

Healthy Eating Habits

Chapter 8: Food We Eat · Topic 2

Key Concept

A balanced diet includes grains, proteins, fruits, vegetables, and dairy, giving our body the nutrients it needs to grow and function well.

Junk food, like chips and sugary snacks, may taste good but lacks important nutrients, and eating too much can lead to health problems.

Drinking enough water and eating meals at regular times also supports good health and helps maintain energy throughout the day.

Developing healthy eating habits early in life helps prevent health issues later and supports overall growth and well-being.

Quick Revision Notes

- A balanced diet includes grains, proteins, fruits, vegetables and dairy.
- Junk food lacks important nutrients.
- Too much junk food can cause health problems.
- Drinking enough water supports good health.
- Eating meals at regular times maintains energy.
- Healthy eating habits should start early.
- Good eating habits support growth and well-being.
- A balanced diet gives our body needed nutrients.

Practice Questions

- 1 List the foods you ate today and check if they form a balanced diet.
- 2 Name three healthy foods and three junk foods.
- 3 Discuss why drinking water is important.
- 4 Plan a healthy meal with your family.
- 5 Compare a healthy snack and an unhealthy snack.
- 6 Explain why eating habits formed early matter.