

**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.

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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.

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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.

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\_\_\_\_\_ is healthier than canned. \_\_\_\_\_ vegetables and fruits are not as healthy as fresh and frozen. Food packages can have expiration dates. An

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\_\_\_\_\_ tells you how long you can keep the food.

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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.

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**Nutrition**, continued

## Word Box

grilling	frozen	recipe
good nutrition	health professionals	candy
healthy	expiration date	grain
fresh	balanced diet	steaming
diet	broiling	allergy
right size serving	dairy	meal
protein	energy	canned
fruit	reduce	food groups
frying	good	vegetable
fats and sweets	bake	plan

## 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** is eating and drinking things that are healthy for your body. 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.

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