

Unit 5 Cross-curricular worksheet

Food technology: A healthy diet

1 Read the text.



What is a healthy diet?

We all need to eat well to be healthy. A healthy diet includes seven important elements:

- **Carbohydrates** should form the biggest part of our diet. 60% of the food we eat should be carbohydrates. They are very important for energy. Carbohydrates are found in bread, potatoes, pasta and cereal. You can get them from fruit and vegetables too.
- **Fat** is important and should make up 25% of our daily diet. We need to be careful to eat the correct fat: from oils, nuts and fish. Our bodies store fat and use it as energy when we need it.
- 15% of our diet should be protein. **Protein** helps to build and repair the different parts of the body. We can get it from meat, beans, nuts, cheese, eggs and fish.
- We also need vitamins. Vitamins help our bodies to work properly. Vitamins are found in fresh fruit and vegetables, **dairy products** and fish.
- **Minerals** are important too. They help our bodies to get energy from food. They also make our bones and teeth strong. We can get minerals from fruit, vegetables and fish.
- We should eat a lot of **fibre**. The good thing about fibre is that you can't digest it! For this reason it makes you feel full and helps to pass food through your body. We can get fibre from fresh fruit, vegetables, cereals and brown bread.
- The last thing you need is water. It keeps the fluids in our bodies at the right level. We should drink 6-8 glasses every day.

2 Read the text again. Underline the correct options. Use your dictionary to help you.

Most of your food should be carbohydrates / protein.

- 1 **Fibre** / **Fat** stops you from feeling hungry.
- 2 You should eat **minerals** / **fibre** for a lot of energy.
- 3 **Carbohydrates** / **Dairy products** contain milk.
- 4 You should eat oils, nuts and fish for the right kind of **fat** / **minerals**.
- 5 **Protein** / **Dairy products** can repair your body and help you grow.

3 Read the text again. Match the two parts of the sentences.

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|---|---|
| 1 Carbohydrates give you | a your body works well. |
| 2 You can find protein | b your body can't get enough energy. |
| 3 When you have a lot of vitamins, | c a lot of water every day. |
| 4 Without minerals, | d when you eat a lot of fibre. |
| 5 Food travels through your body faster | e in eggs, beans and fish, for example. |
| 6 You should drink | f a lot of energy. |