FlashAcademy®

Healthy Eating

Citizenship

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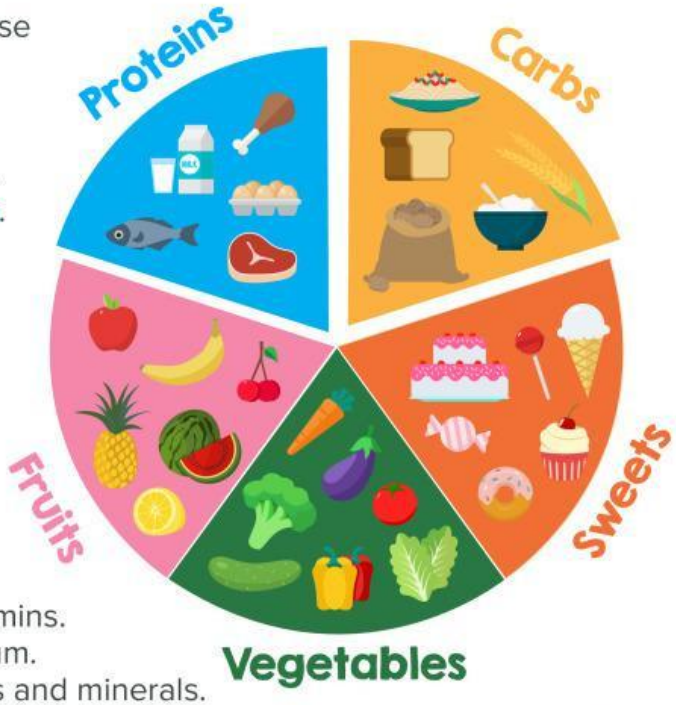
Beginner > Food & Drink > Feeling Fruity

Intermediate > Food & Drink > Eat Your Greens

Advanced > Health & Lifestyle > Food Health

All living things need food to stay alive. Of course this includes us humans! Just like a car needs fuel to make it run, our bodies need food to keep us going. It is important that we eat the right kinds of foods to keep our bodies healthy. To stay healthy, you should eat a balanced diet. That means eating a variety of different foods, not just one type. Food contains nutrients such as proteins, carbohydrates, vitamins, and minerals. Proteins help to build and repair muscle. They are found in a number of foods including meat, eggs, and beans. Carbohydrates give us energy. Starchy foods such as potatoes, rice, and bread are rich in carbohydrates. Vitamins and minerals help our bodies to grow. There are 13 vitamins in total – vitamins A, C, D, E, K, and eight B vitamins. Minerals include iron, potassium, and magnesium. Lots of fruits and vegetables are rich in vitamins and minerals. Sugary foods such as cake, sweets, and chocolate are fine as an occasional treat, but you should try not to eat them too often. An ideal balanced meal might contain lots of vegetables of different colours, some whole grain carbohydrates such as wholemeal bread or brown rice, a portion of a healthy protein like chicken, tofu, or fish, and some fruit or yoghurt for dessert.



Match the words with a definition:

balanced diet	these give us energy
variety	these help our bodies to grow
nutrients	eating different kinds of healthy foods
protein	vitamins and carbohydrates are both examples of these
carbohydrates	this helps to build and repair muscle
vitamins and minerals	having lots of different options

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Read the text again and answer the questions:

1. Why is it important to eat a balanced diet?

2. Name a food that contains carbohydrates.

3. Name a food that contains protein.

4. Why are vitamins and minerals important?

5. Give an example of a sugary food.

Discuss with a friend, teacher, or your class

What did you have for dinner yesterday?
Would you consider it to be a healthy meal?

Does your school cafeteria have healthy lunch options?

How can we encourage others to eat healthily?

Challenge!

Plan a 3 course meal, consisting of a starter, a main course, and a dessert. Try to make it both healthy and delicious.

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