



4 A balanced diet

Reading

Dr Fit's Advice

Eat well with the food pyramid

Some food is good for us and some food is bad for us. We need to eat less of some things and more of other things. The food pyramid helps us eat more healthily. We need to eat more of the food at the bottom and less of the food at the top. Look — it's easy!

Fat and sugar

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

Dairy products

Dairy products include milk, yoghurt and cheese. They are good for you because they make your bones and teeth strong. It is a good idea to look for 'low-fat' dairy products.

Meat and fish

Meat and fish are good for you. They help your body grow strong. But don't eat too much meat. It can make you fat!

Fruit and vegetables

Eat lots of fruit and vegetables every day. They are good for you. They have lots of vitamins and minerals. They keep you healthy. It is better to have fresh fruit and not juice. Too much fruit juice is bad for you because it is often high in sugar.

Grain products

At the bottom of the pyramid are grain products. These are bread, rice, cereal, noodles and pasta. You need to eat lots of these. They are good for you because they give you energy. They help you run and jump!



How much do you need to eat every day?

		1 serving =	
fat and sugar	a little	—	
dairy products	2 servings	a glass of milk	
meat and fish	3–5 servings	about 4 slices of meat or $\frac{1}{4}$ bowl of fish	
fruit and vegetables	2+3 servings	a piece of fruit	$\frac{1}{2}$ bowl of vegetables
grain products	3–4 servings	$2\frac{1}{2}$ slices of bread	or a bowl of noodles or rice

Remember the food pyramid and you will eat healthily every day. It is important to drink 6 to 8 glasses of water too — and don't forget to exercise!



Name: _____ ()

Class: _____ Date: _____

Post-reading

Write the answers and tick (✓).

1 Why is too much sugary food bad for us?

2 Why is fresh fruit healthier than juice?

3 What does the food pyramid tell us?

- A. We need to eat more of the food at the top.
- B. We need to eat less of the food at the bottom.
- C. We need to eat a lot of grain products.
- D. We need to drink a lot of water and exercise every day.

4 Which of the following has 3 servings of grain products?

- A. 1 bowl of vegetables + 2 bowls of rice
- B. 2 bowls of rice + 1 bowl of noodles
- C. 3 slices of bread
- D. 1 bowl of fish + 2 bowls of noodles

5 Which sentence is true about fruit and vegetables? (You can tick more than one answer.)

- A. We need a lot of them.
- B. They are good for us because they give us energy.
- C. They are good for us because they are high in sugar.
- D. They are good for us because they have a lot of vitamins and minerals.