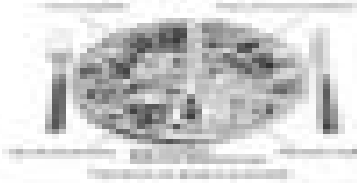


The Plate of Goodness



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 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:

• **Grains** - Grains include rice, wheat, corn, and oats. The two important nutrients associated with grains are:

- **Starch** - Starch is a complex carbohydrate that provides energy. It is found in grains, potatoes, and legumes.
- **Fiber** - Fiber is a complex carbohydrate that is not digested. It is found in grains, fruits, and vegetables. It helps with digestion and keeps the digestive system healthy.
- **Whole Grains** - Whole grains include wheat, corn, and rice. They are the most nutritious grains and are found in bread, pasta, and cereal.
- **Grain** - The Food Guide Pyramid also includes a section for grains. It includes bread, pasta, cereal, and rice.

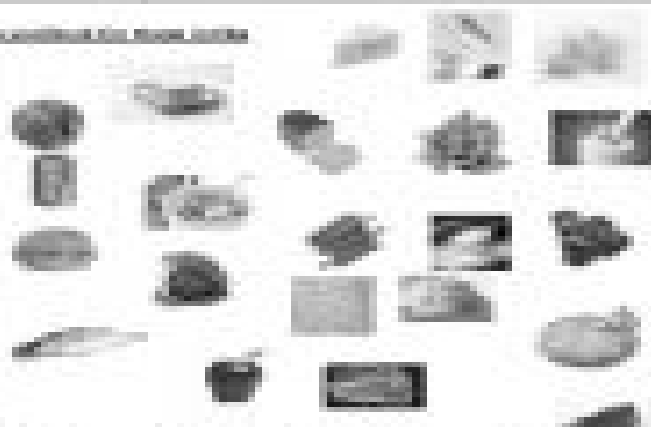
17) Read the text and answer the questions.

- 1) What does "Healthy eating" mean?
- 2) What are the nutrients that are important for health?
- 3) What are the nutrients that are important for health?
- 4) What are the nutrients that are important for health?

Food groups	Examples	Important

18) Look at the pictures and identify the foods. Write the name of the food in the box.

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	111	112	113	114	115



19) Draw a line to the words in the column below.

Food groups	Fruits and vegetables	Grain	Protein	Dairy