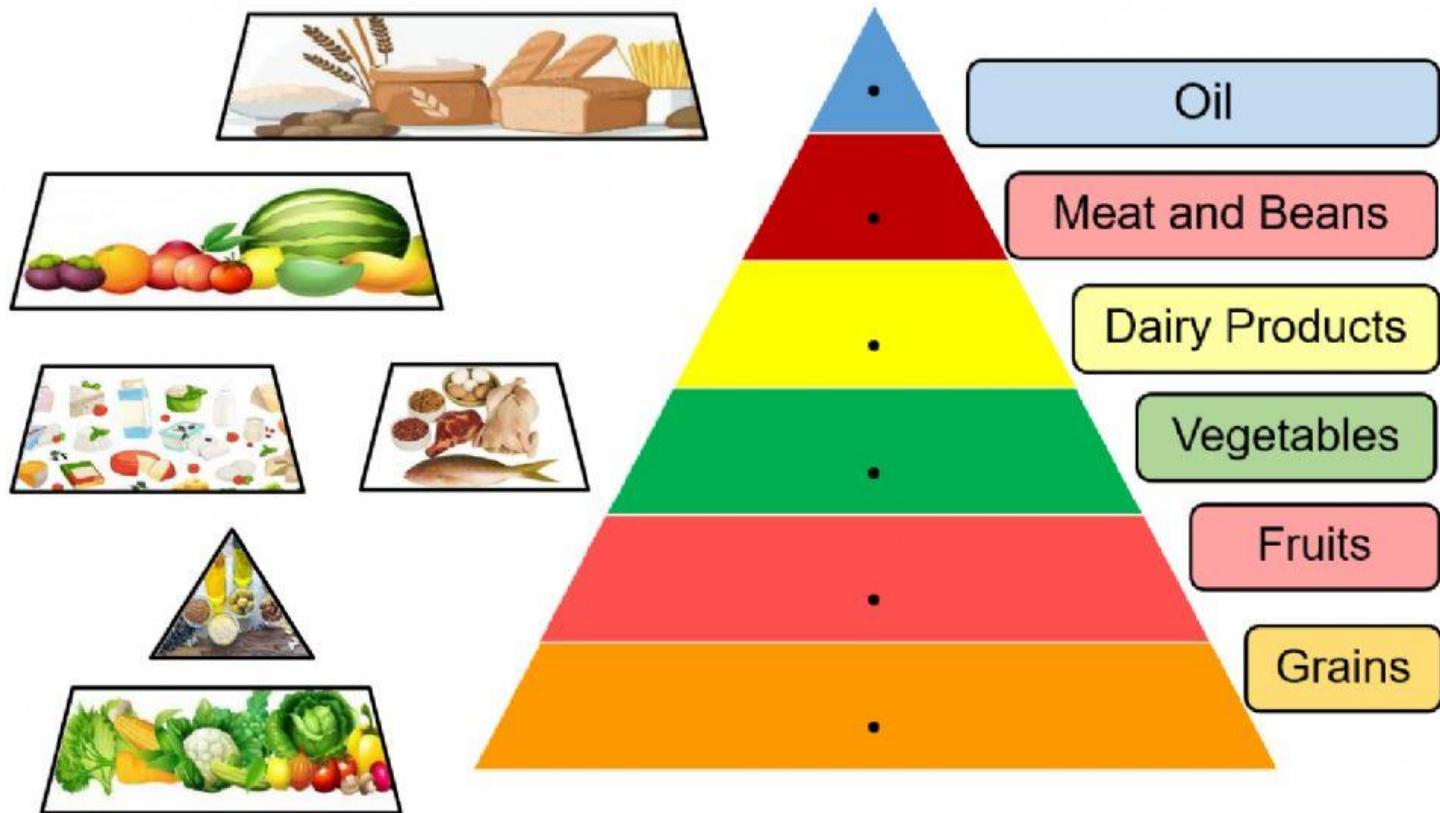
4. What is the first group called?

The first \_\_\_\_\_.

5. What are some foods in the dairy group?

The dairy group has foods like \_\_\_\_\_ and \_\_\_\_\_.

C. Look at the pictures and read. Then, drag and drop.



D. Read the chart. Then, write.

Food Groups	Breakfast	Lunch	Dinner
Grains		X	
Vegetables		X	X
Fruits	X		X
Dairy	X	X	X
Meat and Beans		X	X
Oils		X	

1. How often do you eat foods from the grains group?

I eat foods from the grains group once a day.

2. How often do you eat foods from the dairy group?

I eat foods from the dairy group \_\_\_\_\_.

3. How often do you eat foods from the meat and beans group?

I eat foods from the meat and beans group \_\_\_\_\_.