

# Healthy diet.

**Exercise.** Read the following text and answer the questions.

## The Nutrients we need.

A car moves by using gasoline. A clock moves with batteries. Humans also need energy for movement. But, where do we get this energy from?

We get energy from food. All food contains very small substances we call nutrients. These are the different kinds of nutrients:

- **Proteins** give our body the nutrients it needs for growth and repair. They make muscles and body's defenses strong.
- **Vitamins** and **minerals** are important for the nervous system. They protect our body and help prevent illnesses.
- **Carbohydrates** and **fats** give our body the energy it needs for staying active and protect us from cold.

Our diet is the food and drink that we consume every day. For staying strong and healthy, we need many different types of nutrients. It is important to know that no food is good or bad, but we need different quantities of each nutrient. Eating a balanced diet is the best way to do this.

The Eatwell Plate shows how much of each group of food a person should eat in a meal to maintain a balanced diet.



Fruits, like bananas and oranges, and vegetables, like cucumber and carrots, contain vitamins and minerals.

Potatoes, pasta and bread are rich in carbohydrates. They also have fiber that helps us digest food.



Eggs, meat, and fish give us proteins.

Nuts like almonds and walnuts, are rich in good fats.

Beans, lentils, and other pulses are rich in proteins.

Drink at least eight glasses of water a day.

Milk and other dairy products have proteins, vitamins, and fats.

We don't get all our vitamins from food. Vitamin D is very important for our health. It keeps our bones and teeth strong. We get it from direct sunlight on our skin.

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**Answer the questions using the words from the text.**

1. Where do we get our energy to move?

\_\_\_\_\_.

2. What are the different kinds of nutrients?

\_\_\_\_\_.

3. Match the nutrients with their description.

Carbohydrates  
and fats

They make muscles and body's  
defenses strong.

Proteins

Are important for the nervous  
system.

Vitamins and  
minerals

Give our body the energy it needs  
for staying active

4. What do we need to stay strong and healthy?

\_\_\_\_\_.

5. Where do we get vitamin D from?

\_\_\_\_\_.

**Read the sentences and write a T if it is true or F if it is false.**

6. The Eatwell Plate shows how much of each group of food a person  
should eat. \_\_\_\_\_

7. Fruits, like bananas and oranges, and vegetables, like cucumber and carrots, contain fats. \_\_\_\_\_
8. Potatoes, pasta and bread are rich in carbohydrates and fiber that help us digest food. \_\_\_\_\_
9. Some examples of proteins are eggs, meat, fish, beans, and lentils  
\_\_\_\_\_
10. We shouldn't drink water or milk. \_\_\_\_\_