



## Cut the junk

It is very important to eat good food and cut out **junk food**. If you eat a lot of junk food you may become fat. This is because junk food is very high in oil, sugar and salt. After a while it can make you feel sleepy. Big Dee eats a lot of chocolate and has lots of fizzy drinks. He cannot **focus** all the time and always falls asleep in class. Bobby, though, eats only good food. He is able to work hard and never falls asleep. "A balanced diet helps you study better," he said.



See, I am on the wrong track. I am fat and tired.



### The food pyramid

DOES this look familiar to you? It is a food guide in a very simple form. At the bottom are **carbohydrates**, **proteins** are in the middle, and at the top are **fats** and oils.

The pyramid shows the **portions** we should have for each type of food. A healthy and balanced diet should include everything here but only in the right amounts. For example, six servings of rice, two servings of fruit, two servings of meat and just a tiny bit of sweets.



Try to drink water and non-sugary drinks, and avoid fizzy drinks or bubble teas, which will make you fat.

- 1 Fat, oil, salt and sugar
- 2 Meat, fish, milk and cheese.
- 3 Bread, rice, noodles and cereal.





## Good food, good stuff

FROM the pyramid, we can see that we should have more carbohydrates and less fat. But why is that?



### Carbohydrates

THESE are the main **sources** of energy. Think of them as **batteries**. You need them to keep your body working. Of course, having too much is always bad but it does have many **nutrients**.

### Fats

THE secondary source of energy. It keeps your body warm. It is found mostly in **snacks** and fried food. Too much fatty food is bad for the body. It is the main cause of **obesity**.

### Protein

THIS is very important in building up the body. It is like the body's building blocks. Protein is mostly found in meat, eggs, fish and soya milk. Protein helps build up our **muscles** and makes us strong.



What can carbohydrates, protein and fats be compared to?

① Carbohydrates

Ⓐ fat Big Dee

② Protein

Ⓑ batteries

③ Fats

Ⓒ building blocks

