

The food pyramid

A healthy diet includes a variety of food.

FRUIT

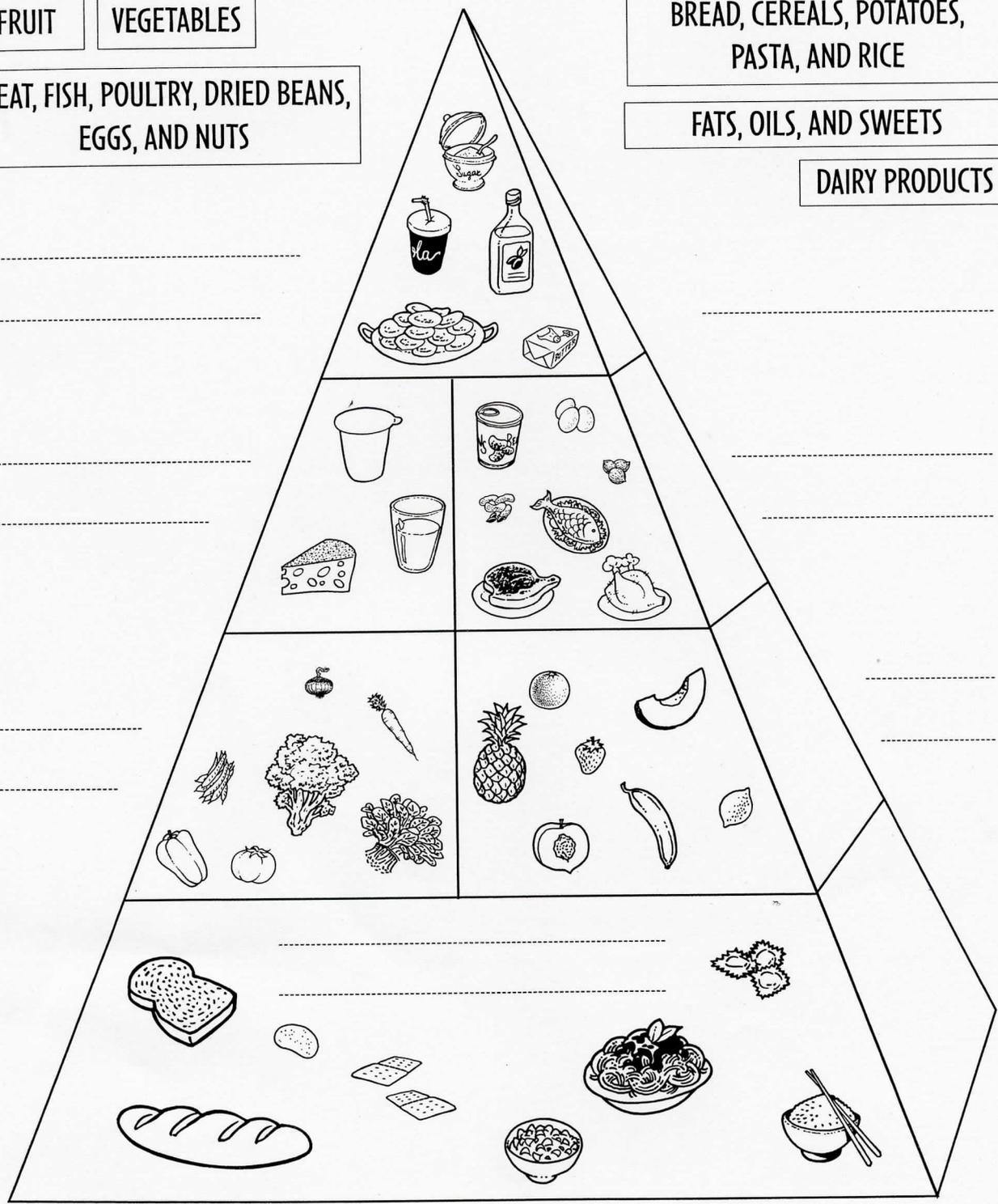
VEGETABLES

MEAT, FISH, POULTRY, DRIED BEANS, EGGS, AND NUTS

BREAD, CEREALS, POTATOES, PASTA, AND RICE

FATS, OILS, AND SWEETS

DAIRY PRODUCTS



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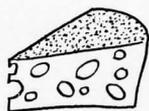
.....

Write the names of the food in each group.

My body needs

MY BODY NEEDS ...	I CAN FIND NUTRIENTS IN ...
 <p>CARBOHYDRATES for energy</p>	<p>pasta, rice, bread, potatoes, pizza, jam, biscuits</p>
 <p>FATS for energy and to keep me warm</p>	<p>butter, cheese, oil, cream</p>
 <p>PROTEINS to help me grow</p>	<p>meat, chicken, fish, eggs, beans, peas, milk, cheese</p>
 <p>MINERALS for strong bones and teeth</p>	<p>milk, cheese, yoghurt, fruit, vegetables</p>
 <p>VITAMINS to fight germs and make my body strong.</p>	<p>fruit, vegetables, liver, milk, cheese, yoghurt</p>
 <p>FIBRE to help me digest my food</p>	<p>cereals, vegetables, fruit</p>

Read and draw the foods in the column on your right.



A DAILY MENU

Breakfast

.....
.....

Snack

.....

Lunch

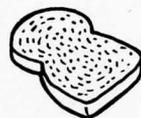
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Snack

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Dinner

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.....

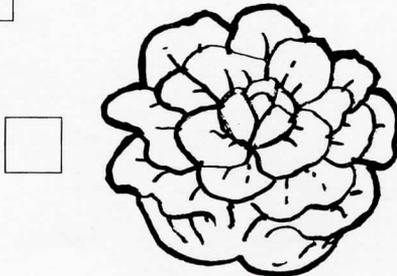
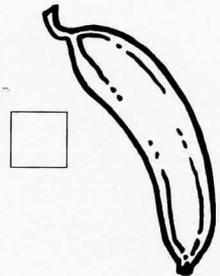
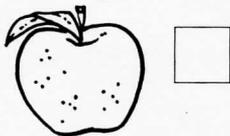
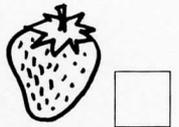
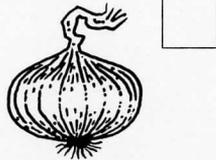
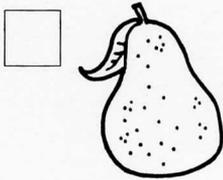
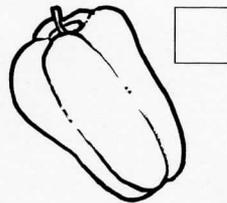
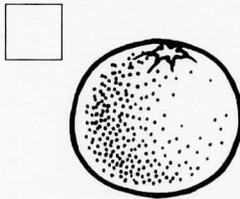
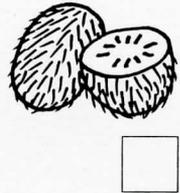
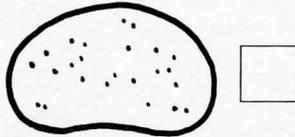
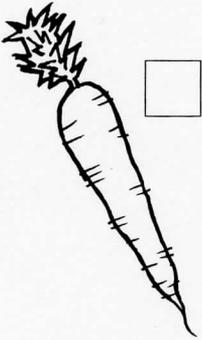


How do you eat fruit and vegetables?



Do you wash W them before eating?

Do you peel P them before eating?

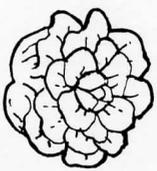


Cooked or raw?

COOKED

BOTH

RAW



Lettuce



Spinach



Potatoes



Asparagus



Peppers



Tomatoes



Peas

Beans



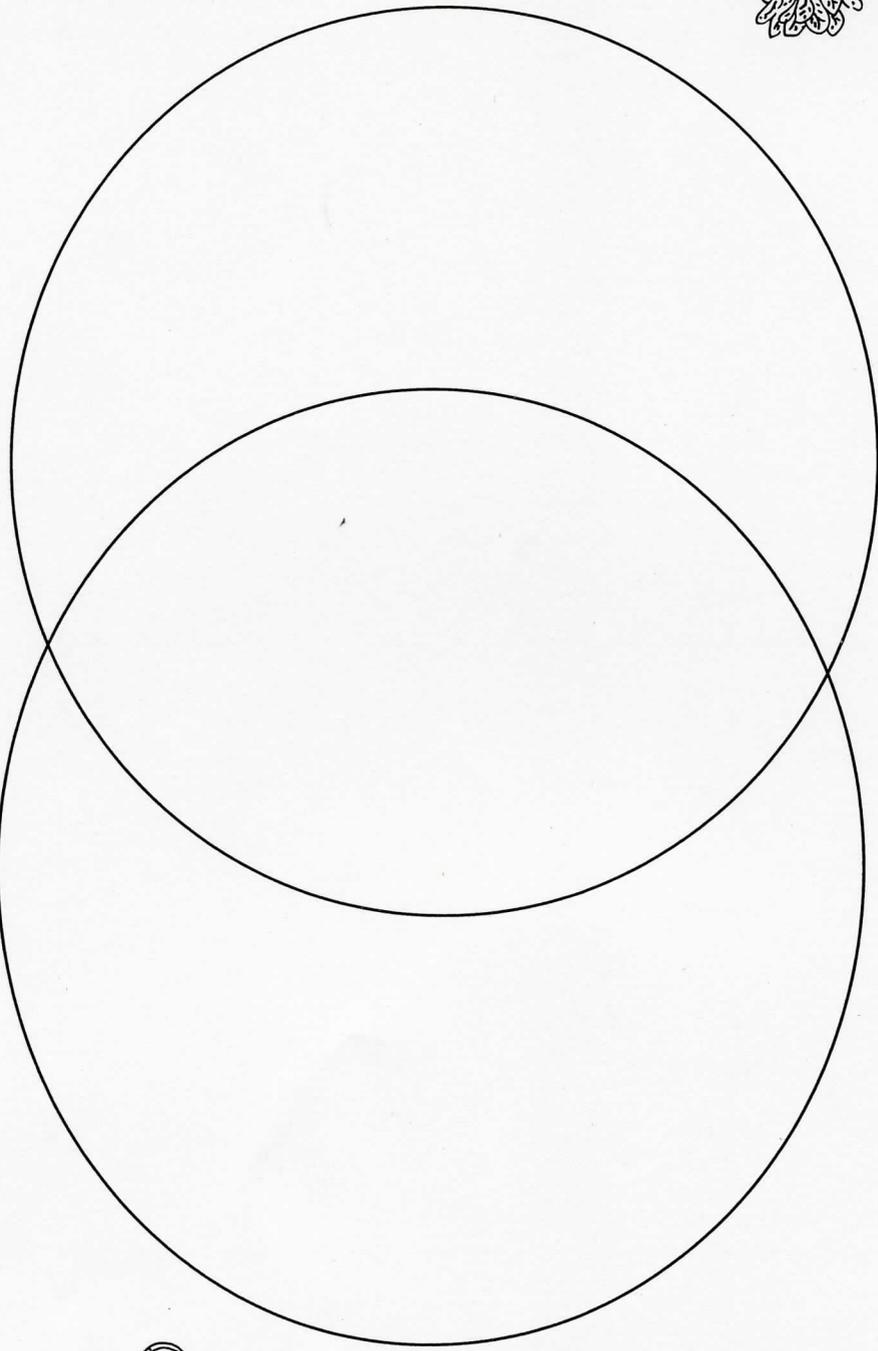
Carrots

Broccoli



Onions

Pumpkin



Write the names of the vegetables in the right places on the Venn Diagram.

Healthy life quiz

Read and answer the questions. See your score.

1. How often do you watch television? 	A. never	B. sometimes	C. often	D. always
2. How often do you eat vegetables? 	A. never	B. sometimes	C. often	D. always
3. How often do you eat fruit? 	A. never	B. sometimes	C. often	D. always
4. Do you sleep 8-10 hours at night? 	A. never	B. sometimes	C. often	D. always
5. How often do you play sports? 	A. never	B. sometimes	C. often	D. always
6. Do you brush your teeth after a meal? 	A. never	B. sometimes	C. often	D. always
7. Do you wash your hands before a meal? 	A. never	B. sometimes	C. often	D. always
8. How often do you have a bath or a shower? 	A. never	B. sometimes	C. often	D. always
9. How often do you have fizzy drinks? 	A. never	B. sometimes	C. often	D. always
10. How often do you walk to school? 	A. never	B. sometimes	C. often	D. always

Circle your score

1. A. 4 B. 3 C. 2 D. 1
2. A. 1 B. 2 C. 3 D. 4
3. A. 1 B. 2 C. 3 D. 4
4. A. 1 B. 2 C. 3 D. 4
5. A. 1 B. 2 C. 3 D. 4

6. A. 1 B. 2 C. 3 D. 4
7. A. 1 B. 2 C. 3 D. 4
8. A. 1 B. 2 C. 3 D. 4
9. A. 4 B. 3 C. 2 D. 1
10. A. 1 B. 2 C. 3 D. 4

32-40

Congratulations! You are a very healthy boy/girl.

23-31

Cheer up! You are nearly a healthy boy/girl.

14-22

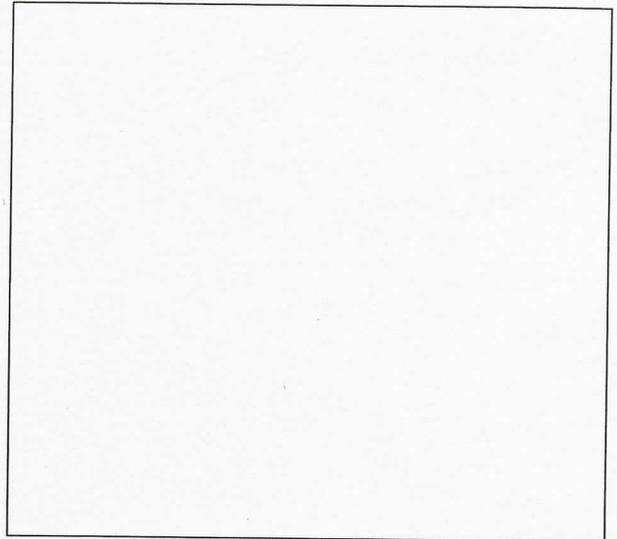
You are not very healthy.

I have to wash my hands

Dirty hands have germs on them. Soap and water keep my hands and my body clean.

Match the sentences and pictures.

Draw and colour the missing picture.

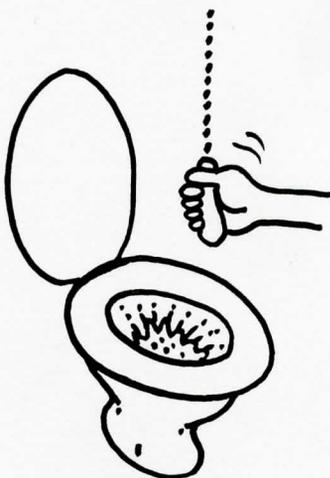


before eating a meal

after playing outside

after touching animals

after going to the toilet



SMILE, PLEASE!



A book about my teeth
by

.....



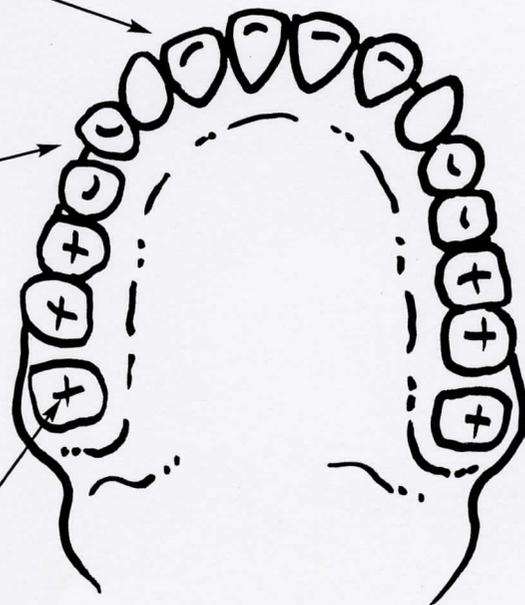
TYPES OF TEETH

- Milk teeth grow when I am a baby. There are 20 of them.
- Adult teeth grow after the milk teeth when I am 6. There are 32 of them.
- I have teeth to break my food into small pieces.

Big teeth at the front:

Pointy and sharp teeth at the sides of my mouth:

Big flat teeth at the back of my mouth:



Canines

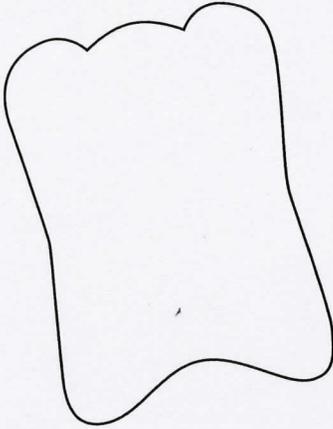
Molars

Incisors

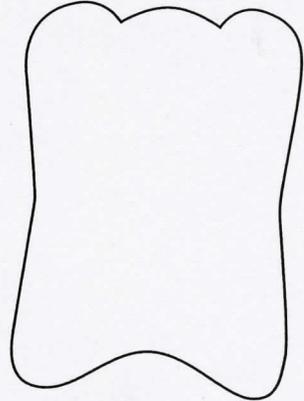
Fill in the gaps with the missing words.

GOLDEN RULES!

Don't eat too many sweets,
or sticky things.



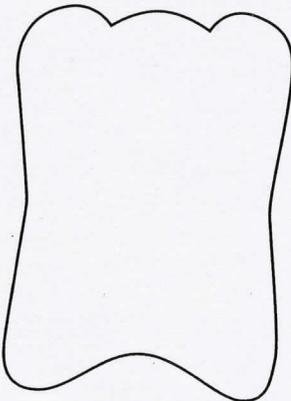
Eat plenty of milk, cheese,
yoghurt, fruit, and vegetables.



Brush your teeth properly
after every meal.



Don't use your teeth
for chewing pencils!



Visit the dentist
every six months.



Draw a picture of each rule in the tooth shapes.

HOW OFTEN DO YOU FOLLOW THE RULES?

ALWAYS



OFTEN



SOMETIMES



NEVER



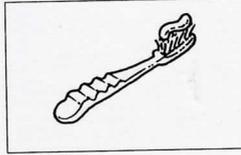
Look at the pictures. Circle the word and colour the picture that shows how often you brush your teeth.

MORNING

CLEAN

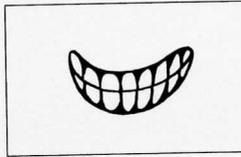
SHINING TEETH!

I use my



every day

to brush my



the healthy way.

I brush them each



I brush them each



till every one is shining



and white.

NIGHT

TEETH

TOOTH BRUSH



Fill in the gaps with the missing words.

THE TEETH MAZE!

OFF YOU GO!



The maze consists of the following boxes and their contents:

- Start: OFF YOU GO! (with arrow)
- Box 1: Banana
- Box 2: Apple
- Box 3: Sandwich
- Box 4: YOGHURT
- Box 5: Chocolate bar
- Box 6: Glass of juice
- Box 7: Pear
- Box 8: Glass of milk
- Box 9: Strawberry
- Box 10: Lollipop
- Box 11: Soft drink (labeled 'Cola')
- Box 12: You need a dentist! (with illustration of a dentist)
- Box 13: What a nice smile! (with illustration of a smiling face)



Find the exit by choosing healthy snacks. Colour the snacks on the healthy route!

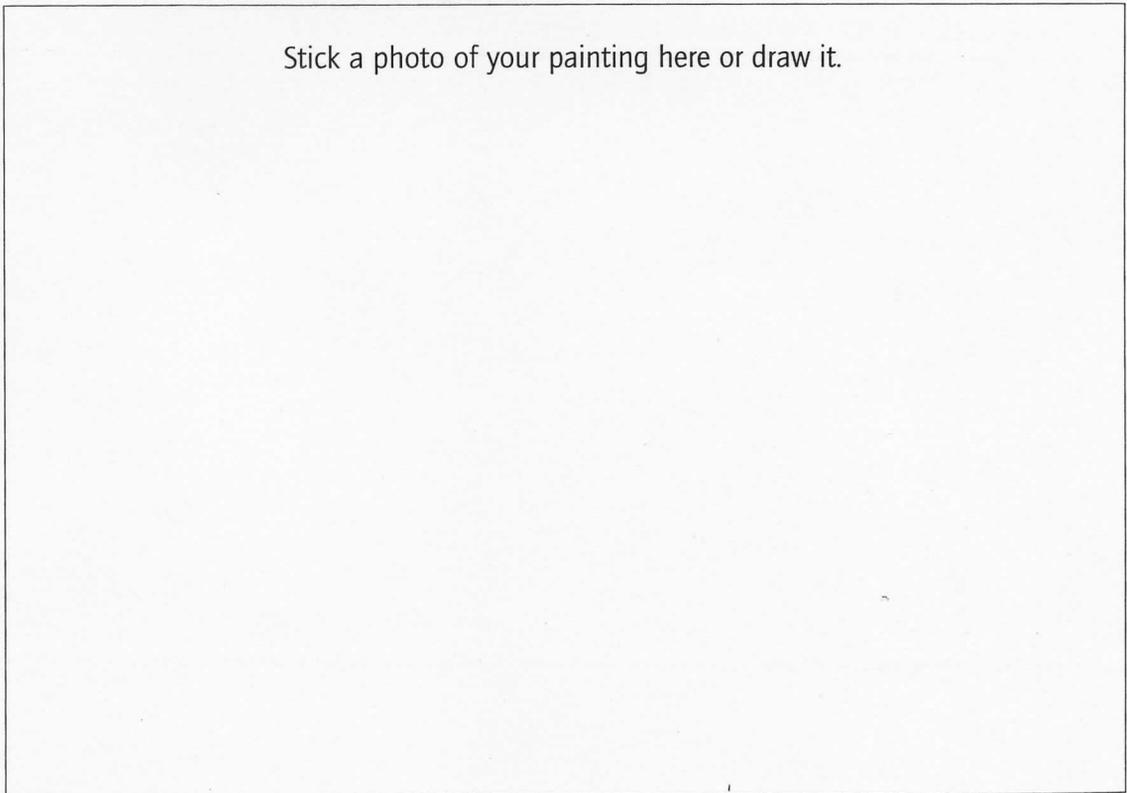


MY FRUIT AND VEGETABLES PAINTING

inspired by *Vertumnus (Autumn)*
by Giuseppe Arcimboldo



Stick a photo of your painting here or draw it.



I used the following fruit and vegetables:

.....
.....



Healthy food

- Colour the foods green if you need to eat a lot of them (carbohydrates-vitamins, minerals-fibre);
- Colour the foods yellow if you need to eat a moderate amount of them (dairy products-proteins);
- Colour the foods red if you need to eat a small amount of them (fats and sugars).



PASTA



TOMATO



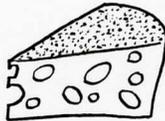
YOGHURT



BEANS



BANANA



CHEESE



SPINACH



STEAK



BREAD



CRISPS



PEAR



CARROT



EGGS



STRAWBERRY



SWEETS



RICE



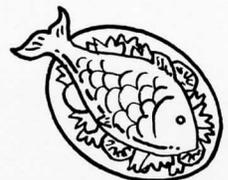
CEREALS



CAKES



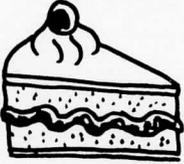
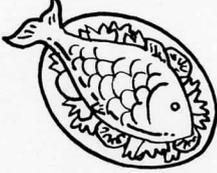
HAM



FISH

True or false?

Read the sentences; write a T if you think the sentence is true, or F if you think it's false.

	<ul style="list-style-type: none"> • Fats and carbohydrates give my body energy. 	<input type="checkbox"/>
	<ul style="list-style-type: none"> • Water is not important for my body. 	<input type="checkbox"/>
	<ul style="list-style-type: none"> • I need carbohydrates, vitamins, proteins, fats, and fibre in my diet. 	<input type="checkbox"/>
	<ul style="list-style-type: none"> • Meat, fish, cheese, and eggs give my body proteins. 	<input type="checkbox"/>
	<ul style="list-style-type: none"> • I can't find vitamins in fruit and vegetables. 	<input type="checkbox"/>
	<ul style="list-style-type: none"> • Proteins help me to grow. 	<input type="checkbox"/>
	<ul style="list-style-type: none"> • Fibre is not in fruit, vegetables, and bread. 	<input type="checkbox"/>
	<ul style="list-style-type: none"> • Milk, yoghurt, fruit and vegetables give my body minerals. 	<input type="checkbox"/>

I'm healthy when I do this

A = ALWAYS

S = SOMETIMES

N = NEVER

 <p>Sleep 8-10 hours a night.</p> <p>A <input type="checkbox"/></p>	 <p>Eat too much.</p> <p><input type="checkbox"/></p>
 <p>Watch TV.</p> <p><input type="checkbox"/></p>	 <p>Play outside in fresh air.</p> <p><input type="checkbox"/></p>
 <p>Go for walks.</p> <p><input type="checkbox"/></p>	 <p>Keep my body clean.</p> <p><input type="checkbox"/></p>
 <p>Eat fruit.</p> <p><input type="checkbox"/></p>	 <p>Clean my teeth.</p> <p><input type="checkbox"/></p>
 <p>Do exercise.</p> <p><input type="checkbox"/></p>	 <p>Eat sweets.</p> <p><input type="checkbox"/></p>
 <p>Drink milk and water.</p> <p><input type="checkbox"/></p>	 <p>Wash my hands.</p> <p><input type="checkbox"/></p>
 <p>Eat breakfast.</p> <p><input type="checkbox"/></p>	 <p>Eat chips.</p> <p><input type="checkbox"/></p>
 <p>Travel by bus.</p> <p><input type="checkbox"/></p>	 <p>Go to bed late.</p> <p><input type="checkbox"/></p>