

Healthy Eating Habits

Healthy eating habits are essential for maintaining good health and preventing diseases. A balanced diet includes a variety of foods from different food groups such as fruits, vegetables, proteins, grains, and dairy. Eating a variety of foods ensures that the body gets the right nutrients like vitamins, minerals, and fiber. It's important to limit the consumption of processed foods, sugary drinks, and snacks high in fat and sugar. These foods may taste good but can contribute to weight gain and increase the risk of chronic diseases like diabetes, heart disease, and high blood pressure. A healthy diet also means controlling portion sizes and eating at regular intervals throughout the day. Drinking enough water is another key part of healthy eating, as it helps the body function properly and keeps you hydrated. By adopting healthy eating habits, you not only improve your physical health but also boost your mood, energy levels, and overall well-being.

1. **What is an important aspect of a balanced diet?**
 - ☐ A) Eating only fruits
 - ☐ B) Eating a variety of foods from different food groups
 - ☐ C) Drinking sugary drinks
2. **Which of the following is NOT recommended for a healthy diet?**
 - ☐ A) Processed foods
 - ☐ B) Fresh fruits and vegetables
 - ☐ C) Whole grains
3. **Why is it important to drink water throughout the day?**
 - ☐ A) To reduce appetite
 - ☐ B) To keep the body hydrated and help it function properly
 - ☐ C) To increase sugar intake
4. **What can excessive consumption of sugary foods lead to?**
 - ☐ A) Weight loss
 - ☐ C) Increased risk of chronic diseases
 - ☐ D) Stronger immune system

True or False Questions:

1. **Eating a variety of foods ensures that the body gets the right nutrients.**
 - ☐ True
 - ☐ False
2. **Processed foods should be a main part of a healthy diet.**
 - ☐ True
 - ☐ False

Matching Questions: Match the terms with their correct definitions:

Terms	Definitions
1. Processed Foods	A. Foods that help maintain hydration and support body functions.
2. Portion Control	B. Foods high in fat, sugar, and salt, often unhealthy.
3. Water	C. The practice of eating appropriate amounts to avoid overeating.