

Healthy Eating – Skimming and Scanning Task

We all eat food every day to survive. We wouldn't be able to function without food. Food is important as it supports our growth and maintains our health. Without food, we wouldn't have any energy to move around and get on with our day to day lives.

The food that we eat is made up of different types of nutrients. In order to have a healthy diet, we need a mixture of all types. However, some types of food are better for you than others therefore it is important for us to get the right balance.

Most food falls under one of the following categories: carbohydrates, fruit and vegetables, dairy, protein or fats.

Carbohydrates are important as they give us our main source of energy. Athletes need a lot of carbohydrates as they need lots of energy to perform well. Carbohydrates contain calcium, iron, starch and fibre which are all important parts of our diet to keep our bodies healthy. Some examples of foods that are carbohydrates are cereal, potatoes, pasta and bread.

It's important to make sure you include lots of fruit and vegetables in your diet as these foods are the best source of vitamins and minerals which are essential for good health.

We all need some dairy in our diets to keep our bones and teeth healthy and strong, calcium is the key nutrient in protecting our bones. It's important to eat dairy products but not too many as they can contain fats, and too much fat is bad for us. Try to find alternative, low-fat dairy products to ensure your body is fully benefiting. Dairy products include cheese, yoghurts and milk.

Foods that contain protein are good for you as they help repair and build muscles in our bodies. High protein foods include meat, fish, nuts and seeds and some dairy products.

It's important that we have a varied diet so we can ensure we are getting all of the essential nutrients we need for our bodies to function at their best.

As the old saying goes, you are what you eat! Make sure you eat the right foods.

Skimming and Scanning Challenge

1. The word 'food' appears 7 times. Underline them all in red.
2. The word 'vegetables' appears 2 times. Underline them all in blue.
3. The word 'important' appears 7 times. Underline them all in green.
4. The word 'are' appears 10 times. Underline them all in purple.
5. The word 'we' appears 10 times. Underline them all in orange.
6. Circle the word 'protein' in red. How many are there? _____
7. Circle the word 'contain' in blue. How many are there? _____
8. Circle the word 'eat' in green. How many are there? _____
9. Circle the word 'carbohydrates' in purple. How many are there? _____

Circle the correct answer to complete each sentence. Use skimming and scanning techniques to find the evidence in the text.

10. Food is important as it supports our...

blood.	growth.	memory.	brains.
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11. The food we eat is made up of different types of...

nutrients.	sugars.	cells.	water.
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12. An example of a food that is a carbohydrate is...

fish.	milk.	cheese.	pasta.
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13. Dairy products contain...

sugar.	fruit.	calcium.	carbohydrates.
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14. An example of a high protein food is...

cakes.	fish.	apple.	chocolate.
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15. We should eat...

a varied diet.	only fruit and vegetables.	mainly cakes and crisps.	just meat.
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