

PROJECT ON FOOD

Read the following text carefully.



Food and Eating

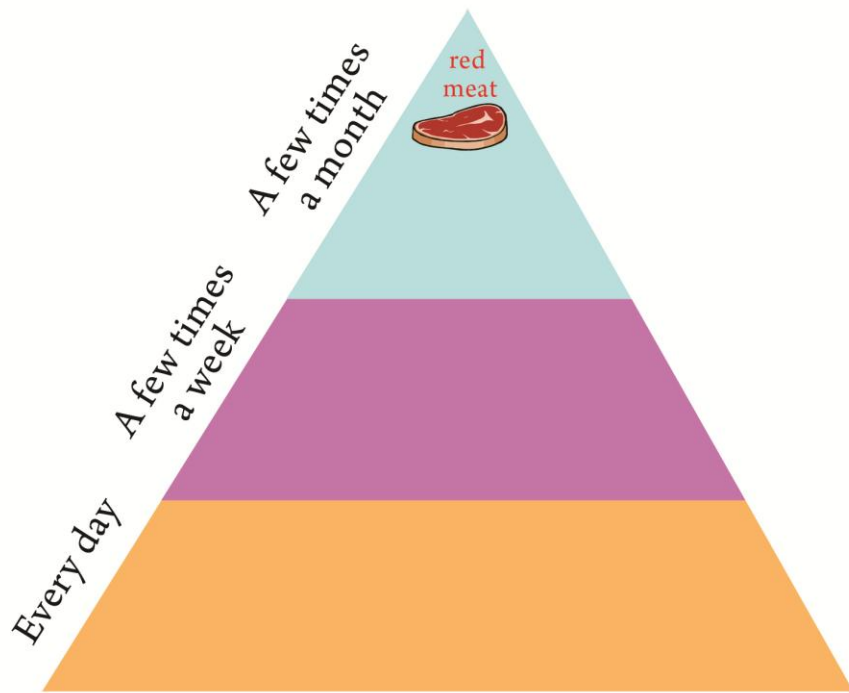
Why do we eat? Because we get energy, vitamins and minerals from food. If we don't eat enough of the right food, or eat too much of the wrong food, we can be unhealthy.

Fresh fruit and vegetables are very important for our health. It's better to eat them when they are in season because they're tastier and have got more vitamins then. We should eat fresh fruit and vegetables daily, along with cereals, nuts and dairy products. We shouldn't eat a lot of meat, chicken, fish or eggs. Two or three times a week is enough for a balanced diet. We should eat even less red meat, only once or twice a month. How about sugar and sweets? Sorry! They're in the same category as red meat!

Most packaged food contains chemicals. These are usually in the form of food colours, additives or preservatives. We should always check food labels for these 'E' chemicals. Some of them are harmless but others can be dangerous. Today, many people are worried about the levels of chemicals in food. That's why they choose an organic diet.



Fill in the food pyramid with what food we should eat. Draw and label the food.



You are at summer camp and you are in charge of the children's meals. Make the meal plan for the first day.

Do you know what you eat? Make a list of your favourite foods. Put 😊 next to the food that is good for you, and ☹️ if it's bad for you.

Breakfast: _____

Snack: _____

Lunch: _____

Snack: _____

Dinner: _____
