

# HEALTHY FOOD

# CHAPTER 4

## Picture Story

What is different about these two pictures? What is the same?

### Fast Food







- Which are the foods that are not healthy?
- Why are they not healthy?

### Healthy Food

- Which are the foods that are healthy?
- Why are they healthy?

## Word List

LOOK AT THE PICTURE. READ THE WORD. SAY THE WORD. READ WHAT IT MEANS.

Picture	Word	How do I say it?	What does it mean?
	Fiber	FI bur	Foods that help you feel full and helps your stool come out
	Nutrient	New TREE ent	In foods and needed by people to stay healthy, vitamins are a kind of nutrient
	Obesity	oh BEE sit ee	Being very overweight, a weight that is dangerous for your health
	Recipe	Re si PEE	List of what goes into a meal and how to prepare it
	Sodium	SO dee um	Another word for salt
	Vitamins	VI ta mins	A kind of nutrient in foods that help fight sickness and keep the body strong and healthy

## Reading

### What is Healthy Eating?

Healthy eating means the body is getting the foods it needs to stay healthy. Healthy eating can prevent **obesity** and other health problems.



### More Variety

To stay healthy you need to eat foods from the five food groups. These five food groups are 1) Fruits, 2) Vegetables, 3) Grains, 4) Protein Foods, and 5) Dairy.



### More Fruits and Vegetables

One of the best things you can do for your health is eat more fruits and vegetables. Fruits and vegetables give you the **fiber** and **vitamins** your body needs to stay healthy.

These are some vitamins found in foods.



## Larisa's Story

Read the story and answer the questions.

Larisa's family eats too much meat and not enough fruits and vegetables. Larisa wants to make her family a healthy meal. Help Larisa make a healthy meal for her family. Choose foods from the five food groups.

### Fruits:

Apples  
Bananas  
Grapes  
Orange  
Strawberries

### Vegetables:

Broccoli  
Carrots  
Peas  
Spinach  
String beans

### Grains:

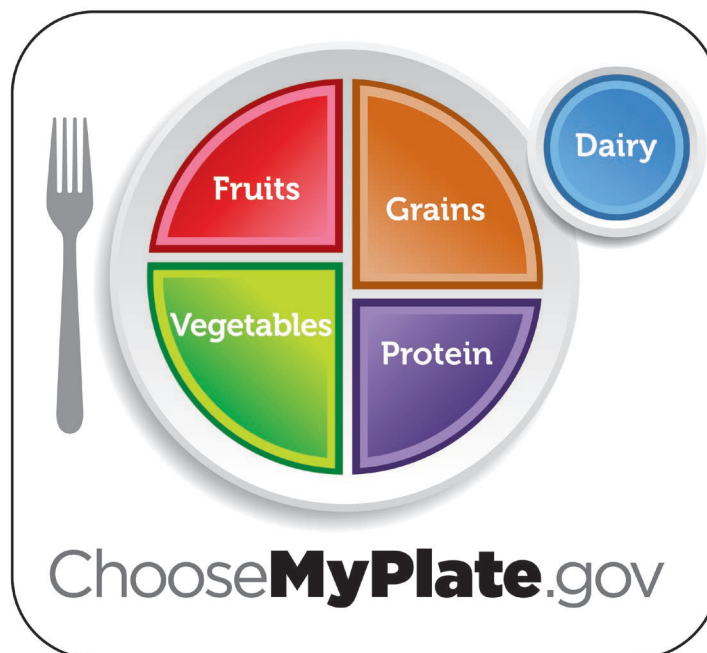
Brown rice  
Corn bread  
Pasta  
Tortillas  
Wheat bread

### Protein:

Beef  
Black beans  
Chicken  
Nuts  
Fish

### Dairy:

Cheese  
Milk  
Yogurt



## Writing

1. What healthy meal does Larisa make her family?
2. What healthy meal will you make for your family?

## Speaking

Practice this dialogue with a partner.

### Dialogue

**Larisa:** What fruits do you like to eat?

**Marc:** I like to eat oranges and apples.

**Larisa:** What vegetables do you like to eat?

**Marc:** I like to eat broccoli and carrots.

**Larisa:** Do you like to eat spinach?

**Marc:** No, I do not like to eat spinach. Do you?

**Larisa:** No, I do not like spinach, either.

**Larisa:** Do you like to eat strawberries?

**Marc:** Yes, strawberries are my favorite food.



### Dialogue

**Larisa:** What fruits do you like to eat?

**Marc:** I like to eat \_\_\_\_\_ and \_\_\_\_\_.

**Larisa:** What vegetables do you like to eat?

**Marc:** I like to eat \_\_\_\_\_ and \_\_\_\_\_.

**Larisa:** Do you like to eat \_\_\_\_\_?

**Marc:** \_\_\_\_\_ like to eat \_\_\_\_\_. Do you?

**Larisa:** \_\_\_\_\_ like to eat \_\_\_\_\_.

**Larisa:** Do you like to eat \_\_\_\_\_?

**Marc:** Yes, \_\_\_\_\_ are my favorite food.

# Crossword

Complete the crossword puzzle. Use these words.

- Fiber
- Nutrition
- Sodium
- Fruit
- Obesity
- Vegetables
- Nutrient
- Recipe
- Vitamins

		1								2				
				3							4			
									5					
6							8							
7														

## ACROSS

- 3. found in foods that help your body stay healthy and strong
- 5. the fleshy part of a plant
- 6. how the body uses food to keep healthy
- 7. directions and list of ingredients for making and preparing food

## DOWN

- 1. being very overweight, a weight that is dangerous to your health
- 2. helps food move through the body
- 3. part of a plant you cook or eat raw
- 4. another name for salt
- 8. vitamins are an example of this

## Action

Think of a healthy meal you like to cook. Write down all the ingredients. Write down the steps you take to prepare the meal. Share your recipe with a friend.

### Ingredients

1.

2.

3.

4.

5.

6.



### Steps

1.

2.

3.

4.

5.

6.

## Websites

### MyPlate Food Groups

<http://www.choosemyplate.gov/food-groups/>

### Food Vocabulary Practice

<http://www.reepworld.org/englishpractice/health/food/index.htm>