

Healthy Eating

Level 3

Just like cars need fuel to move, our bodies need a type of fuel to keep them going. What gives us the energy to run around, have fun and give our best each day? Food!

Food is fuel for the body. Food gives us energy that allows us to play, work and grow every day. If we eat good food, our bodies perform at their best. The type of food we eat on a regular basis is called our diet.

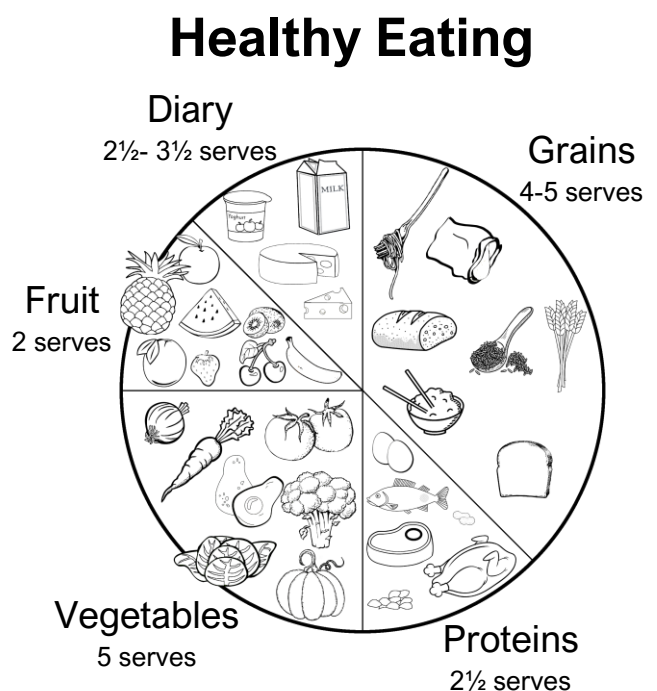
A healthy diet should include lots of plant foods. Plant foods are foods that come from plants, such as fruit, vegetables, nuts, seeds and grains. Fruit and vegetables are an excellent source of vitamins, minerals and fibre.

Our diet should include a moderate (not too much or too little) amount of animal foods. Animal foods include such foods as meat, dairy products, eggs and fish. These foods provide the body with fats and protein.

A balanced diet means a balance of minerals, vitamins, fibre, protein and fats. Each of these help our bodies in different ways. Vitamins are very important in protecting our bodies from sickness and disease. Fibre helps the body digest (break down) food. Protein helps our bodies build muscle. Good fats are also an important part of a balanced diet. They help give us energy and help protect our organs. A balanced diet is important. It is not healthy to eat too much of one thing and forget about other food types. The Healthy Eating Plate helps us to keep a balanced diet by showing us how much of each food group we should be eating each day.

If we are not eating the right diet, our body tells us in different ways. For example, we may feel more tired than normal, and our mood might change. We might also become sick more often.

Are you eating the right foods to stay healthy?



Questions

Healthy Eating – Level 3

1. What is a diet? _____

2. Why is protein important for the body?

3. Why are fruits and vegetables important?

4. Give 2 examples of how our body might warn us if our diet is not right.

5. List 4 foods from the proteins groups.

6. How many servings of vegetables should we eat every day?

7. Explain why a balanced diet is important.

8. Why does the author compare our bodies to cars?

9. Explain why the information the Healthy Food Plate gives is important.



Answers

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1. What is a diet? A diet is the food we eat on a regular basis.

2. Why is protein important for the body?

Protein is important because it helps us to build muscle.

3. Why are fruits and vegetables important?

Fruits and vegetables give us vitamins, minerals and fibre. They stop us getting sick.

4. Give 2 examples of how our body might warn us if our diet is not right.

Become tired, mood changes, feel sick.

5. List 4 foods from the proteins groups.

Chicken, fish, eggs, meat, nuts

6. How many servings of vegetables should we eat every day?

We should eat 5 serves of vegetables every day.

7. Explain why a balanced diet is important.

Answers may vary. A balanced diet is important so our body can get everything we need to stay healthy.

8. Why does the author compare our bodies to cars?

This helps us to see that we need food to keep our bodies going.

9. Explain why the information the Healthy Food Plate gives is important.

Answers may vary. The Healthy Food Plate shows us how much of each food group we should eat, so we don't eat too much of one or not enough of another.

