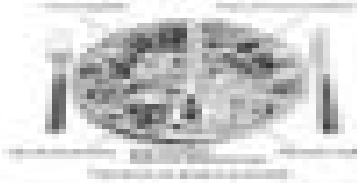


The Plate of Goodness



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 doesn't eat 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 percentages:

• **GRAINS** - About 30% of your diet. The two important grains are wheat and rice.

- **Vegetables** - Vegetables include dark leafy greens, cruciferous, allium and starchy vegetables, which help your digestion.
- **Protein** - Protein includes your favorite fish and chicken, but remember that dairy, soy and eggs are also good protein sources.
- **Fruit** - Fruit includes most fruit, but not dried fruit and juice. The good carbohydrates in fruit help your digestion.
- **Dairy** - The food group gives you energy because it includes bread, cereals, rice, pasta, etc.

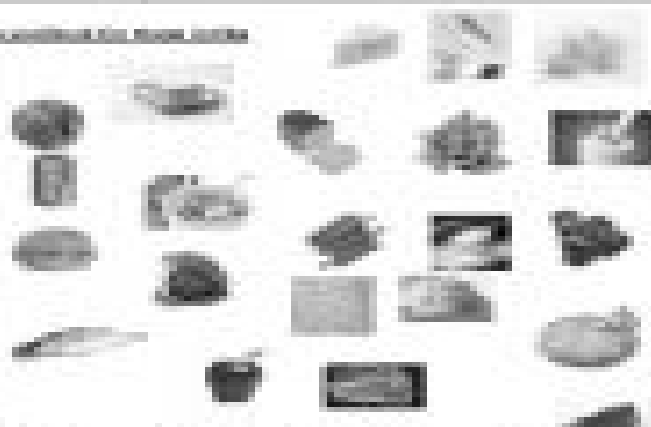
1) Read the text and answer the questions.

- 1) What does "Healthy eating" mean?
- 2) What are the nutrients that are important for your health?
- 3) What are the important grains in the Food Guide Pyramid?

Food groups	examples	percentage

2) Look at the pictures and identify the foods in the table.

17	17	18	18	19	19	20	20	21	21	22
23	23	24	24	25	25	26	26	27	27	28
29	29	30	30	31	31	32	32	33	33	34
35	35	36	36	37	37	38	38	39	39	40
41	41	42	42	43	43	44	44	45	45	46
47	47	48	48	49	49	50	50	51	51	52
53	53	54	54	55	55	56	56	57	57	58
59	59	60	60	61	61	62	62	63	63	64
65	65	66	66	67	67	68	68	69	69	70
71	71	72	72	73	73	74	74	75	75	76
77	77	78	78	79	79	80	80	81	81	82
83	83	84	84	85	85	86	86	87	87	88
89	89	90	90	91	91	92	92	93	93	94



3) Now identify the foods in the table below.

Food products	Fruits and vegetables	Grain	Protein	Dairy