# NUTRITION 9 – TIPS FOR HEALTHY FOOD

1. **Watch the video "What do humans need to stay healthy?" and tick the correct answers to each question.**

- **Why** is it important to **be healthy?**

___ Because it helps you have more friends.

___ Because it makes you feel good.

___ Because it gets you sick.

___ Because it helps you live longer.



- **What can you do** to be healthy?

___ Eat a good balance diet.

___ Watch the TV five hours each day.

___ Drink lots of water.

___ Eat lots of sweets.

___ Do lots of exercise.

___ Carry a heavy school bag.

- What "**good hygiene**" means?

___ Keeping yourself clean.

___ Wash your hands only when they are really dirty.

___ Wash off the germs.

___ Eat only what you like.



- How do **germs travel**?

___ They travel on your skin.

___ They travel by car.

___ They travel through the air.

___ They are on dirty surfaces.

___ They are only on boys.

___ They travel only on your hair.

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- How can you **stop germs**?

___ Brushing your teeth once a week.

___ Washing your hands before you eat.

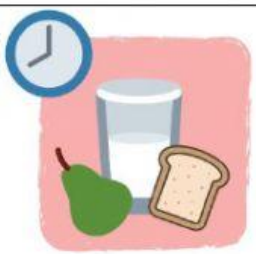
___ Washing your hands after using the toilet.

___ Washing your trousers.



**2. Complete the sentences and match them with their image.**

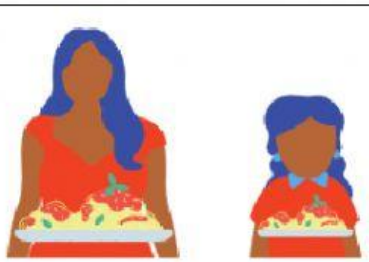
Avoid eating an excess of _____. Your body stores the fat it doesn't use. This is _____ for your health.



Eat the correct quantity of _____ for your body. A lack of nutrients means we can get _____.



Eat _____ times a day: breakfast, lunch, dinner and a piece of _____ or a yogurt between meals.



Always eat _____. It's the most important meal of the day. It gives us the _____ we need until lunch.



**CLICK HERE** to enjoy the video "Healthy or unhealthy Food Quiz" by Armagan Citak

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