

Name: _____



Healthy Eating



Eating healthy food gives our bodies the energy and nutrients they need to grow, think, and stay active. A balanced diet includes foods from all the major food groups – fruits, vegetables, grains, protein foods, and dairy or alternatives. Fruits and vegetables give vitamins and fiber that keep our bodies strong and our digestion healthy. Grains such as rice, bread, and pasta give energy for learning and play. Protein foods like eggs, beans, fish, and meat help build muscles and repair body tissues. It's also important to drink plenty of water and limit sugary snacks and drinks. Making smart food choices every day helps us feel our best and keeps our bodies healthy for life.



Questions:

1-Why does the body need healthy food?

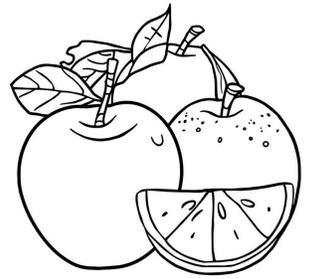
2-Name the five major food groups mentioned in the passage

3-What do fruits and vegetables provide for the body?

4-Why are protein foods important?

5-What should we limit in our diet, and why?

Fill in the Blanks:



A balanced diet includes foods from all the major _____.
Fruits and vegetables give us _____ and _____.
Grains like rice and bread give our bodies _____.
_____ foods help build muscles and repair tissues.
We should drink plenty of _____ every day.

Write about your favourite healthy foods in the boxes below.

A diagram consisting of five rounded rectangular boxes. One box is positioned in the center, and four boxes are arranged around it: one at the top-left, one at the top-right, one at the bottom-left, and one at the bottom-right. Dashed arrows point from each of the four outer boxes towards the central box.