

EXPLORE
OUR
WORLD
CLIL READERS

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HEALTHY EATING



Express Publishing



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LET'S START!



Everybody likes food.
Food is a big part of our lives.
Do you like chocolate, pizza
and ice cream? We all do!
They are yummy!

Look at the pictures!

Which foods are healthy and good for us?

Which are unhealthy?

Which should we eat only a little of?



THE EATWELL PLATE

Hi! I'm

Super Spud!

I'm going to tell you all about healthy eating!



Eating healthy food is not difficult. In fact, it is very easy! Take a look at the **eatwell plate**!

Your body needs foods from each group. This is called a **balanced diet**. Which foods should you eat a lot of?

The smallest section on the eatwell plate means that you do not need a lot of these foods. We call them **empty foods**. They haven't got anything in them that is good for your body!

You don't have to eat the foods from every group all in one meal! You can eat them throughout a day!

The Eatwell Plate

Fruit and vegetables

Bread, rice, potatoes, pasta

Meat, fish, eggs, beans

Milk and dairy foods

Foods and drinks high in fat and/or sugar

FAST FACT

Fast food restaurants use yellow, red and orange because they make you feel hungry!



Stone Soup

This is a story from long ago. A poor man is very hungry. He goes from village to village, looking for food. One day he arrives at a small village in the mountains.

He knocks at the first house. An old woman opens the door. "Can you give me some food? I am very hungry," the poor man says. "I'm sorry, but I have nothing to give you," the woman answers.

So the man goes from house to house. Every time they send him away. No one wants to help him. The poor man is very sad!

But then one kind woman says, "I can give you some water." "Thank you," the man says happily. "Now we can make some stone soup."

He asks the kind woman for a cooking pot and makes a small fire. As the water is boiling, the kind woman asks him, "What are you doing?"

"I'm making stone soup," the man answers.

"Look! I must put in a special stone," says the man. He takes a small stone out of his pocket and puts it in the boiling water.

After a while, the whole village comes to watch the man make stone soup. "Does it taste good?" asks a young woman. "Well, it is not bad, but a few potatoes can make it really tasty," the man says. "Oh, I've got some potatoes," she says and goes to get them.

Soon, everyone in the village brings meat and vegetables to put in the pot. When the soup is ready, everyone sits down to eat the delicious soup. They eat and sing and laugh for hours.

They are all very happy! Do you know why? The soup is so good because everyone is sharing what they've got!



1

THE EATWELL PLATE

1 Find the words. Label the pictures.

1



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2



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3



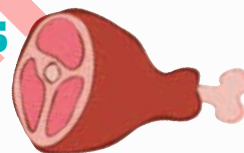
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4



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5



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6



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M	P	O	T	A	T	O	J
U	M	S	I	Q	G	X	W
P	C	S	B	R	E	A	D
H	R	L	H	B	F	L	R
F	I	N	C	Z	I	W	Z
S	C	L	S	Y	S	V	Q
W	E	G	G	T	H	J	Z
T	K	X	M	E	A	T	B

2 Do you remember the eatwell plate? Look and circle the odd one out.

