



Healthy Eating

Eating well is very important. What we put in our bodies effects how our body works. A healthy diet keeps our bodies healthy. A healthy diet helps us grow and feel good. A poor diet can make us feel tired and ill. A poor diet can make it hard to concentrate.

VIPERS QUESTIONS

E

Why is it important to eat a healthy diet?

R

What 3 things can happen if we don't eat healthily?

What is a healthy diet?

A healthy diet is sometimes called a balanced diet. It's a good mix of all the things our bodies need. We need carbohydrates, vitamins, calcium, protein, sugars and fats. These all do different jobs in our bodies.

Carbohydrates

These give us slow-release energy. They keep us going through the day. Bread, pasta and potatoes are high in carbohydrates. We need 4-6 portions a day. A portion is a handful.

Vitamins and minerals

These keep our organs working well. They also keep our skin healthy. Fruit and vegetables are full of vitamins and minerals. We should try to eat 5 portions a day.

Calcium

This gives us strong teeth and bones. Dairy products are high in calcium. Dairy products are made from milk. Food like cheese and yoghurt. We need 3 portions of

calcium a day.

Protein

This helps our muscles grow. We get protein from meat, fish, eggs and beans. We should have 2 portions of protein a day.

Sugar

This gives us a quick burst of energy. Sweets, cakes and fizzy drinks are high in sugar. We only need a small amount. It's not good for us to have lots of sugar. Lots of sugar will rot our teeth. Lots of sugar can make us gain weight.

Fats

These keep our bodies warm. Butter and oils are high fat. You don't need to eat a lot of these. We only need a small amount. Too much fat can make us gain weight. Too much fat can make us ill.

It is also important to drink plenty of water. Our body needs about 6- 8 glasses a day.

VIPERS QUESTIONS

R

What 2 things do we need to eat the **least** of?

R

What 2 things do we need to eat the **most** of?

S

Match these foods to their food groups.

Sweets, cakes, fizzy drinks

Fats

Potatoes, pasta, bread

Proteins

Fish, meat, eggs and beans

Calcium

Butters and oils

Carbohydrates

Milk, cheese, yoghurt

Vitamins and minerals

Fruit and vegetables

Sugars