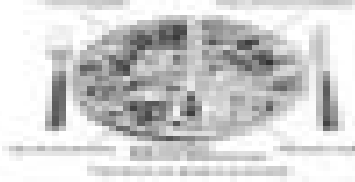


The Plate of Goodness



What Does Healthy Eating Mean? Healthy eating means eating a variety of foods that give you the nutrients you need to maintain your health, feel good, and have energy. Food nutrients include protein, carbohydrates, fat, water, vitamins, and minerals.

Exercise is important for everyone, when combined with appropriate sleep and maintaining a healthy weight, eating well is an important way to help your body stay strong and healthy. What you eat can affect your immune system, your mood, and your energy level.

The Food Guide Pyramid is an easy way to learn about healthy eating. The following five food groups provide the guidelines:

• **Grain products** - wheat, rice, corn, soy, and others. The two important nutrients are protein and fiber.

• **Dairy** - products contain calcium, vitamins, and other nutrients that help strengthen bones, which helps your digestion.

• **Vegetables** - include many good nutrients like antioxidants, but remember that darker colored vegetables like spinach have more antioxidants.

• **Fruit** - fruits include some dairy, vitamins, fiber, and fat. Not all fruits have the same nutrients, so eat a variety.

• **Protein** - This food group gives your body the energy and also contains fiber. It includes beans, meats, dairy products, and eggs.

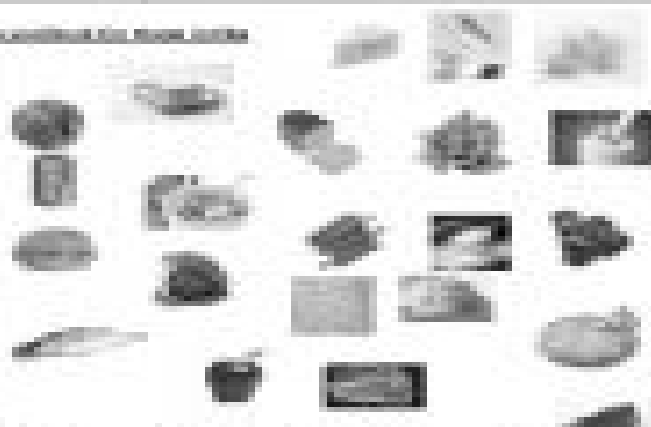
17) Read the text and answer the questions.

- a) What does "healthy eating" mean?
- b) What are the five recommended food groups?
- c) What nutrients do calcium and fiber provide?
- d) What are the important nutrients in dairy products?
- e) What are the important nutrients in grains?

Food groups	nutrients	importance

18) Look at the pictures and identify the food groups for these foods.

1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31	32	33
34	35	36	37	38	39	40	41	42	43	44
45	46	47	48	49	50	51	52	53	54	55
56	57	58	59	60	61	62	63	64	65	66
67	68	69	70	71	72	73	74	75	76	77
78	79	80	81	82	83	84	85	86	87	88
89	90	91	92	93	94	95	96	97	98	99
100	101	102	103	104	105	106	107	108	109	110



19) Classify the foods in the columns below.

Grain products	Fruits and vegetables	Dairy	Protein	Other