

Healthy Eating Principles

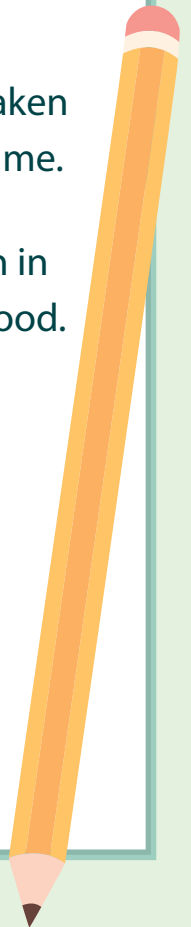
For Primary 4 - 6 Students



How much do you know about healthy eating principles?
Let's complete my notes together!



- 1 Healthy eating contributes to good _____, boosts immunity and manages body weight.
- 2 Have a regular diet and choose a _____ of food to obtain necessary nutrients.
- 3 Ensure grains, vegetables and meat (and its alternatives) taken at lunch and dinner are in the ratio of _____ by volume.
- 4 Consume more high-dietary fibre grains, eat less food high in _____, _____ or _____, as well as preserved and processed food.
- 5 Eat adequate _____ and _____ every day.
- 6 Drink enough fluid every day, among which _____ is the best choice.



Hints

