

What is healthy eating?

Donuts, pizza, hamburgers and ice-cream sound like fantastic things to eat, but are they really healthy? We all like that sort of food, but it can't be part of our regular diet. What should be part of our diet then? Here are a few tips for you:

- The more vegetables, the better (except for potatoes).
- Eat plenty of fruits of all colors like apples, pears and oranges.
- Choose beans and peas as well as fish and eggs for protein.
- Stay away from processed meats like bacon and sausages.
- Don't use too much butter.
- Milk is a good source of calcium and vitamin D.
- Water is always the best choice!



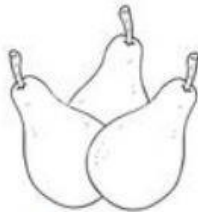
Look at the pictures. Circle in green all the HEALTHY food and in red all the UNHEALTHY food. Then find the words in the text and write the food.



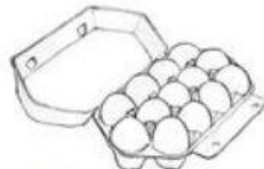
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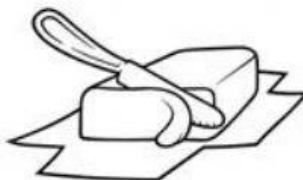
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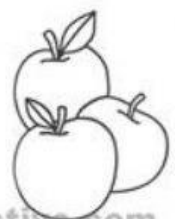
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