## A2 – Eating well

Hi. My name’s Katherine Stannett, and I’m one of the authors of *New Close-up*. In today’s video, I’m going to be talking about eating well.

Everyone loves a treat sometimes, don’t they? And that’s OK. But when I feel tempted by something unhealthy, I try to remember that it’s also really important to eat lots of good, healthy food because it gives you energy, it wakes up your brain and it makes you feel healthier and happier.

Let’s think about the three main meals of the day. Breakfast. Even when you’re in a hurry, or you think that you might be late, it’s really important to have a good breakfast. Here are some of my favourite healthy breakfast ideas: toast or bread with fruit; yoghurt with delicious fresh fruit like raspberries, strawberries or blueberries; overnight oats.

Overnight oats is basically just porridge oats with milk or yoghurt, and some fruit. The great thing about this is that you prepare it the night before. Then put it in the fridge and the next morning, it’ll be ready to eat!

I know – how about I prepare one of my favourite breakfasts right now? I love starting the day with some fruit, and I usually try to eat something that’s in season. Well, it’s winter at the moment, and apples are in season, so I’m going to make something with grated apples.

I’ll take my apple here – I’ve already washed it – and I’m going to grate it. Of course, I should say I’ve washed my hands as well. OK, so I’m grating my apple now. Then, I get some lovely yoghurt – some plain yoghurt – and I add some squeezy honey to it. Just a little squeeze of honey, in the yoghurt, and some almonds. Where are my almonds? Here they are. Some almonds. So we’ve got yoghurt, honey, almonds, and then I add in my grated apple. And that’s it. You mix that all together.

Can you see that? It’s really delicious and so easy to make. Everyone in my family really loves this. Some people like to add raisins as well, but I don’t like raisins, so no thank you. Well, it’s not actually breakfast time here so I think I’m going to have this for my lunch. I can’t wait!

Now it’s your turn. Why don’t you make your own favourite healthy breakfast? Think about something that makes you feel really happy. You could make a video to show how to prepare it, and then share your video with your friends and try out each other’s recipes. Delicious!

What’s your main meal of the day? Is it lunch or dinner? And who usually makes it? When you eat your main meal, you should try to include: some carbohydrates – for example, rice, pasta, noodles or potatoes; some protein – like meat, fish, beans, peas, eggs, nuts and seeds; and some vegetables – for example, carrots, broccoli, mushrooms or peppers.

Think about the main meal that you ate yesterday. Did it have something from each of those groups in it? What are you going to eat tomorrow? What about snacks? It’s OK to eat snacks during the day, just so long as you don’t eat too many biscuits, cakes or crisps. There are some really delicious, healthy snacks to choose from. I like rice cakes with fruit, pepper and carrot sticks, and sunflower seeds.

Mmm, that’s making me feel hungry right now. I think I’m going to have my yoghurt with apple. Thanks for watching!