

Diet



We must do a lot to stay healthy. We need to exercise. We need to bathe often. We should brush and floss our teeth each day. We should not use harmful drugs. If we do these kinds of things, we will live longer. We will be happier. And we will stay free of most kinds of disease. A large part of a healthy life is to eat a good diet. A diet is all of the things we eat and drink.

Our bodies need protein. They need vitamins and minerals. They also need some kinds of fats. There are, in fact, both good and bad kinds of fats. All of these come from food. A diet should include foods from all of the food groups. The five food groups are: fruits, vegetables, dairy, grains, and meat.

A healthy diet has three basic parts. They are: variety, balance, and moderation. Variety means to eat different kinds of food. No one kind can give us what our bodies need. Balance means to eat the right amount from each food group each day. Moderation is to not eat too much of any one kind of food. If we ate only candy, we would be sick.



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Comprehension Questions

Circle the best answer.

1. This passage is about
 - a. how often you should exercise.
 - b. the importance of a healthy diet.

2. True or false: All kinds of fat are bad for you.
 - a. true
 - b. false

3. A healthy diet includes
 - a. quality.
 - b. variety.

4. A diet is
 - a. what we eat and drink.
 - b. how often we exercise.

5. We can infer that if we ate too much of the same food every day, we would be
 - a. sick.
 - b. healthy.

Check your answers on page 201.

First Person in Space

1. a 2. b 3. a 4. a 5. b

Badminton

1. b 2. b 3. a 4. a 5. b

Crying

1. a 2. a 3. a 4. a 5. b

Pigs

1. a 2. a 3. a 4. a 5. a

Wilma Rudolph

1. a 2. b 3. a 4. a 5. a

Teeth

1. a 2. a 3. a 4. a 5. b

Clouds

1. a 2. b 3. b 4. b 5. a

Trees

1. a 2. a 3. b 4. b 5. a

Ice Hockey

1. b 2. b 3. b 4. b 5. b

Bones

1. b 2. b 3. b 4. a 5. b

Sleep

1. a 2. a 3. a 4. a 5. b

Donald Trump

1. a 2. a 3. a 4. b 5. a

The Leaning Tower of Pisa

1. b 2. a 3. b 4. b 5. b

Big Ben

1. b 2. a 3. a 4. b 5. b

Lions

1. a 2. a 3. b 4. a 5. a

Firefighters

1. a 2. a 3. b 4. a 5. b

Robots

1. b 2. b 3. b 4. a 5. b

F. W. de Klerk

1. b 2. b 3. a 4. b 5. a

Hollywood

1. a 2. b 3. a 4. b 5. a

Time

1. b 2. b 3. b 4. b 5. b

Heart Disease

1. a 2. b 3. b 4. a 5. a

Laser Eye Surgery

1. b 2. b 3. b 4. b 5. b

Depression

1. b 2. a 3. b 4. a 5. a

Diet

1. b 2. b 3. b 4. a 5. a

Cancer

1. b 2. a 3. a 4. a 5. b

The Great Sphinx

1. b 2. b 3. b 4. a 5. b

The Earth

1. b 2. b 3. a 4. a 5. b

X Games

1. a 2. a 3. b 4. b 5. b

Tour de France

1. a 2. a 3. a 4. b 5. b

The Great Wall of China

1. b 2. b 3. b 4. a 5. b

Exercise

1. a 2. b 3. b 4. a 5. b

Eating Disorders

1. b 2. b 3. b 4. a 5. b

The Olympic Games

1. a 2. b 3. a 4. a 5. b

Stress

1. a 2. b 3. a 4. b 5. b

Fire Walking

1. a 2. a 3. a 4. b 5. b

Urban Legends

1. b 2. b 3. a 4. a 5. b

Danica Patrick

1. b 2. b 3. a 4. a 5. a

LEGO® Building

1. a 2. b 3. b 4. a 5. b