Section 5: Cloze Activity

Directions: Fill in the blanks with vocabulary words from the Reading Passage. There is a word box on the last page. First try filling in the blanks without using the word box.

Nutrition

Preventive health care means more than getting regular checkups by a doctor and a dentist. It also means making good decisions about your health. Good nutrition is also preventive care. Nutrition or _______________ means everything that you eat or drink. _______________

_______________ is eating and drinking things that are healthy for your body. Good nutrition gives you _______________. It also helps you feel _______________, keep a _______________ weight, and _______________ the risk of disease.

Health professionals say that you need to eat a balanced diet. You can eat a _______________ _______________ by choosing foods from the following six major food groups.

The _______________ group includes meat, fish, dried beans, eggs, and nuts.

The _______________ group includes milk, yogurt, and cheese.

The _______________ group includes broccoli, carrots, peas, and green beans.

The _______________ group includes apples, oranges, and bananas.

The _______________ group includes bread, rice, pasta, and cereal.

The _______________ _______________ _______________ group includes fats, oils, and sweets.

Our bodies use the foods in these six major _______________ _______________ in different ways. _______________ _______________ say you should eat more foods from some food groups than others.
Nutrition, continued

If you plan for healthy meals, then you will have a balance of healthy foods in your home. List the foods and drinks you need for each meal. For each meal, you should try to have the right size serving. The right serving size is the healthy amount of food for each person. People often eat too much food. Read the food package or _______________ to know the right size serving.

When you plan a meal, you should also try to have the right foods for any health problem such as a food allergy. For example, if someone in your family has an _______________ to strawberries, then be sure that there are no strawberries in the food or juice you buy.

At the store, try to buy only the foods on your shopping list. When you buy vegetables and fruits, try to buy them fresh. _______________ vegetables and fruits are not packaged as frozen or in cans. If you can’t buy fresh vegetables and fruits, then try to buy frozen. _______________ is healthier than canned. _______________ vegetables and fruits are not as healthy as fresh and frozen. Food packages can have expiration dates. An _______________ _______________ tells you how long you can keep the food.

When you cook, try to _______________ or broil in the oven. _______________ on a barbeque is also a healthy way to cook or you can try _______________ your food on the stove. Try baking, _______________, grilling, or steaming your food instead of frying it in oil or fat. _______________ is not a healthy way to cook food.
Nutrition, continued

Word Box

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Section 5: Cloze Activity Answer Key

Directions: Fill in the blanks with vocabulary words from the Reading Passage. There is a word box on the last page. First try filling in the blanks without using the word box.

Nutrition

Preventive health care means more than getting regular checkups by a doctor and a dentist. It also means making good decisions about your health. Good nutrition is also preventive care. Nutrition or diet means everything that you eat or drink. Good nutrition gives you energy. It also helps you feel good, keep a healthy weight, and reduce the risk of disease.

Health professionals say that you need to eat a balanced diet. You can eat a balanced diet by choosing foods from the following six major food groups.

- The protein group includes meat, fish, dried beans, eggs, and nuts.
- The dairy group includes milk, yogurt, and cheese.
- The vegetable group includes broccoli, carrots, peas, and green beans.
- The fruit group includes apples, oranges, and bananas.
- The grain group includes bread, rice, pasta, and cereal.
- The fats and sweets group includes fats, oils, and sweets.

Our bodies use the foods in these six major food groups in different ways. Health professionals say you should eat more foods from some food groups than others.

If you plan for healthy meals, then you will have a balance of healthy foods in your home. List the foods and drinks you need for each meal. For each meal, you should try to have the right size serving. The right serving size is the healthy amount of food for each person. Read the food package or recipe to know the right size serving.

When you plan a meal, you should also try to have the right foods for any health problem such as a food allergy. For example, if someone in your family has an allergy to strawberries, then be sure that there are no strawberries in the food or juice you buy.

At the store, try to buy only the foods on your shopping list. When you buy vegetables and fruits, try to buy them fresh. Fresh vegetables and fruits are not packaged as frozen or in cans. If you can’t buy fresh vegetables and fruits, then try to buy frozen. Frozen is healthier than canned. Canned vegetables and fruits are not as healthy as fresh and frozen. Food packages can have expiration dates. An expiration date tells you how long you can keep the food.

When you cook, try to bake or broil in the oven. Grilling on a barbeque is also a healthy way to cook or you can try steaming your food on the stove. Try baking, broiling, grilling, or steaming your food instead of frying it in oil or fat. Frying is not a healthy way to cook food.