

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 energy in food and to work properly .
vitamin	●	●	A substance found in some foods that builds and repairs different parts of your body .
mineral	●	●	a substance that is found in most plants and animals and that is especially important in people for strong healthy bones
carbohydrates	●	●	an oily solid or liquid substance in food
energy	●	●	a substances found in some foods that help your body to grow and work properly .
fat	●	●	substances found in certain foods (such as bread, rice, and potatoes) that provide your body with heat and energy 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 _____ healthy.
- 2) Water helps your body to _____ things it doesn't need.
- 3) Vitamin and minerals are _____ in many foods.
- 4) Calcium helps to _____ your teeth and bones strong and healthy.
- 5) Protein is found in many foods that come _____ animals.
- 6) Our eyes use fat to help us to _____ clearly.

D Label each group of food.

Food Guide Pyramid

Dashed boxes for labeling are provided for each level of the pyramid.

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 _____ water. The body is almost _____% 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 d _____ or e _____ food.

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

Vitamin and minerals help _____.

5) Which foods contain vitamins and minerals most?

_____ and _____.



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

Calcium helps _____.



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



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 than grains or protein.

D Write and Speak

Write down everything you ate yesterday in the food pyramid.

Yesterday, I ate _____

I had / didn't have healthy day.

To be healthy,

I need (to) _____

