

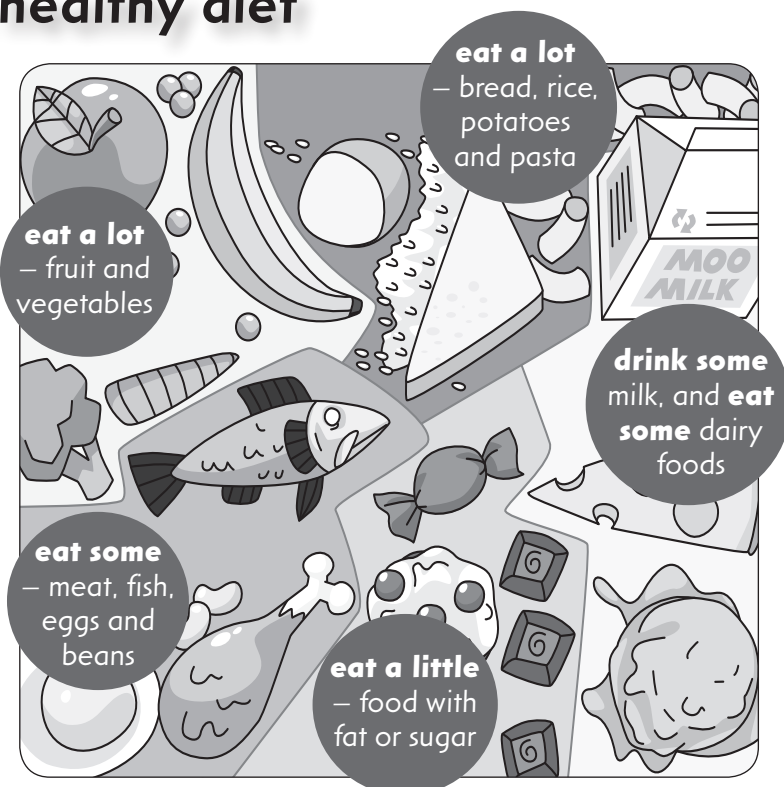
## 1 Read about a healthy diet.

### A healthy diet

We need to eat a mixture of foods from the five main food groups:

- 1 Fruit and vegetables
- 2 Bread, rice, potatoes and pasta
- 3 Milk and dairy foods
- 4 Meat, fish, eggs and beans
- 5 Foods with lots of fat or sugar

Look at the picture to show how much of these foods you should eat.



### Making a healthy lunchbox

- The biggest part of your lunch should be foods like bread, rice, potatoes or pasta. But don't always eat sandwiches. Remember pasta, salad, pizza or couscous.
- You should eat some protein, such as meat, chicken, ham, tuna, egg, cheese or hummus.
- You should have one or two pieces of fruit or vegetables.
- You should have milk and a dairy food such as yogurt or cheese.
- You can include a small treat, but don't have too much fat or sugar. What about a biscuit or a small packet of crisps?
- Don't eat too much salt.
- You should drink lots of water, but you can have fruit juice sometimes, too.

## 2 Discuss with a partner and write.

- 1 Make a list of rules for healthy eating.

*Eat lots of fruit and vegetables. Don't eat too much fat and sugar.*

- 2 What other things can you do to stay healthy?