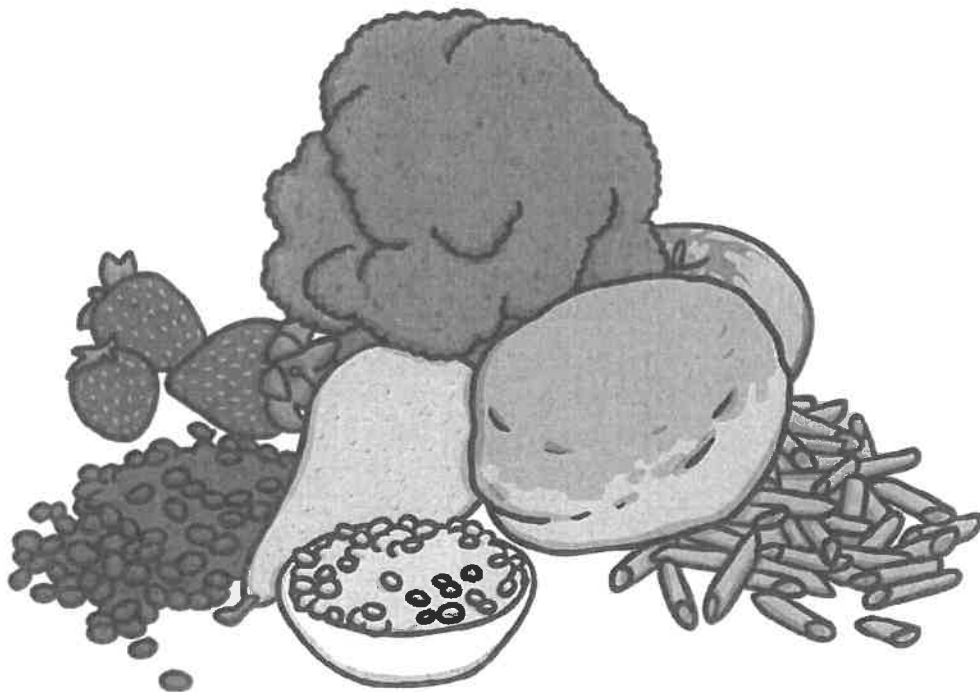


Sample Reading Paper 1 – Non-Fiction

# Staying Healthy



## Useful Words

vitamins

starchy

portion

protein

## Staying Healthy

There are lots of things that we can do to stay healthy and keep illnesses away. Changing what we eat and how much we exercise can help us to improve our health. Read on for lots of facts and tips to help you to be the healthiest you can be.

## Food and Drink

All living things need some form of food and drink to survive. The type of foods we eat and the type of drinks we have, are important.

## Food Types

There are six different food groups. These are:

- fruit and vegetables;
- starchy foods;
- meat, fish and beans (proteins);
- dairy products;
- fats;
- sugary foods.

Some of these foods are better for us than others.

1. What do all living things need to survive? Tick **two**.

food

exercise

illness

drink

2. Name three different food groups.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

R

R

## Fruit and Vegetables

These foods are very good for us because they contain vitamins, which help to keep our bodies fit and healthy. We should try to eat five portions of fruit and vegetables every day, e.g. apples, carrots and broccoli.

## Starchy Food

In this group, we find rice, pasta, cereals, bread and potatoes. These foods are important because they give us energy so that we can work, learn and play every day. We should try to eat starchy foods three times a day – once with every main meal.

3. What do vitamins do?

R

4. Draw lines to show which food group these foods belong in.

R

apple

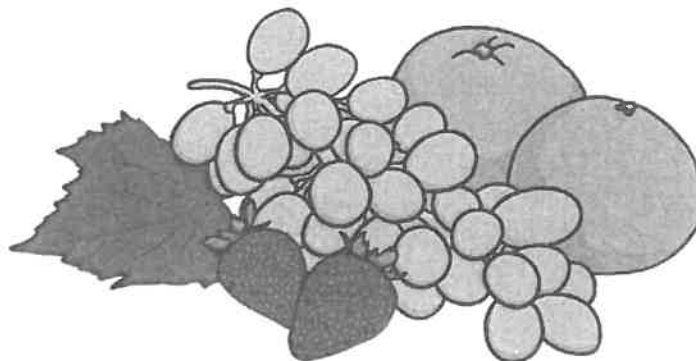
potatoes

bread

carrots

starchy foods

fruit and  
vegetables



The first one has been done for you.

### **Meat, Fish, Eggs, Beans (Proteins) and Dairy Products**

Meat, fish, beans and dairy products are important to keep us healthy as they help our bodies to grow and also to mend if they are hurt or injured. Dairy products are things such as milk, cheese and yoghurt. They are also important as they help to keep our bones and teeth strong. We should try to eat meat, fish, eggs, beans or dairy products 2 to 3 times a day.

### **Fats and Sugar**

Foods with lots of sugar and fat in, are not good for us and we should not eat them too often. Food like crisps, chocolate and ice cream are all high in sugar or fat, or both. They should only be eaten as a treat and no more than once a day. Sugary treats are also bad for our teeth

R

5. What types of food do we need to eat to keep our bones and teeth healthy?

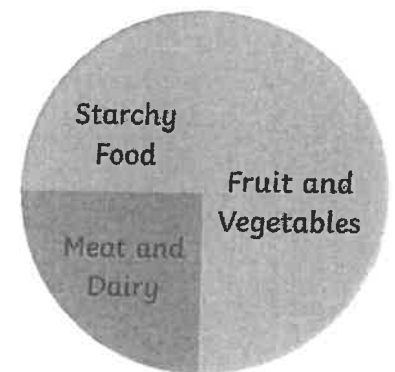
R

6. How often should we eat food with lots of fat or sugar?

### **The Healthy Plate**

A healthy meal should have more fruit, vegetables and starchy food than any other type of food. This picture of a 'healthy plate' shows how much of each food should be on your plate.

**My Healthy Plate**



V

7. Why does the author use the word 'healthy' to describe the 'healthy plate'?

## Drinks

The best drinks for us are water and milk. Fruit juice can be good too but it has lots of sugar in it so we shouldn't drink too much. Many fizzy drinks are not good for us as they usually have lots of sugar in them.

R

8. Why shouldn't we drink too much fruit juice?

R

9. Which of these drinks are the healthiest? Tick **two**.

milk

lemonade

water

fruit juice

R

10. Fill in this table to show how many times a day we should eat

| Food group                        | Number of times a day |
|-----------------------------------|-----------------------|
| Fruit and vegetables              |                       |
| Starchy food                      |                       |
| Meat, fish, eggs, beans and dairy |                       |
| Fat and sugar                     |                       |