

## A Balanced Diet



We get energy from the food that we eat. We grow, walk and play because of the energy that we get from food. There are four different types of food and we must have a balanced diet to keep ourselves healthy and fit.

Some foods such as fish and chicken meat, egg yolk, nuts and milk have a high amount of protein.

Our body needs protein to grow and become taller and stronger.

Some types of food are rich in carbohydrates, like bread, potatoes, rice and pasta. These foods provide us with energy to work and play.

Other types of foods are full of fat like for example cakes, sweets, butter and cream. Our bodies do need a little amount of fat but too much of it is not good.

Fresh fruit and vegetables are full of vitamins and minerals. Vitamins and minerals are very important for the growth of our bodies and to keep ourselves active and running.

A balanced diet is the one that contains just the right amounts of each type of food.

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Answer the following questions.

1. What do we get from the food that we eat?

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2. Our body needs protein to

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3. Some foods that are rich in carbohydrates are

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4. Our bodies need fat but

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5. What are fresh fruit and vegetables full of?

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6. What is a balanced diet?

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7. amount

- a. rest
- b. quantity
- c. subtract
- d. note

8. right

- a. correct
- b. clean
- c. false
- d. press