Reading Ex. > Healthy Eating

Read an article about healthy eating. Six (6) sub-headings were removed from the article. Choose from the subtitles (A-G) which fits each tip (2-6). <u>THERE ARE TWO EXTRA HEADINGS YOU DO NOT NEED TO USE</u>. There is ONE EXAMPLE for you.

A.	Essentials to eat	E.	Moderation when eating
B.	Against a disease	F.	A source of vitality
C.	Two beneficial options	G.	Water and physical activity
D.	A good meal	H.	Not all are bad



Healthy eating is not about strict nutrition philosophies, it is about feeling great, having more energy, and keeping yourself as healthy as possible– you can do this just by learning some nutrition basics and using them in a way that works for you.

Tip 1 G

Water helps to clean our systems of toxins. Drink plenty of water during the day to hydrate yourself. Regular exercise can also motivate you to make healthy food selections**.** Find something active that you like to do and add it to your day.

Tip 2 ☐

We all need a balance of carbohydrates, protein, fat, fiber, vitamins, and minerals to sustain a healthy body. It is not necessary to stop eating some type of food. In fact, you can eat small quantities of different food, but reduce the portions of certain food groups.

Tip 3 ☐

Fruits and vegetables are the base of a healthy diet—they are low in calories and nutrient dense, they have a lot of vitamins, minerals, antioxidants, and fiber. Fruits and vegetables should be part of every meal. The antioxidants and other nutrients in fruits and vegetables help to protect against certain types of cancer.

Tip 4 ☐

Choose healthy carbohydrates and fiber sources, especially whole grains. In addition to being delicious and satisfying, whole grains are rich in antioxidants, which help to protect against heart disease, certain cancers, and diabetes. Include whole wheat, brown rice, quinoa, and barley.

Tip 5 ☐

Your brain, heart and cells need good sources of healthy fat. Foods rich in certain omega-3 fats can reduce cardiovascular disease, improve your mood, and help prevent dementia. It is wrong to think that all fats are unhealthy for your body.

Tip 6 ☐

Protein gives us the energy to get up and go. You should include protein in your diet; it is good for your muscles, immunity system, heart, and respiratory system. Try different protein sources—such as beans, nuts, seeds, tofu, and soy products.

Level A2

Text taken and adapted from: http://www.helpguide.org/life/healthy_eating_diet.htm

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