

L.I.: Food – Healthy or Not?

S.C.: - I can tell whether a meal is healthy by looking at the food groups it belongs to.

Remember we looked at the food groups and how to say and write them in Chinese?



Now translate the food groups into English.

gǔ 谷 _____

cài 菜 _____

shuǐguǒ 水果 _____

nǎi
奶 _____

ròu yú dàn
肉, 鱼, 蛋

The Australian Food Groups Pie tells you how much of each food group you should include in your daily meals? A meal that includes the right proportion of the food groups is considered healthy ^{jiànkāng}健康.

What did you have for dinner last night? Write it down below in English if you do not know the Chinese name.

Now look at each type of food you had for dinner, which food groups do they belong to?



Fill in the grid below and if you cannot write the food in Chinese characters, use pinyin or English.

| 谷 | 菜 | 水果 | 肉, 蛋 | 奶 |
|------------|---|----|------|---|
| My dinner: | | | | |

Is your dinner a healthy meal? What food groups are included?

Write in the boxes below about how healthy your dinner is by referring to the food groups. Start your sentence with ^{wǒ de wǎncān}我的晚餐 (^{jiànkāng}健康 / ^{bú jiànkāng}不健康), ^{yǒu}有 / ^{méiyǒu}没有……。

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How did you do? A star  for your effort and an extra one  for getting it right!