

Read the poster.



## Healthy Eating

Are you eating the right things? To be healthy, you have to know what food you have to eat every day.

### Dairy products

They are good for your bones and teeth. Choose low-fat or non-fat products. You need 3 cups of them every day.

### Oil, fats and sugar

Don't eat too much of them. Get natural oil from fish, nuts and olives.

### Vegetables

Have 2 1/2 cups of vegetables every day. Eat vegetables of different colours.

### Meat, fish and beans

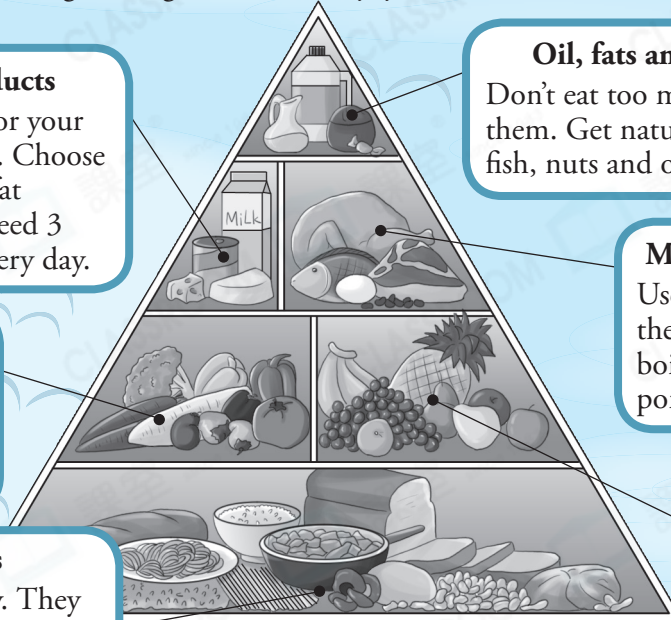
Use less oil to cook them. You can bake or boil them. Eat 5 1/2 portions every day.

### Grain products

Eat 6 portions every day. They give you energy for all activities.

### Fruit

You need 2 cups of fruit every day. Choose fresh fruit juice.



Test your understanding.

- What is the poster about?
  - A. different kinds of food
  - B. how to cook healthy food
  - C. where to buy healthy food
  - D. what and how much food to eat every day
- If Simon wants to run faster, he should eat more \_\_\_\_\_.
  - A. oil
  - B. fruit
  - C. grain products
  - D. vegetables
- Which of the following is **NOT** a kind of dairy product?
  - A. milk
  - B. cake
  - C. cheese
  - D. yoghurt
- What kind of food is the least healthy?
  - A. grain products
  - B. meat
  - C. sugar
  - D. dairy products