

# FOOD & DRINKS



## LESSON FOUR: READING

Read the text and do the exercises below!

THERE ARE 5 FOOD GROUPS. EACH GROUP HELPS YOUR BODY STAY STRONG AND HEALTHY.

1. CEREALS GROUP – GIVES YOU ENERGY. INCLUDES BREAD, RICE, PASTA, AND POTATOES.
2. FRUITS AND VEGETABLES – HAVE VITAMINS TO KEEP YOU HEALTHY. EAT MANY COLORS!
3. DAIRY GROUP – INCLUDES MILK, CHEESE, AND YOGURT. HELPS MAKE BONES AND MUSCLES STRONG.
4. MEAT AND FISH GROUP – INCLUDES MEAT, FISH, NUTS, BEANS, AND EGGS. HAS PROTEINS TO HELP YOU GROW.
5. FATS AND SWEETS – INCLUDES CANDY, CAKES, AND SWEETS. TASTES GOOD BUT NOT VERY HEALTHY. EAT LESS!

EAT FROM ALL FOOD GROUPS TO STAY HEALTHY!



1. Match the function to its food group.

	FOOD GROUP	FUNCTION
Has proteins to help you grow	Cereals	
Makes bones and muscles strong	Fruits and vegetables	
Should eat less often	Dairy	
Gives you energy	Meat and fish	
Gives you vitamins to stay healthy	Fats and sweets	

2. Write the correct answer.

1. How many food groups are there? \_\_\_\_\_
2. Which food group makes your bones and muscles strong? \_\_\_\_\_
3. Which food group should you eat less of? \_\_\_\_\_
4. Which group includes meat, fish, nuts, beans and eggs? \_\_\_\_\_