

Healthy eating

What nutrient does the following food give us?

1. fish; meat; beans:

protein

2. eggs; milk; dairy products

calcium

3. bread; rice; noodles

carbohydrate

4. vegetables; fruits

fibre; vitamin; minerals

Action

peel; roll up; chop; steam; boil ; mix; slice; dice; stir;

function

balance; refuel; digest;

people

vegan; vegetarian

body

stomach; muscle; brain; fat

For your knowledge

1. What green food means?

It means the food we need to keep our bodies healthy and active. Green foods are organic foods, that is, foods that are grown and produced naturally. But not all green foods are actually green in colour.

2. What is healthy food?

Any food that tastes good; any food that is healthy; any food that is a vegetable; any food that is organic; any food that is safe.

- We have more foods to choose from and many of the foods are not produced organically; We are busier than in past years so we now have less time to eat than before; More snack foods are available since more people like to eat between meals; now many people are paying more attention to their health because others remind them to; some people refuse to eat foods produced with chemicals because they

believe they are unsafe; some people care as much about the health and safety of animals as people so they refuse to eat meat; people today expect food to taste good and still be healthy, and they now have more choices when they go to market; many people don't get enough nutrition from their food so they take supplements, especially vitamin pills.

- People go to fast food restaurants because they are quick and convenient.
- Too much sugar and fat will make you as big as a whale.
- Some people start crash diets because they are in too much of a hurry to lose weight naturally.
- To keep a balanced diet, we must first make a list of the foods we most often eat.

and our way of life has changed, too

- **Choosing what to eat is no longer as easy as it once was.**
- **Our eating habits have changed as has our way of life and the fuel we need for our bodies is also different.**
- **If we want to keep up with the high pace of modern life we had better learn to make the right choices about what and how we eat .**

- **When we choose <what to buy and eat> we had better think <whether the food will give us the nutrients (we need)>.**
- **We should also eat carbohydrates the main fuel for our body (which we can get from bread rice and noodles).**

(which are)

nutrients:

When we choose what to buy and eat we had better think if the food will give us the nutrients we need.

functioning well

- **Eating habits become part of who we are .**
- **Some people become vegetarians because they believe it is healthier not to eat meat or because they think we should not kill animals for food .**
- **Organic vegetables are those that are grown without chemicals that can be harmful to human beings or the environment .**

It is probably better however if we spend our time and money on buying good food and keeping a balanced diet.

- **The best way to make sure<that we will feel and look fine)is to develop healthy eating habits.**
- **[Only in this way]we will be ready for the challenges and opportunities in life.**

The best way to make sure that we will feel and look fine is to develop healthy eating habits.

1. A couch potato is a person who spends too much time in front of the TV and eats too much junk food.
2. Junk food gives us too much fat, sugar and other unhealthy things but not enough nutrients, vitamins and minerals. Healthy food, like vegetables and fruits, gives us few calories but lots of vitamins and minerals.