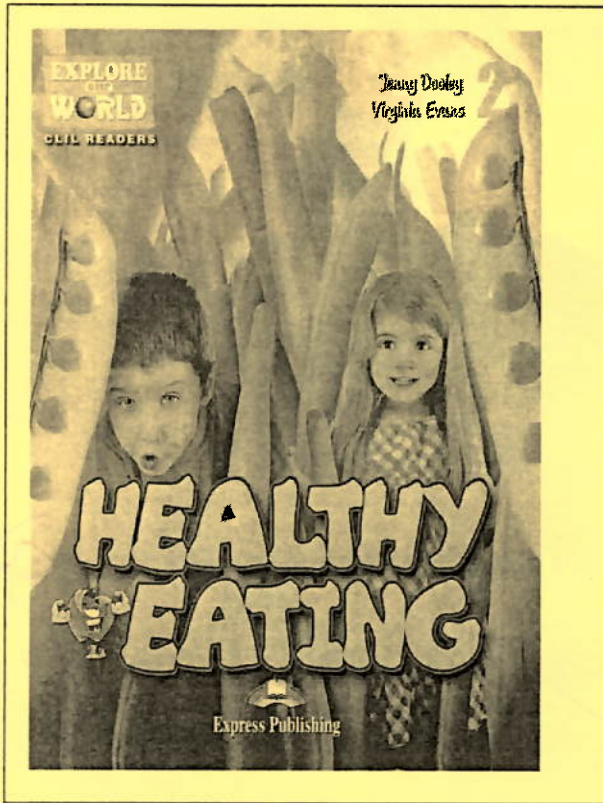




Food!
506

- N. _____
Cl. _____
Da. _____
A) _____ the book cover and content page carefully. Circle the correct answers.



Contents	
LET'S START!	2
1 - THE EATWELL PLATE	4
2 - FIVE A DAY	6
3 - ENERGY BOOST	8
4 - BUILD AND GROW	10
5 - STRONG BONES	12
6 - ONCE IN A WHILE	14
READ MORE - Stone Soup	16
ACTIVITIES	18
MY PORTFOLIO	25
PICTURE DICTIONARY	31

Jenny Dooley - Virginia Evans

1. What is the title of the book?

- A. Explore our World B. Healthy Eating C. Express Publishing D. Jenny Dooley

2. Look at the content page. How many pages are there in "Stone Soup"?

- A. 2 B. 16 C. 14 D. 31

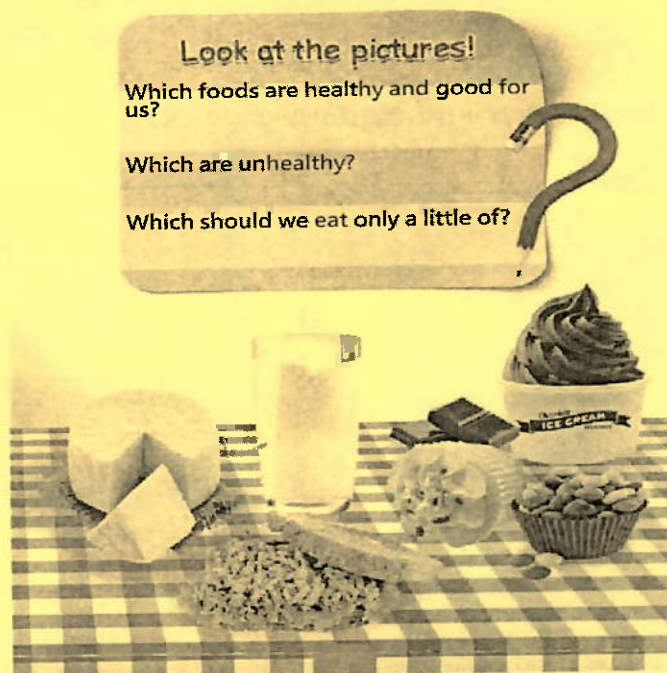
3. If you want to find a meaning of new vocabulary, which chapter can you find the answer?

- A. Strong Bones B. Five a Day C. Activities D. Picture Dictionary

4. If you want to know what food can give you energy, which page can you read?

- A. 6 B. 9 C. 12 D. 18

B) Read p.3. What kind of food is good for us? What kind of food is bad for us? Write 2 pieces of advice.



e.g. Too much sugary food is bad for us. We should eat a little chocolate.

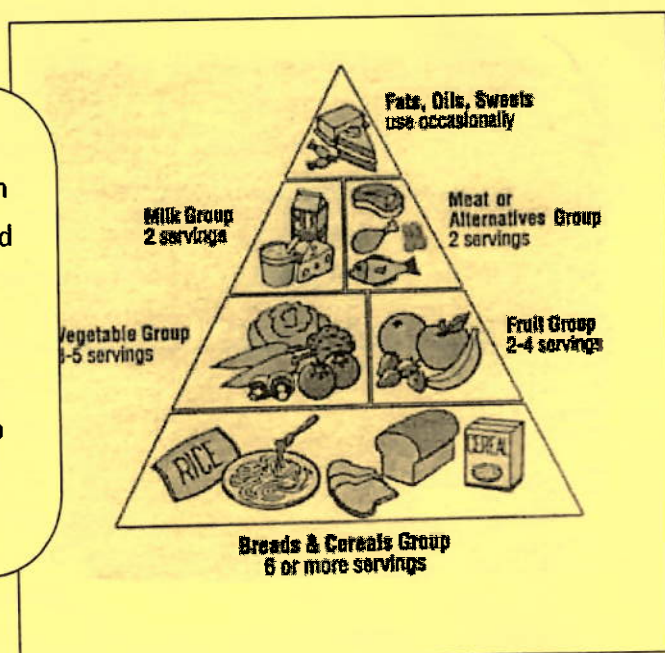
1. Dairy products are good for us. It is better to eat more dairy products such as milk and cheese.
2. Salty food is bad for us. It is a good idea to eat less salty food like sausages and potato chips.

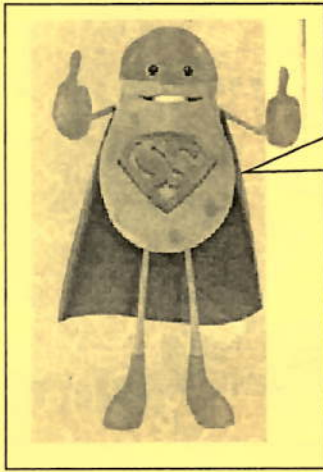
C) Six Tips for Healthy Eating

Tip 1: The Eatwell Plate



This is a food pyramid. Our body needs food from each group. This is called a balanced diet. The eatwell plate shares the same idea that which group of food you have to eat more and which you have to eat less.



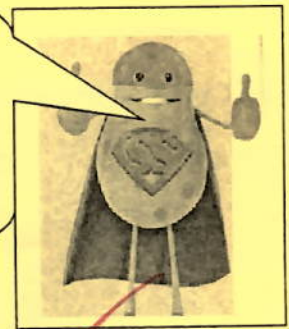


Read p.5. Colour each item of food to match it to the correct place on the eatwell plate.



Tip 2: Five a day

Tell me why we need to eat five portions of fruit and vegetables a day! Read p.6-p.7 and give the reasons by using 'because'.



Why do we.....?	Reasons
Eat at least five portions of fruit and vegetables a day	They contain important <u>vitamins</u> and <u>minerals</u> .
We need to eat at least five portions of fruit and vegetables a day because they contain important <u>vitamins</u> and <u>minerals</u> .	
Need vitamins and minerals	Our body needs them to <u>stop us from getting sick</u> .
We need vitamins <u>and minerals</u> because they can <u>stop us from getting sick</u> .	
Need vitamin C	It can fight <u>colds</u> .
We need vitamin C <u>because it can fight colds</u> .	

There are different colours of fruit and vegetables. Can you give me 5 examples? Do you know what fruit has a lot of vitamin C?



Write 5 examples

1. apples
2. oranges
3. lettuce
4. potatoes
5. broccoli

Tip 3: Energy boost



Grain products such as rice and pasta are good for us because they can give us energy. Whole-meal products are better to our health because they have a lot of fibre in them. Fibre is good for us because it helps us digest our food.

2 examples of whole-meal products

wholemeal cereal, wholemeal pasta

Tip 4: Build and growth



We need to eat meat and fish because they contain protein. It can help our body grow.

Food that contains protein

Non-vegetarians	<u>meat, fish, eggs</u>
Vegetarians	<u>beans, nuts, lentils</u>

Tip 5:

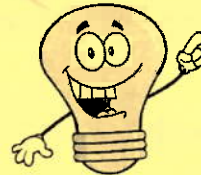
Dairy products are good for us. Do you know why?



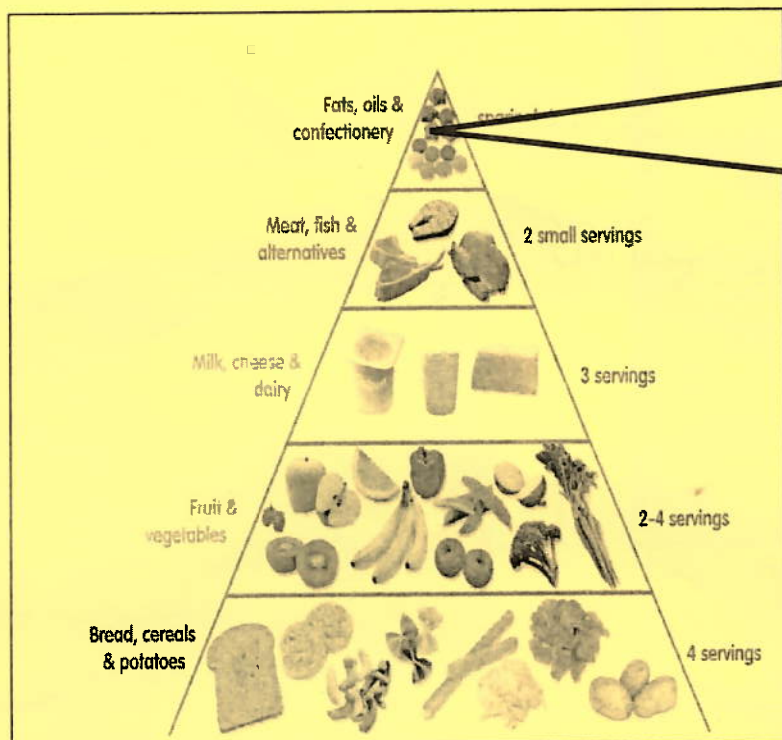
Dairy products contains
calcium. It helps to build
strong bones and teeth.

We can have dairy
products
every day to get calcium.

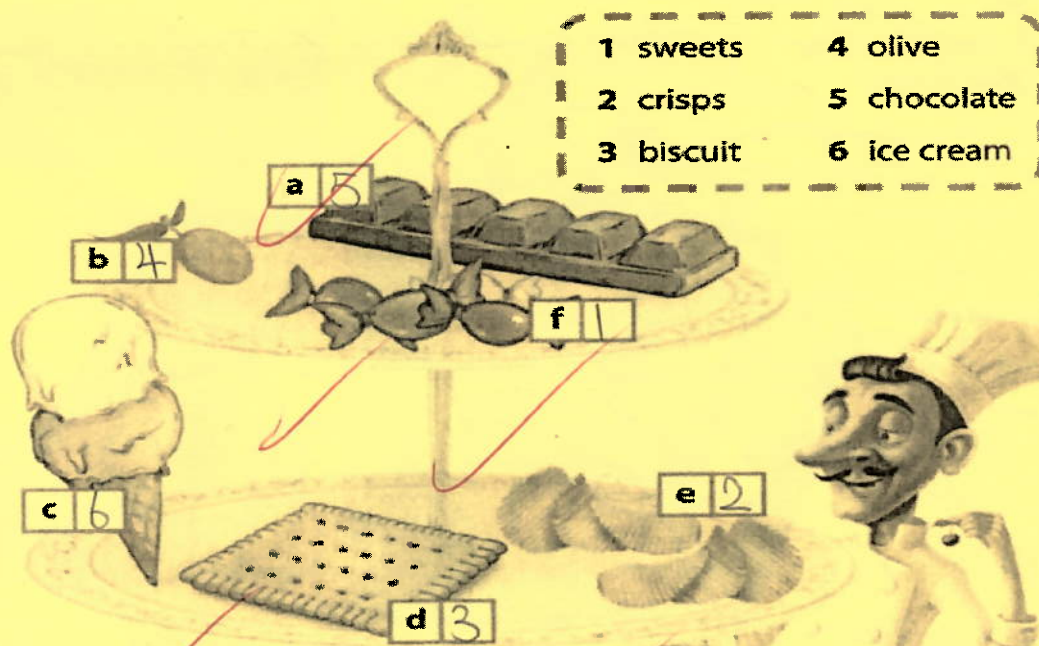
Since dairy products contain
fat too, we can't eat too
many a day. It is good for us
to choose low-fat milk
and yoghurt.



Tip 6 Once in a while



You need to eat a little fat to help your body work well. But don't eat too much. Sugary food can give you energy but too many sweets are bad for your teeth and make you fat.



2 Read and choose.

- They are high in sugar.
☒ a fizzy drinks ☐ b eggs
- It is bad for your teeth.
☐ a cereal ☒ b sugar
- We call them **empty foods**.
☐ a bread and rice ☒ b cakes and sweets
- It is very bad for your heart.
☒ a a lot of fat ☐ b a lot of fruit
- It is healthier.
☐ a animal fat ☒ b olive oil
- You can have chocolate ...
☐ a every day. ☒ b but not every day.

D. Exploring the food pyramid



Write the names of the food groups

Colour each of the food group

