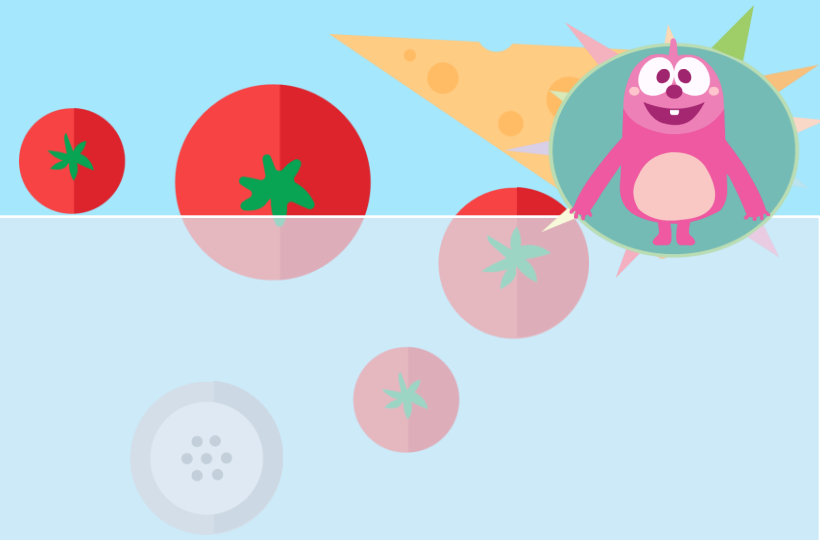




Eating a Balanced Diet

G4-U3-L7





Eat a Balanced Diet

A balanced diet is central to healthful eating. Having a balanced diet means choosing from all five main food groups, in the right quantities.



Learn

Dairy

This includes cheese, milk and yogurt. Dairy foods are usually high in saturated fat. In order to reduce fat and calories, it is best to choose low fat or fat free varieties. High-fat milk is good for our health.

Dairy is essential in the diet to provide calcium for strong bones as well as protein and vitamin D. The dairy section is smaller than others.

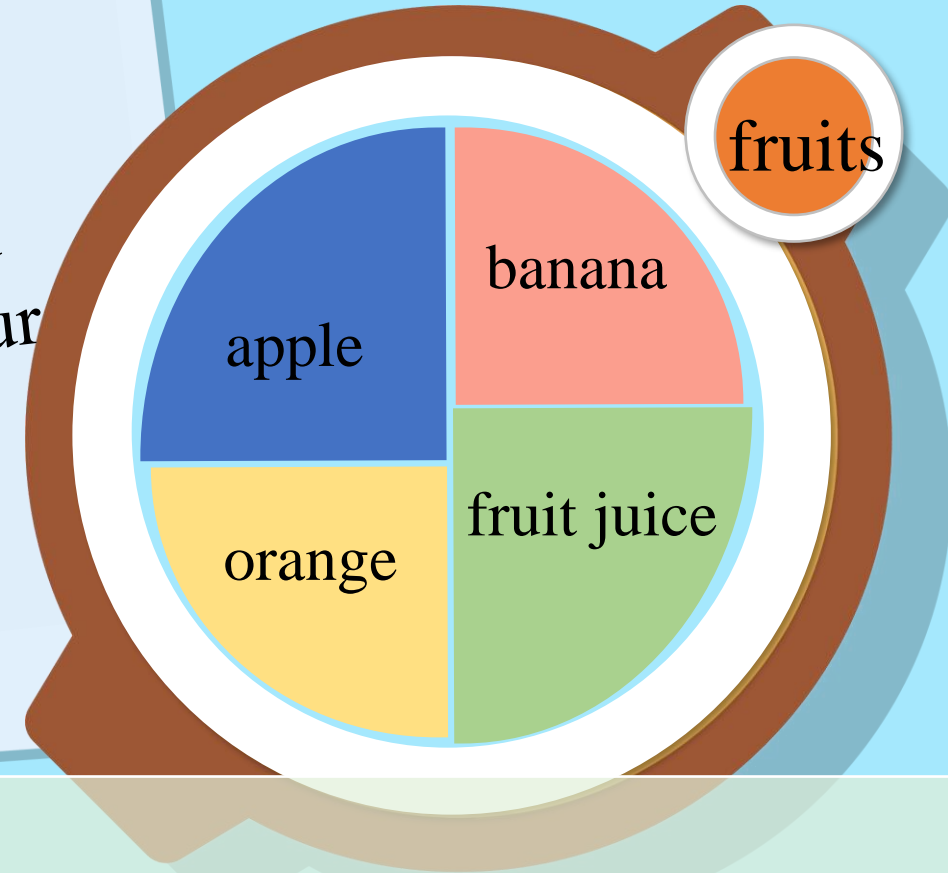


Learn

Fruits

The fruit food group encompasses a wide range of fresh fruits and fruit products, including dried, frozen and canned fruit, and 100 percent fruit juice.

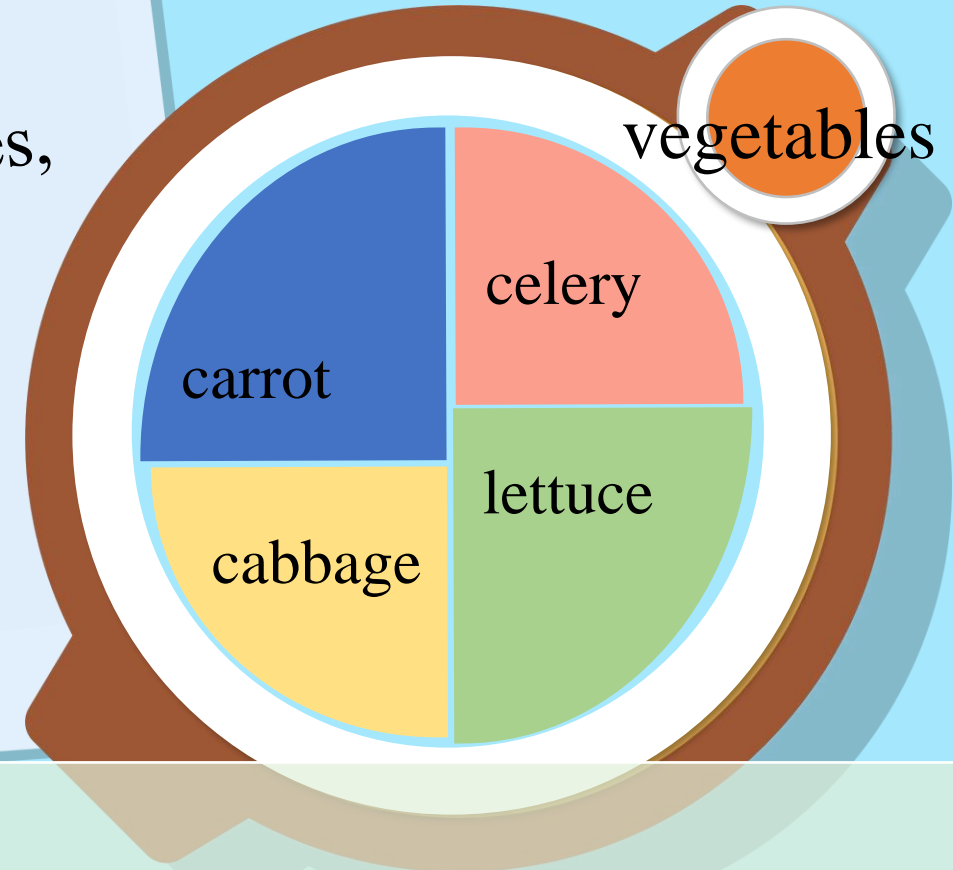
The amount of fruit you should consume each day depends on your age, gender and activity level.



Learn

Vegetables

The vegetable food group includes an array of fresh vegetables and vegetable products, including frozen, canned and dried vegetables, as well as 100 percent vegetable juice.



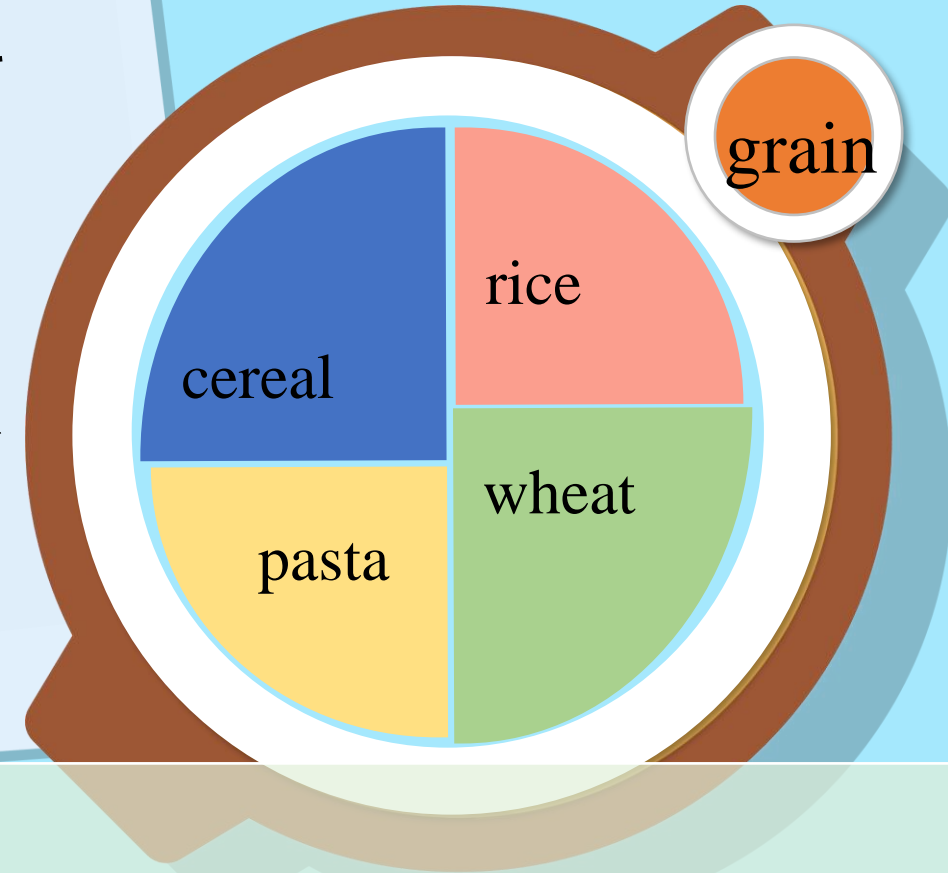
Tips: 1. Have students read the paragraph. 2. Correct the mistakes. (1-2 min)

Learn

Grain

The grain food group is comprised of two subgroups: whole grains and refined grains. At least half of the grains you consume should come from whole-grain sources.

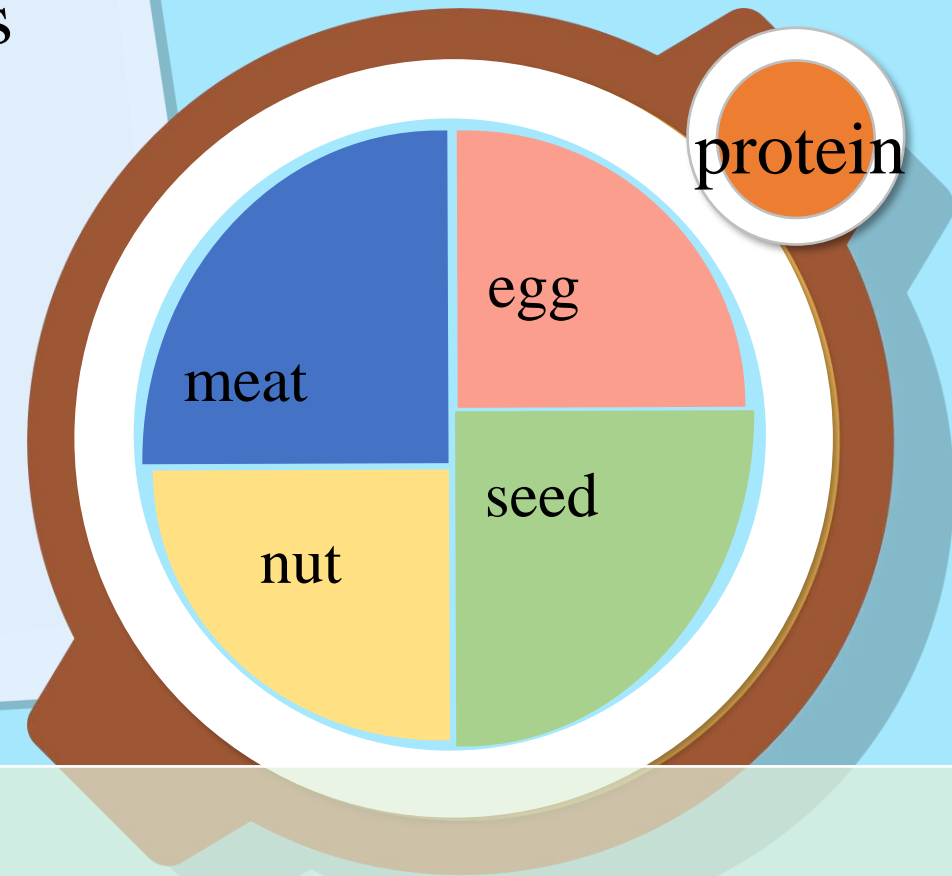
This is the food group that we should eat most often. It includes healthy foods like cereal, rice and pasta.



Learn

Protein

Meat, poultry, fish, seafood, eggs, nuts, seeds, soy products and beans and peas make up the protein food group.



Tips: 1. Have students read the paragraph. 2. Correct the mistakes. (1-2 min)

Practice



What will provide
calcium for strong bones?



VS

What are the five food groups
that we eat for a balanced diet?



Practice

True or False.



1. We should eat more dairies than grains.
2. You shouldn't eat foods that you like too much.
3. High-fat milk is good for our health.
4. At least half of the grains you consume should come from whole-grain sources .

Practice



Write two foods for each of these food groups.

Example:

Grains

rice
bread

Vegetables

Fruits

Protein

Dairy

Tips: Make sure the students know these words. Have students say at least two kinds of food for each group.(3-4 min)

Practice

Please choose the correct food.



Grains



Fruits



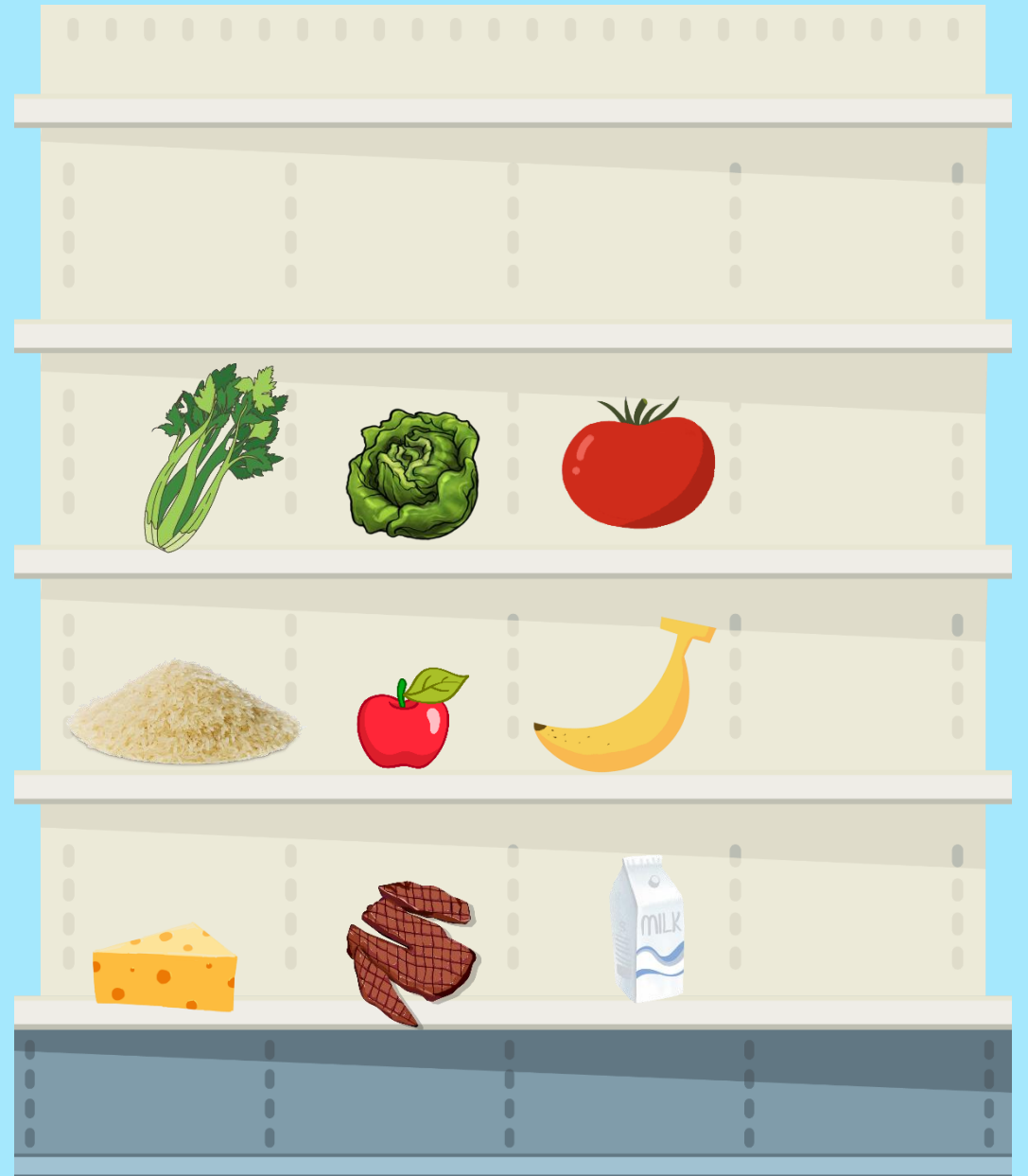
Vegetables



Protein



Dairy



Tips: Complete the task. Teacher can say more foods, and have students judge which group they belong to. (3-4 min)

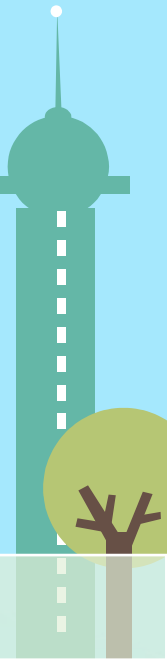


Practice



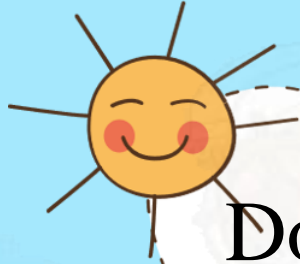
Answer the questions.

What do you eat every day?



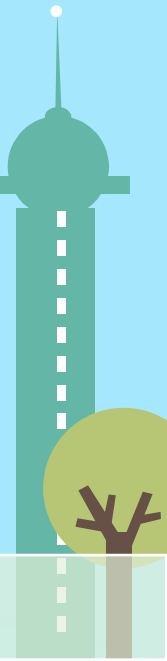


Practice



Answer the questions.

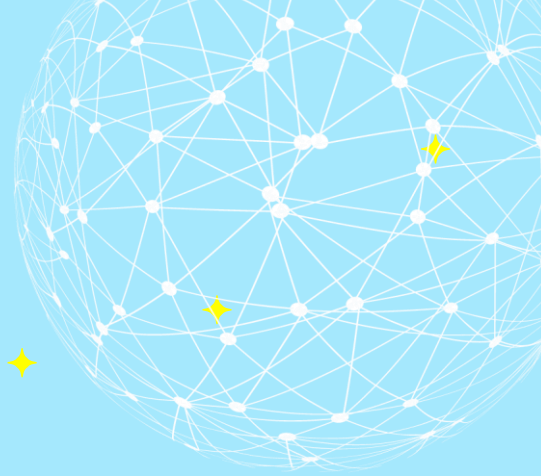
Do you keep a balanced diet? Do you think it is necessary to eat healthily?





Conclusion

1. We have learned the words:
balanced diet, dairy, protein, consume,
an array of, whole-grain





Conclusion

2. We have learned the sentences:

Having a balanced diet means choosing from all five main food groups, in the right quantities.

Dairy is essential in the diet to provide calcium for strong bones as well as protein and vitamin D.

The amount of fruit you should consume each day depends on your age, gender and activity level.

The vegetable food group includes an array of fresh vegetables and vegetable products.

At least half of the grains you consume should come from whole-grain sources.



