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| **What is healthy eating?** There's no need to be confused about what to eat. For the last 20 or 30 years, doctors have recommended the same basic ideas to guide everyone towards eating better.Research into health and diet confirms what we already know - ignore fad diets and follow these pointers to reduce your risk of illness and manage your weight:* Eat five portions of fruit and vegetables every day.
* Change the way you cook food - try grilling instead of frying and steaming instead of boiling.
* Reduce the amount of fat and sugar in your diet.
* Increase the amount of starchy foods (pasta, rice and potatoes).

**Remember to check food labels when you're out shopping, in particular for the amount of sugar, salt and fat present in food.**Try using the following table to give you an idea whether a food has '**a lot**‘ or ‘**a little**‘ of a particular nutrient.**A lot**is this amount or more: **A little**is this amount or less:10g of sugars2g of sugars20g of fat3g of fat5g of saturates1g of saturates3g of fibre0.5g of fibre0.5g of sodium 0.1g of sodium**Combine all this with more exercise to improve your overall health. It's also very important to enjoy what you eat, as this way you are more likely to stick to the changes you make. Also, make sure what you eat boosts your energy - a healthy balanced diet will surely do this!** |

**What is healthy eating?**

Read the leaflet then answer all the questions.

1. Why has this leaflet been written? Is it to:
	* Give you a recipe for a fruit pudding
	* Tell you how to buy, cook and eat healthy foods
	* Give advice on choosing a supermarket

Write out **one** answer:

1. Write down **two** ways to reduce your chance of illness:

(i)

(ii)

1. Look at the table of figures. Write down what the writer considers to be

“a lot” of fat.

1. Apart from changing what you eat, what else does the writer say is important for improving your health?

5. Is this a good leaflet? Circle YES or NO.

Give one reason for your answer.