

- 5.3a** Humans need a variety of healthy foods, exercise, and rest in order to grow and maintain good health.  
**5.3b** Good health habits include hand washing and personal cleanliness; avoiding harmful substances (including alcohol, tobacco, illicit drugs); eating a balanced diet; engaging in regular exercise.

**You can identify good health habits that promote health and growth in humans.**

Having a **balanced diet** means eating a variety of healthy foods every day.

**Harmful substances** are things such as alcohol, tobacco, and drugs that do damage to a body that will last a lifetime.

**Guided  
Instruction**

**Directions** Read the following information.

These five healthy habits can lead to good health and good growth in people:

- eat healthy foods as part of a **balanced diet**
- exercise regularly
- get enough rest
- have personal cleanliness
- avoid **harmful substances**

A healthy, balanced diet includes eating fruits and vegetables; bread and cereal; meat, fish, and milk products; and a small amount of fats, oils, and sugars every day. Your body needs all these foods because they provide the nutrients that help to keep your body healthy and that help your body fight disease. For example, vitamin C in oranges helps your body fight infection, calcium in broccoli helps you develop strong teeth and bones, carbohydrates in cereal provides energy that your body needs, and protein in beans helps your body grow.

Activities such as swimming or bicycling are good exercises that can help make your body stronger and help your body parts work better. Regular exercise also helps to reduce the risk of many diseases, such as heart disease. Also important for good health is getting enough rest each night.

Good health habits also include good cleanliness habits. Washing your hands with soap and water, and

**Guided Questions**

What is a **balanced diet**?

What are the benefits of regular exercise?

not sharing towels or drinking glasses, can help you avoid spreading or getting diseases such as colds or flu.

Avoiding harmful substances, like alcohol, tobacco, and drugs will also help you be healthy and stay healthy. Drinking alcohol slows down your nervous system and can cause damage to your liver and other organs. Using tobacco can cause high blood pressure, increase your risk for disease, and do damage to your respiratory system. Abusing drugs can cause damage to your body that can last your entire life.

**Guided Questions**

What are three examples of **harmful substances**?

**Directions** For each question, write your answer in the space provided.

1. Make a grocery list of foods that would provide a balanced breakfast.

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2. Name an activity that could provide regular exercise.

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3. How much sleep do you usually get each night? Do you think you get enough rest?

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4. What is one way people can avoid spreading a cold?

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5. Why should people avoid harmful substances?

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6. Look at the five habits that can lead to a healthy body. On which one do you think you need to improve? What can you do to improve?

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*Directions:* For each question, write your answer in the space provided. Base your answers to questions 7 through 10 on the paragraph and Food Guide Pyramid below.

To eat a healthy, balanced diet every day, start with breads, cereals, rice, pasta, vegetables, and fruits. Then add 2 to 3 servings from the milk group and 2 to 3 servings from the meat group. Remember that the fats, oils, and sweets at the tip of the pyramid should be only a very small part of your diet.

**FOOD GUIDE PYRAMID**



**7** In a healthy diet, which of the following should you eat the least: fruits, chicken, candy? Why?

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**8** Name a food that would be a healthy snack. In which section of the Food Guide Pyramid does it belong?

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**9** Which of the following is the healthiest choice to eat with your lunch: potato chips, carrot sticks, or a candy bar? Why?

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**10** Would a dinner of baked chicken, rice, and broccoli with cheese sauce be a balanced meal? Why?

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*Directions (11–16):* Each question is followed by four choices. Decide which choice is the best answer. Circle the answer you have chosen.

- 11** What does having a balanced diet mean?

**NYS Test Tip**

**Life Science** A balanced diet provides the body with enough energy and nutrients to perform everyday tasks.

- A Each food on your plate weighs the same.
- B You have measured or weighed each portion of food.
- C You eat a variety of healthy foods every day.
- D Everything on your plate is the same color.

- 12** Which of the following is an example of a harmful substance?

- A carrots
- B cigarettes
- C chocolate cake
- D chicken

- 13** Which of the following would not help you maintain good health?

- A eating a balanced diet of healthy food
- B riding your bicycle every day
- C washing your hands before you eat
- D getting two hours of sleep each night

- 14** Which statement would be the best advice for a friend who eats only at fast food restaurants?

- A You should walk to the restaurant.
- B You should eat more fresh fruits and vegetables.
- C Be sure to ask for French fries with your meal.
- D You might want to take a nap after you eat.

Use the Food Guide Pyramid to help you answer questions 15 and 16.



**15** Why is the bread, cereal, rice, and pasta group shown on the base of the Food Guide Pyramid and not at the top of the pyramid?

- A They are the heaviest foods.
- B They are at the bottom of the food chain.
- C They make up the largest portion of a balanced diet.
- D They are full of fats, oils, and sweets.

**16** Which menu best represents a balanced diet?

- A a glass of milk, an apple, a cheese sandwich
- B French fries, potato chips, baked potato
- C a slice of white bread, butter, spaghetti noodles
- D a banana, an apple, a peach, an orange