*Приложение 2*

**Balanced diet**

You have probably heard or read quite a lot about "healthy eating": don't eat too much of this ... eat a bit more of that. But there are really only two important rules for healthy eating.

Firstly, eat a good variety of different sort of food. The best way to be sure that you eat a good variety is to choose from the main groups of food and to have them regularly in your diet:

1. Fresh fruit, vegetables and salad.
2. Cereals: rise, pasta, bread and other grains.
3. Protein foods: meat, chicken, fish, eggs, beans or nuts.
4. Dairy products: cheese, yogurt, milk.

The second thing to remember is the quantity of food that you eat. Don't eat too much. Be especially careful with some foods - try not to eat too much sugar or fat or salt, for example.

Follow these two rules for a healthy, balanced diet.