

Listen and write the answers. Use some of the words in the box.

sour salty chicken fried rice sweet orange juice spicy
yogurt with fruit and sugar pizza yogurt with fruit fruit and sugar lemonade
water rice and beans

- 1 Pablo would like _____.
- 2 The vegetable curry is _____.
- 3 Grandma would like _____.
- 4 Anna-Marie thinks the corn tortillas are _____.
- 5 The girl likes the _____.



apple cake carrots chips cookies donuts popcorn yogurt



- 1 I like _____, but
_____ is healthier.



- 2 _____ are delicious, but they have
a lot of sugar. I'll have an _____.



- 3 I love _____, but they're not
really good for me. _____ is better.



- 4 I had some _____ last night. Today, I
want to have some _____ for a snack.

amount
bad
balanced
bigger
breakfast
cheese
dairy
good health
greens
groups
healthy
salty
vegetables
water
whole grains

A Healthy Diet

It's breakfast time. You're hungry, and you say, "Mom, can I have a chocolate muffin?" But your mom says, "How about something ? Let's eat some cereal or fruit for instead." Why does your mom say this? Because your diet is important for your good health. A diet is the best way to stay . You should eat the right of grains, vegetables, fruit, protein (such as chicken), and dairy every day.

The chart below is called My Plate. It shows the right balance of different food that your diet should have. The Vegetables section is than the Protein section, so you should eat more vegetables than protein, such as meat. The Grains section is bigger than the Fruit section, so eat more grains, like corn, than fruit. The Dairy section is smaller than the others, so eat fewer dairy foods, such as and yogurt, than any other.

For a healthy body and mind, use the My Plate chart as a guide when you eat, and follow these simple rules:

- Eat food you like, but don't eat too much.
- Eat a lot of fruit and vegetables – about half of what you eat should be fruit and such as apples, carrots, and .
- Eat whole grains – half of your grains should be , such as whole-grain bread and pasta.
- Try to choose fat-free or low-fat milk, not whole milk, as too much fat is for you.
- Stay away from food that is too .
- Drink a lot of – don't choose sugary drinks.

Can you sometimes eat "bad" foods? Yes, of course, but don't eat too much. If you fill half of your plate with vegetables and stay away from too much fat, sugar, and salt, you'll stay in .



My Plate