



# A Balanced Diet



Eating a balanced diet is crucial for our health and well-being. There are five main food groups, each providing essential nutrients that our bodies need to function properly. Let's learn about these food groups and their significance:

**Fruits and Vegetables:** Fruits and vegetables are packed with vitamins, minerals, and fiber. They help boost our immune system, support healthy digestion, and provide energy for our daily activities.

**Grains:** Grains like rice, bread, and pasta are excellent sources of carbohydrates, which are our body's primary source of energy. Whole grains, in particular, are rich in fiber, helping to keep our digestive system healthy.

**Proteins:** Proteins are essential for building and repairing tissues in our body. Foods like meat, fish, eggs, and beans are excellent sources of protein, helping to build strong muscles and a healthy immune system. Dairy: Dairy products such as milk, cheese, and yogurt are rich in calcium, which is essential for strong bones and teeth. They also provide protein and other vital nutrients for overall health.

**Fats and Oils:** While fats and oils should be consumed in moderation, they are still essential for our body. Healthy fats, like those found in avocados and nuts, support brain function and help our bodies absorb certain vitamins.



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Name-----

**Answer the following questions :**

**1. Why is it essential to eat a balanced diet?**

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**2. What are the five main food groups?**

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**3. How do fruits and vegetables benefit our body?**

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**4. What role do proteins play in our body?**

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**5. Why are fats and oils important, even though they should be consumed in moderation?**

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1. Fruits and vegetables are rich in fiber, which supports healthy digestion.

**True/False**

2. Grains provide our body with essential vitamins and minerals.

**True/False**

3. Dairy products are excellent sources of calcium, which is crucial for strong bones and teeth.

**True/False**

4. Proteins help in building and repairing tissues in our body.

**True/False**

5. Fats and oils should be consumed in large quantities to maintain good health.

**True/False**