

Name.....



Science Comprehension

Food and Nutrition

To keep healthy we should try to eat a varied and balanced diet. This means we need to eat different foods from all of the four main groups. It also means we need to keep a track of what we eat because we need to eat more from some groups than others.

Carbohydrates give us energy. They can be found in foods such as pasta, rice, potatoes and bread.

Proteins help our bodies to repair themselves. Meat, fish, nuts, eggs and cheese are all rich in protein.

Fats (like carbohydrates) also give us energy. This can be stored in the body to be used later. It can also help to keep us warm. Butter, cheese and fried food all contain fat.

Vitamins and minerals are essential for keeping our bodies healthy. Fruit and vegetables are packed with them.

In addition to these four groups, **fibre** and **water** are also very important. Fibre helps us to digest our food and can be obtained from fruit, vegetables and bread. We need water to keep our body working properly and help us keep it at the right temperature. We should drink water, but can also obtain it from foods such as fruit and vegetables.

1. What is a varied diet?

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2. What (according to the text) can we obtain from fruit and vegetables?

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3. What can we eat to get energy?

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4. Do we only get water from drinking it?

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Answers

1. It means eating the correct amount of foods from the different groups and eating different things.
2. Vitamins and minerals, fibre and water. In fact, they also contain carbohydrates and protein.
3. Carbohydrates and fats.
4. No, we also get water from lots of foods including fruit and vegetables.