



Healthy Eating

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1. We all need to eat a good mixture of different foods to keep ourselves healthy. In this lesson we will look at which foods are good to eat and which foods are bad for our health.

2. Most of us have one main food that we eat each day. For example, this main food may be rice, maize or cassava.

3. This food is good as it fills you up and stops you from feeling hungry. It probably forms the main part of what you eat each day.

4. Your main food is important, but this food alone is not enough to keep you healthy. Even if you eat a lot of this main food you will still need to eat a mixture of other foods to keep yourself healthy.

5. Now here's a question for you!

6. If you eat only rice or maize will you keep healthy?

7. Yes,

8. Or no?

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9. Press a button now.

10. That's right. As well as your main food you also need to eat a mixture of other foods.

11. Some foods are very good at keeping your body strong. These foods also help your children to grow strong and healthy.

12. These foods are sometimes called grow foods or protein foods.

13. Examples of protein foods are meat, fish, eggs and milk.

14. If possible you should try to eat some of these protein foods every day.

15. Which of these is a protein food?

16. Press a button now.

17. You are correct!

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18. Why are protein foods good for your body?
19. They keep your body strong,
20. Or they make you feel less thirsty?
21. Press a button now.
22. Yes. Protein foods keep your body strong.
23. Some foods help to protect you from illness and help to keep you healthy. These protective foods are mainly fruit and vegetables.
24. You should try to eat fruit and vegetables every day as they are very good foods for your body.
25. Fruit and vegetables also help to prevent constipation.
26. Why are fruit and vegetables good for your body?

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27. Because they make you fat,
28. Or because they help you keep healthy?
29. That's right! Fruit and vegetables help you keep healthy and help protect you from illness.
30. How often should you eat fruit and vegetables?
31. Once a week,
32. Or every day?
33. Correct! You should try to eat fruit and vegetables every day, as they are very good foods for your body.
34. Some foods give you energy. You need plenty of energy to work and look after your family.
35. Your children also need energy to go to school.

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36. Examples of energy foods are oils and peanuts.
37. Which of these gives you most energy?
38. Peanuts,
39. Or oranges?
40. Yes. Peanuts are a good energy food.
41. Why is it important to eat energy foods?
42. Because they help you sleep well,
43. Or because they give you energy to work and look after your family?
44. That's right. Energy foods give you the energy you need to work and look after your family.

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45. By adding foods from these other groups to your main food you can make healthy meals for your family.

46. You do not have to eat all the foods we have talked about. Eat your main food and add whatever other good foods are available in your area.

47. Even just a little of these additional foods added to your main food can make a big difference to your health and your children's health.

48. Do you need to add a lot of other foods to your main food to keep your family healthy?

49. Yes,

50. Or no?

51. Correct. Even just a little of these additional foods added to your main food can make a big difference to the health of your family.

52. Some popular foods are not good for your health.

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53. Examples of these bad foods include burgers, sweets and fizzy drinks such as “Coca Cola” and “Pepsi”.

54. You may see many advertisements for these foods, but this does not mean they are good for your health.

55. These foods are often expensive and are bad for your health and your teeth.

56. Which foods should you avoid?

57. Fruit and vegetables,

58. Or sweets and fizzy drinks?

59. That’s right! Foods such as burgers, sweets and fizzy drinks are not good for your health and should be avoided.

60. As well as eating a good mixture of different foods it is important to drink clean, safe water.

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61. You need to drink plenty of clean, safe water to help your body work properly.

62. If your water is not from a safe source, such as a pipe or pump, you should boil it. Then allow the water to cool before drinking it.

63. Why should you drink plenty of clean, safe water?

64. To help your body work properly,

65. Or because it tastes nice?

66. Good! Everyone needs to drink plenty of clean, safe water to help their body work properly.

67. When you get enough energy from your food to do your normal daily activities you will stay at a normal weight. Maintaining a normal weight is good for your health.

68. If you don't eat enough food you will not have enough energy and you will become weak.

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69. If you don't eat enough food you will gradually lose weight, which can eventually make you ill.
70. If you are able to eat more food and get more energy you can increase to a normal weight again.
71. What will happen if you don't eat enough food?
72. You will become weak,
73. Or you will feel good?
74. Yes. If you don't eat enough food you will gradually lose weight and become weak. You may even become ill.
75. If you eat too much food your body will store the extra energy as fat.
76. If you don't use up this extra energy in your daily activities, you will gradually become overweight. Being overweight is not good for your health.

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77. If you become overweight you can return to normal weight by eating less food.

78. If you are not sure what is normal weight, your local health centre will be able to tell you what is a normal weight for you.

79. If you are overweight what should you do to return to normal weight?

80. Drink a lot of water,

81. Or eat less food?

82. You are right! If you are overweight you can return to normal weight by eating less food.

83. The most important thing to remember is that your body needs a good mixture of different foods.

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84. You should try to add other good foods to your main food to keep your body healthy. Adding just a little of the additional foods we have talked about to your main food can make a big difference to the health of your whole family.

85. If you have a little extra money and want to buy a treat for your child, choose something that will help keep your child strong and healthy.

86. An egg or some fruit is a much better choice than sweets!

87. That was the wrong answer. Let's go back and listen again.

88. Sorry! Wrong answer.

89. Hello. The title of this lesson is " Healthy Eating ". To begin, press the arrow pointing to the right. After you have finished this lesson the arrow pointing down will take you to the quiz. To listen again, press the middle button.

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90. You've now finished the lesson. Well done! Now press the arrow pointing down to play the quiz and try to win a gold star!
91. Correct!
92. "Healthy Eating"
93. Bread?
94. Or meat?