

Name: _____

Class: _____ Date: _____

Fuel Up!

Cars need fuel to make them move, and so do our bodies. But instead of petrol, we humans need food and water to keep us going. Just as cars need good quality petrol to run at their best, we need good quality food. The better the food we eat, the better we feel, and the more energy we have. The right balance of the best foods will make us feel great.



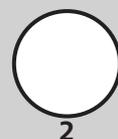
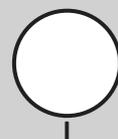
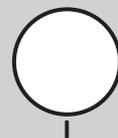
1 What **two** things do humans need to keep going?

2 Why do humans need good quality food? Give **two** reasons:

3 Look at the section on page 2 called: ***Eating the Right Stuff***.

a) Why do you think the author decided to number the items 1-5?

b) How else could the author have set out this information?



Eating the Right Stuff

Everything your body needs can be found in these five food groups:

1. Vegetables, beans and lentils
2. Fruit
3. Grains (bread, cereals, rice, pasta, noodles)
4. Milk, yoghurt, cheese
5. Meat, fish, poultry, eggs and nuts

Did You Know?

Everyone should try to eat at least five pieces of fresh fruit and vegetables each day. You could have a banana with your breakfast cereal, an apple at break time, peas and sweetcorn with your dinner and a satsuma when you get home from school.

What is the Eatwell Plate?

The eatwell plate highlights the different types of food that make up our diet, and shows the proportions we should eat them in to have a well-balanced and healthy diet. The eatwell plate includes carbohydrates to give us energy, protein to help us grow, and vitamins and minerals to keep us healthy and well. Eating a wide range of foods each week will give you a range of nutrients in different amounts, giving you the best fuel to keep you on the go.



Chips, cakes, sweets and soft drinks are often called junk food. They make up a very small proportion of the eatwell plate because they do not contain many healthy nutrients. They also contain a lot of sugar, salt or fat, which can make us put on weight and don't give us good, lasting energy. This doesn't mean we can't eat these things at all – just not too much or too often.

Compare what you eat each day to the eatwell plate. Are you eating the right proportion of each food type?

Healthy Eating Tips

- Eat the fresh food first, so you'll have less room for the junk food!
- Choose fresh fruit and vegetables as snacks to eat between meals.
- Cut back on foods that are full of fat, sugar and salt. (Read food labels on packaged foods.)
- Eat a little slower! It takes time for our brains to work out when we're full, so try to eat more slowly.

4 Look at the sentence: *Everyone should try to eat at least five pieces of fresh fruit and vegetables each day.*

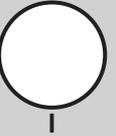
What do the words 'at least' mean in this sentence? Tick **one** box.

Less than

More than

Not less than

Much more than



5 Look at the section: *What is the Eatwell Plate?* Draw a line to match each food type with a reason why we should eat it.

Food type

Carbohydrates

Vitamins and minerals

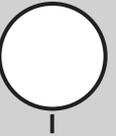
Protein

Why we should eat it

To help us grow

To give us energy

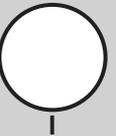
To keep us healthy and well



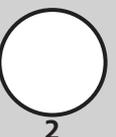
6 How does the picture of the eatwell plate help us know what makes a healthy and well-balanced diet? Give **two** reasons.



7 In the sentence beginning: *Eating a wide range of food ...* the author uses the word 'fuel'. Give **one** reason why.



8 Look at the paragraph beginning: *Chips, cakes, sweets and soft drinks ...* Give **four** reasons why we should not eat too much of these foods.



9 Which facts are true and which are false?

Tick **one** box for each statement.

We should never eat chips.

We should eat a lot of sweets.

We should not have soft drinks too often.

We should not eat too many cakes.

True

False

10 Which sub-heading would you go to if you wanted to read advice on eating healthily? Tick **one** box.

Did You Know?

Fuel up!

What is the Eatwell Plate?

Healthy Eating Tips

11 Look at the **Healthy Eating Tips**. Why should you read food labels on packaged foods?

12 What would you say was the purpose of this text? Tick **one** box.

To explain why cars need fuel

To explain why you should never eat sweets

To tell you to have a banana for breakfast

To give you advice on healthy eating

For teacher use

Your mark	_____ out of 15
What went well	
How to improve	