include vs. contain

include的主语和宾语属于同一范畴，用于表示后面的东西是前面的一部分，即整体与部分的关系；而contain 的主语相当于一个"容器", contain的宾语就是这个"容器"里所含有的东西。

A balanced diet includes all the food groups.

We all went there, including Mary.

The box contains ten apples.

The drink doesn't contain alcohol.