

Generally (1) ..., food and feeling good go together. Our mental and physical well-being is directly affected by what we eat. A healthy diet is the key. But what makes a 'good' diet? Firstly, it is important to eat something of each food group. There are four different food groups, (2) ... fit into a food pyramid. The pyramid indicates which food we are most in (3) ... of.

Прочитайте текст. Заполните пропуск (1) только одним словом, подходящим по смыслу. Слово должно содержать не более 15 символов.