

# 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?

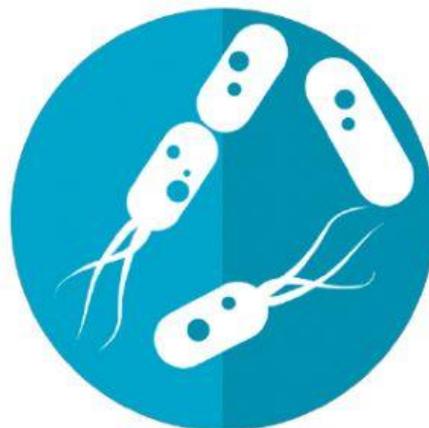
- Eat a good balance diet.
- Watch the TV five hours each day.
- Drink lots of water.
- Eat lots of sweets.
- Do lots of exercise.
- Carry a heavy school bag.

• 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.



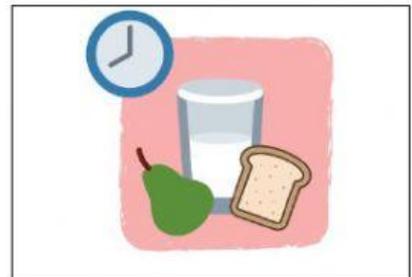
• How can you **stop germs**?

- \_\_\_ 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.**

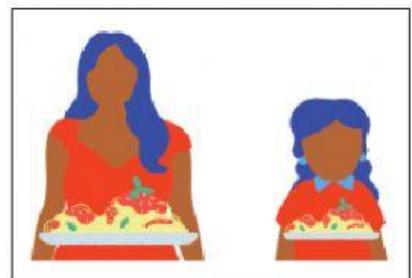
Avoid eating an excess of \_\_\_\_\_.  
Your body stores the fat it doesn't use.  
This is \_\_\_\_\_ for your health.



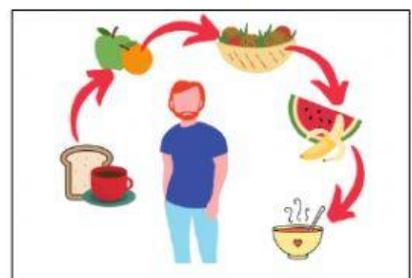
Eat the correct quantity of \_\_\_\_\_  
for your body. A lack of nutrients means  
we can get \_\_\_\_\_.



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