

Alpha Level 5

Good to Eat



## Word Study

### A Match the words to the right definition.

calcium			Substances found in many foods that help your body to use the <b>energy</b> in food and to <b>work properly</b> .
vitamin			A substance found in some foods that builds and <b>repairs</b> different parts of <b>your body</b> .
mineral			a substance that is found in most plants and animals and that is especially important in people for strong healthy <b>bones</b>
carbohydrates			an oily solid or liquid substance in food
energy			a substances found in some foods that help your body to <b>grow and work properly</b> .
fat			substances found in certain foods (such as bread, rice, and potatoes) that provide your body with <b>heat and energy</b> and are made of carbon, hydrogen, and oxygen
protein			the physical or mental strength that allows you to do things

### B Choose the words with the same meaning.

1) They all **contain** things that help our bodies to grow.

- a) include      b) save      c) borrow      d) protect

2) It also helps your body to **get rid of** things it doesn't need.

- a) stay       b) remove      c) stay      d) keep

3) Protein helps to **build** bones.

- a) construct      b) fix       c) make      d) design

4) Protein helps to **repair** your bones.

- a) make       b) fix      c) fake      d) reform

## Word Study

**C** Complete the sentences using words in the box.

Word Box

~~see~~, ~~found~~, ~~without~~, ~~from~~, ~~keep~~, ~~get rid of~~, ~~stay~~,

- 1) The foods help our bodies to grow and stay healthy.
- 2) Water helps your body to get rid of things it doesn't need.
- 3) Vitamin and minerals are found in many foods.
- 4) Calcium helps to keep your teeth and bones strong and healthy.
- 5) Protein is found in many foods that come from animals.
- 6) Our eyes use fat to help us to see clearly.

**D** Label each group of food.

**Food Guide Pyramid**

Fat, Sweet

Dairy

Vegetables

Fruits

Protein  
(meat, fish, bean)

Grain

Word Box

Grain

Vegetables

Fat, sweet

Fruits

Dairy

Protein  
(meat,  
fish, bean)

# Comprehension

## A Answer the following questions.

1) Why water is important? (p.p, 4~7)

We can't live without water. The body is almost 80% of water.

2) How much water do people drink during their lives?

a) more than 100 bath tubs of water      b) 100 bottles of water

3) How do people get water?

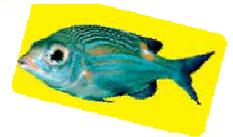
People get water when they drink water or eat food.

4) How do vitamins and minerals work in your body? (p.p.8~11)

Vitamin and minerals help help to make our body healthy and strong.

5) Which foods contain vitamins and minerals most?

fruits and vegetables.



6) What is calcium's job in the body?

Calcium helps to keep your teeth and bones strong and healthy.



## B Mark the right answer.

7) What is another name for carbohydrates? (p.10)

fat                       starch                       protein

8) Which of the following foods contains fat? (p.p.14~15)

butter                       tomatoes                       water

9) If your doctor suggests that you need more protein, what kind of foods you should eat more often?

apple, strawberry, avocado                       butter, cream, oil, meat  
 bread, corn, rice, oats                       egg, milk, meat, beans, fish

10) When a person stays **healthy**, he or she is NOT \_\_\_\_\_.

strong and active                       sick and injured

# Comprehension

## C Write the interesting facts.

Find some interesting facts about foods and write in the column.

What I found some interesting facts are .....

Eating carrots is good for our eyes.

Protein helps to build and repair bones, muscles, skin and hair.

Fat gives my body more energy.



Answers can vary

## Interesting Facts

The body consists of 80% water. Calcium is a mineral. Eating carrots is good for our eyes. Calcium is found in milk, fish, beans and some vegetables. Carbohydrates are called starch. Starch gives my body energy. More than half the people in the world eat rice everyday. Protein helps to build and repair bones, muscles, skin and hair. Fat gives my body more energy.

## D Write and Speak

Write down everything you ate yesterday in the food pyramid.

Yesterday, I ate rice, kimchi,

I drank a glass of milk and ate some fruits.

I ate some cake, candies and some chocolate.

I had / didn't have healthy day.

To be healthy,

I need (to) eat vegetables

Answers can vary

