



Food



Read the passage below and answer the questions on the next page.

Food is an essential part of our lives. We all need food to survive as it provides us with energy and nutrients for healthy growth and development. Eating a well-balanced diet can also help us stay fit and strong.

There are many different types of foods that we can choose from when choosing what to eat. Fruits and vegetables are great for providing vitamins, minerals, and fiber to our diets. Grains such as rice, oats, and wheat provide carbohydrates which give us energy. Protein-rich foods like eggs, beans, fish, and meat help with growth and repair of tissues in the body. Dairy products contain calcium which is needed for strong bones.

Eating a variety of foods is important in order to get all the essential nutrients that our bodies need. The Dietary Guidelines for Americans recommend filling half your plate with fruits and vegetables, one-fourth of your plate with grains, and one-fourth with lean protein sources like fish or poultry. Eating a diverse selection of foods also provides us with different flavors and textures, which can make eating more enjoyable.

It is important to remember that food choices should be based on moderation and variety. Too much of any one type of food can lead to health problems like obesity or malnutrition. Eating in moderation and making healthy choices helps us stay healthy and happy. Making sure to eat a balanced diet and get regular physical activity will help us stay fit and healthy.

In conclusion, food is an essential part of our lives and we should make sure to eat a variety of nutritious foods in moderation for optimal health. Eating well-balanced meals can help us feel energized, stay strong, and keep our bodies functioning properly.

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