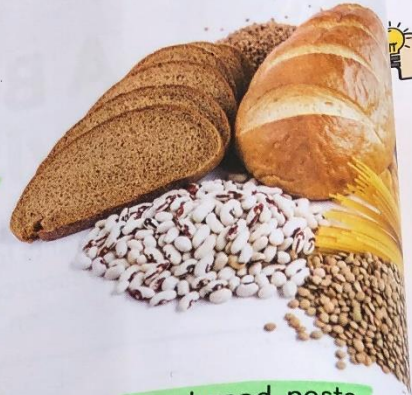


Let's Learn

What Is a Healthy Diet?

We have learnt that we need enough food, rest and exercise to stay healthy. The food we usually eat is called our diet. We need to have a balanced diet to stay healthy. A **balanced diet** includes the right amounts of different types of food. It also includes drinking enough water.

Different types of food contain different nutrients to give us energy, help us grow and keep us healthy. Some nutrients are carbohydrates, proteins, fats, vitamins and minerals.



Rice, bread, pasta and cereal are rich in carbohydrates. They provide us with energy.



Milk, cheese, eggs, meat, tofu and beans are rich in proteins. Proteins help us grow.



Fruits and vegetables are rich in vitamins and minerals. They help to keep us from falling sick.



These foods are high in oil and sugar. We should consume them in lesser amounts.



Look for some food items in your refrigerator. Using the food packaging as a source of information, find out which food group each of the food items belongs to. Sort the food items into the various food groups on a separate piece of paper.

The plate below shows how you can have a balanced diet.









Different people may follow different diets for various reasons. For example, some people do not take any animal products such as milk, eggs or meat. We should be respectful of one another's food choices.

Eating too much or too little of any of the nutrients can lead to an unbalanced diet. If you have an unbalanced diet, you may feel tired, be unhealthy or fall sick more easily.

Too much of sugary foods can cause tooth decay and make you overweight. It can also lead to health problems such as diabetes. Too much of fats can cause heart disease.

Use the stickers at the back of the book and paste them in the correct boxes below.

 <p>We should eat more of these food items.</p>	 <p>We should have less of these items. They have too much sugar, salt and fats.</p>	 <p>We should drink six to eight glasses of this every day.</p>
		

Check Your Learning

Why is it important to eat fruits and vegetables?



Tick (✓) to show what you can do.

- I can state what a balanced diet is.
- I can use tables and bar charts to explain my results.
- I can use evidence I have researched in various sources to answer questions.
- I can sort objects...

Activity Book
Activity 2A, p. 12