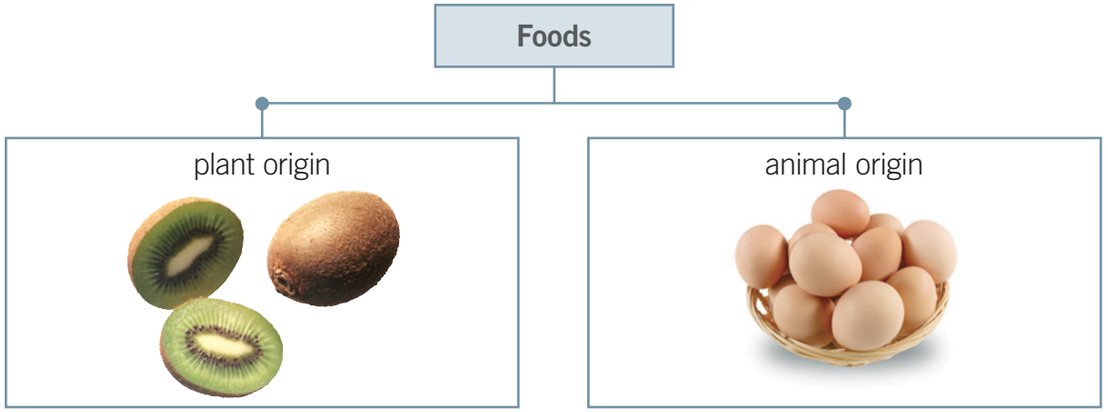
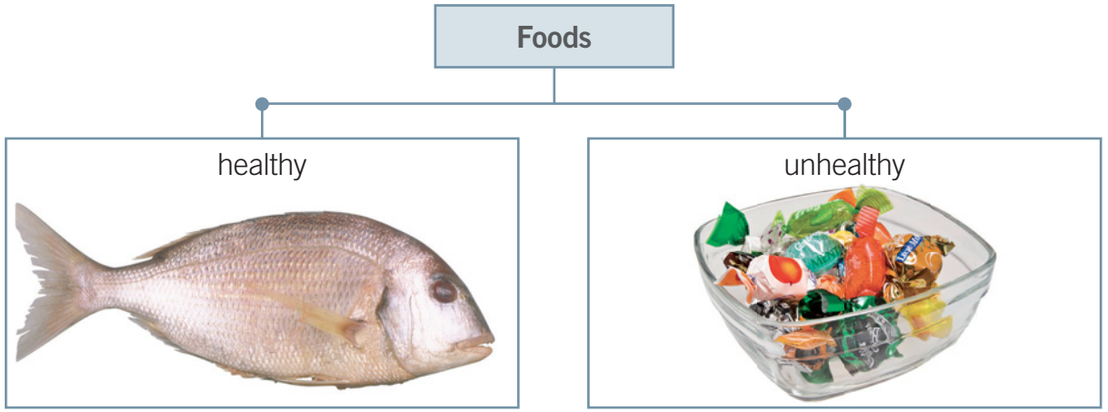
Name: _____ Grade: _____



A Balanced Diet

In order for the body to be **healthy**, it is necessary to have a **balanced diet**. It is best to maintain **healthy eating habits** by eating things that benefit the body, like vegetables, fruits, low-fat meats and milk.

Eating a lot of unhealthy food can harm the body.



Food Handling

Some recommendations to avoid contracting food-related illnesses are:

– Always wash your hands with soap and water before eating.
– Wash fruits well before eating them.
– Wash vegetables under running water, and with some, like lettuce, make sure to throw away the outside leaves.
– Before peeling fruits or vegetables, you also need to wash them.
– Only use water, not soap or detergent, to wash fruits and vegetables.
– Certain fruits, like strawberries, need to be washed carefully because they grow close to the ground.
– Keep cooking areas clean.
– Keep animals away from cooking areas.
– Make sure fruits and vegetables are fresh, not moldy.
– Keep foods that need to be refrigerated in the refrigerator.

Do not buy canned foods that are dented, foods in plastic wrap with holes, foods that have a bad smell or strange color, or products that have expired.

Some illnesses that you can contract from poor food handling and preparation are: gastroenteritis, cholera and typhoid fever.

Pathway to Science D.R. © Richmond Publishing, S.A. de C.V., 2014

Test 3 Study Page • Review

Remove, complete, and glue in your notebook.

Section 1

1. Complete the diagram with examples.

Healthy Foods → _____ → Why are they healthy? _____

Unhealthy Foods → _____ → Why are they unhealthy? _____

2. Propose a healthy lunch that you can bring to school for each day of the week.

Monday	Tuesday	Wednesday	Thursday	Friday

Section 2

3. Suggest three good hygiene practices for handling food during lunchtime at school.

1: _____

2: _____

3: _____

4. Illustrate the good practices from the previous activity.

5. You have just made plans to make and eat a healthy lunch all week. Have you ever done this before?

_____

_____

glue here

glue here

glue here

glue here

glue here

Pathway to Science D.R. © Richmond Publishing, S.A. de C.V., 2014