**How to eat healthy**

To function, the human body must have nutrients. The nutrients known to be essential for human beings are proteins, carbohydrates, fats and oils, minerals, vitamins, and water. Food is a basic part of living and growing. It gives your body the energy it needs to work. It also gives your body important nutrients – the things that help your body grow and become stronger. You need different kinds of nutrients.

Starches and sugars are carbohydrates, the main source of the body's energy. Your body gets carbohydrates from food like cereal, bread, pasta, rice, fruits and vegetables. Choose healthy carbohydrates and fiber sources, especially whole grains, for long lasting energy. Your body gets fats from margarine, butter and sweets. Not every fat is bad. Fats and oils are a concentrated source of energy and help to maintain body temperature. We better distinguish between healthy fats and unhealthy fats before we eat. Good sources of healthy fat are needed to nourish your brain, heart and cells, as well as your hair, skin, and nails. Vitamins and minerals can be found in food like eggs, meat, nuts, soy beans, bananas, even table salt. Proteins are necessary for growth and tissue repair. Proteins are found in daily products like milk, cheese and yogurts but also in meat, fish, eggs, and beans. Fruits and vegetables are the foundation of a healthy diet—they are low in calories and nutrient dense, which means they are packed with vitamins, minerals, antioxidants and fiber. Fruits and vegetables should be part of every meal and your first choice for a snack—aim for a minimum of five portions each day

However, you do not need all the nutrients in the same amounts. Your body needs a lot of carbohydrates but not too much fat. To have balanced diet, it will be useful to find out how many servings of each food you need every day.

**Worksheet 1**

**[1] True or false**

1. Our body needs energy to work.

2. We can get all nutrients from one certain food.

3. Eight serving of cereal, rice, or pasta is okay for every day.

4. We need to eat same ratio of all the nutrients for staying healthy.

5. All fats cannot help built our body healthy.

**[2] Short answers**

1. What kind of nutrient does our body needs mostly?

2. What is the maximum serving of carbohydrate?

3. What is the role of Fat in the body?

4. Where can we get vitamins and minerals?

5. Make your own title for this article.

**Worksheet 2**

**Completing Chart**

|  |  |  |
| --- | --- | --- |
|  | **Role in Body / advantage or disadvantage** | **Where can be found**  **(Food)** |
| **Carbohydrate** |  |  |
| **Protein** |  |  |
| **Fat** |  |  |
| **Vitamin/Mineral** |  |  |

**Worksheet 3**

1) What did you eat yesterday?

|  |  |  |  |
| --- | --- | --- | --- |
|  | breakfast | lunch | diner |
| Carbohydrate  Protein  Fat  Vitamin & mineral  Others |  |  |  |

Did you see any problems of your eating? Was it healthy plan?

2) What will you eat tomorrow for staying healthy?

|  |  |  |  |
| --- | --- | --- | --- |
|  | breakfast | lunch | diner |
| Carbohydrate  Protein  Fat  Vitamin & mineral  Others |  |  |  |