Name: Block:

**Healthy Eating Paragraph – Adding Transitions**

This paragraph is hard to understand in some parts unless you read it multiple times. Please add in transitional words and phrases to the paragraph. Indicate where you would add a transitional word by a ^ and then the word.

Possible transitions: First of all, firstly, secondly, also, next, as well, therefore, consequently, as a result, for example, for instance, finally, in summary, overall, in conclusion

Healthy eating is important for everyone. People should choose foods that keep them healthy. Therefore, they need to choose what they eat from four different food groups for a balanced diet. The four food groups are: grain products, vegetables and fruit, milk products, and meat and meat alternatives. Grain products include cereals, breads, pasta and rice. Choose whole grains and enriched products when possible. There are many kinds of vegetables and fruit. Dark green and orange vegetables as well as orange coloured fruits are healthy choices. Milk products include cheese, yogurt, butter and ice cream. Low-fat milk products help to keep weight down. Lean meats, poultry and fish, as well as dried peas, beans and lentils provide the protein needed to repair body cells. The amount of food needed every day depends on age, body size, activity level and whether a person is male or female. A balanced diet based on the four food groups goes a long way to keep people of all ages healthy.