



# WHAT DOES YOUR BODY NEED TO BE HEALTHY?

Do you know what kind of food your body needs to be healthy?

If not, in the next activity, you are going to read some information about this.

## A) BEFORE READING: VOCABULARY

Check some vocabulary. How much do you know about nutrients in food? Choose the word that does not correspond to the group. You can try this as you need it. It does not have an impact on your evaluation.

**Read the prompts and select the correct sentence.**

- Food that not contains vitamin C:  
a) Strawberries   b) Oranges   c) Bread   d) Lemons
- Food with a lot of carbohydrates:  
a) Pasta   b) Rice   c) Cakes   d) Spinach
- Food that contains much fat:  
a) Bacon   b) Oil   c) Hamburgers   d) Fish
- Food that **NOT** contains a lot of proteins:  
a) Lettuce   b) Milk   c) Cheese   d) Meat
- Food that contains a lot of fiber:  
a) Whole-wheat breads   b) Eggs   c) Apples   d) Broccoli





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### B) READING: LET'S READ ABOUT THE BODY.

Read the text about a healthy diet and what your body needs to work efficiently and then complete the map with the most important ideas from the text. Drag and drop the ideas into the correct section to identify if you understood the main ideas.

Many people say: 'you are what you eat', but what is the real meaning of this phrase? The meaning is simple: it is important to give your body the right food, food that contains vitamins, fats, proteins, carbohydrates and all the things it needs to have a balanced nutrition. But what kind of food gives you those important nutrients?

Vitamin C is essential for your body. It helps to protect your skin and to repair tissues in all parts of your body when you have a bruise, for example. It also helps make bones and muscles strong, and if you have a common cold, vitamin C is a popular remedy. Many people know that fruit like oranges or strawberries have much vitamin C, but you can find this important vitamin in vegetables such as broccoli, lettuce, peppers and even potatoes.

Sometimes carbohydrates are associated as a bad thing for your health because if you eat many of them you can gain weight, but, your body needs carbohydrates for energy. You need energy to work or to do your every-day activities; many sport professionals eat a lot of pasta, whole-wheat bread or brown rice to get energy before doing an exercise program, this kind of carbohydrates is good. But there are other kinds of food that contain carbohydrates that give a little useful energy and can make you gain weight: cakes, pizza, white rice, basically, sweet things with a lot of sugar.

Do you think your body needs fat? Surprisingly, yes. We all need fats and, as carbohydrates, there are good fats. Bacon or some kinds of oil can be bad for your heart. But other fats in food can be considered good fats, for example, fish, olive oil, nuts or avocado. They have a lot of omega-3 and omega-6 fatty acids, which are essential fatty acids because our bodies don't make them—we have to get them from food.

Finally, let's talk about fiber. Spinach, whole-wheat bread, pineapples, pears or apples have a lot of fiber. Foods like milk, meat, cheese or eggs do not have any fiber, but they have a lot of protein instead. Fiber helps your stomach to feel better because it moves your digestive tract more quickly for healthy elimination, and protein to build block of bones, muscles, cartilage, skin, and blood, in fact, hair and nails are mostly made of protein.

As you can see your body needs a lot of nutrients, and there are just a few things that do not contribute to the good functioning of your body, please, give your body all it needs.





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### AFTER READ THE TEXT:

Drag the different options to the appropriate spaces to complete the sentences. You have two attempts to answer the exercise. You can know your score at the end of the exercise

<b>Fiber</b>	<b>Proteins</b>	<b>Vitamin C1</b>	<b>Carbohydrates 2</b>
<b>Carbohydrates 1</b>	<b>Fats 1</b>	<b>Fats 2</b>	<b>Vitamin C2</b>

1. Believe it or not, our body needs this element. There are two kinds of this element: good and bad. The body needs to get the good elements from food, because the body does not produce itself. \_\_\_\_\_
2. Examples of this element which are good for the body are fish, nuts or avocado. One example of the bad kind is bacon. \_\_\_\_\_
3. Sometimes we can think these are bad for our health because they make us a little fat, but they are necessary because from them the body obtains energy to work all day. \_\_\_\_\_
4. People that do a lot of exercise find this good kind of nutrients in brown bread or rice to complete their program with efficiency. People eliminate the bad kind of these because they have a few nutrients and much sugar. \_\_\_\_\_
5. This element is vital to protect and repair your body. It helps to reinforce your defenses when you hurt or when you have a cold. \_\_\_\_\_
6. You can find this necessary nutriment not only in fruits, but also in vegetables, for example: lettuce, pepper and even potatoes. \_\_\_\_\_
7. This nutrient helps the body to create sections of bones and muscles, and it is essential in the formation of hair and nails. Examples of this are meat, eggs and cheese. \_\_\_\_\_
8. This helps your body to eliminate the unnecessary nutrients, not to have a full stomach. We can find it in apples, spinach and whole-wheat bread. \_\_\_\_\_

