

**Read the text and fill in the gaps with words and collocations below:**

well-balanced    disease    gain weight  
rich in    overweight

## **My eatwell plate**

To be healthy, you should eat the right food for your energy needs. The eatwell plate shows the five types of food, and in what proportions you should eat them to have a \_\_\_\_\_ and healthy diet.

### **Fruit & vegetables**

Fruit and vegetables have got a lot of vitamins and do not have much fat or many calories. Five or more portions of them every day help your body to work and also fight \_\_\_\_\_.

### **Grains**

Rice, bread, pasta, potatoes and other grains give your body the energy to do all the things it needs to do every day. This helps your body process waste and not \_\_\_\_\_.

### **Milk & dairy products**

Milk, yoghurt and cheese have got a lot of protein and calcium. They help your body to grow bigger and stronger. These foods are \_\_\_\_\_ fat so you mustn't eat a lot of them or you can get \_\_\_\_\_.

### **Fish, meat, eggs & beans**

These foods have a lot of protein and vitamins that your body needs to grow. Fish, chicken and beans are better than red meat because they have less fat.