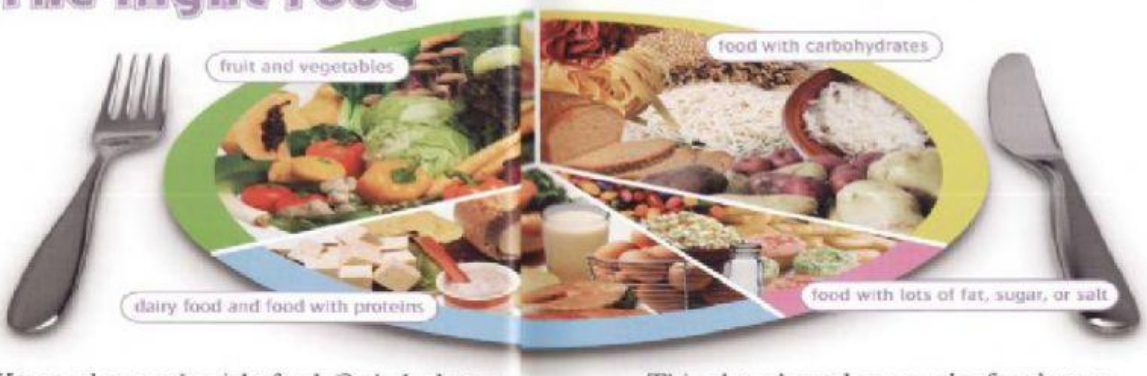
The Right Food



You need to eat the right food. Carbohydrates give your body energy. Fiber helps to move food through your stomach and intestines. Brown bread and brown rice have lots of fiber. Fruit and vegetables also have fiber, and vitamins that help you to stay healthy.

Proteins help your muscles to grow. Meat, fish, and eggs have proteins. Dairy food like milk, yogurt, and cheese have proteins, fat, and calcium. You need calcium for healthy bones. You need iron for healthy blood. Meat, eggs, and green vegetables have iron.

This plate shows how much of each type of food you should eat. Eat lots of fruit and vegetables, and food with proteins and carbohydrates. Don't eat too much food with sugar, fat, and salt. You need a little fat to stay healthy, but too much fat can make you fat! Too much sugar and salt is unhealthy, too. Sugar is also bad for your teeth.

Discover!

You should drink about eight glasses of water every day.

LIVEWORKSHEETS

3 The Right Food

Read pages 8–9.

1 Write the words.

bread rice fish fruit vegetables milk

1 fruit

2 _____

3 _____

4 _____

5 _____

6 _____

2 Complete the chart.

bread fish meat fruit eggs vegetables

Carbohydrates	Proteins	Vitamins
bread		

3 Complete the sentences.

sugar vitamins proteins fiber calcium fat

1 Meat, fish, and eggs have lots of _____.
2 Too much fat can make you _____.
3 Too much _____ is bad for your teeth.
4 Milk, yogurt, and cheese have _____.
5 Fruit and vegetables have lots of _____.
6 Brown bread and brown rice have lots of _____.

4 Match. Then write sentences.

Carbohydrates	your muscles to grow.
Fiber helps food to move	through your stomach and intestines.
Proteins help	is unhealthy.
You need calcium	give your body energy.
Too much fat, sugar, and salt	for healthy bones.

1 Carbohydrates give your body energy.
2 _____
3 _____
4 _____
5 _____

LIVEWORKSHEETS